

were changing the train. And they wrote to me that, "At the train somebody came with lots of 'puris' and 'mincemeat' and this and that", and fed all of them. And the name of the person they said, wrote to me saying that, "This was the gentleman who brought and he said, 'You don't know how kind your mother has been'". And I don't know what kindness I had done to him anytime in life!

Even my elder brother remarked that there is a cinema actor called Rashkapur. He married his son and he spent 65 lakhs of rupees and it was not so grand! So, the whole thing was such an involvement. But that is the basis of Indian marriage: everybody must be involved. Like the barber, now, every family has a barber and the barber has to come to dress up the boy. And the barber's wife has to, on the wife side, all the ladies of the barber's family have to come. Then the washerman: his wife is to be given five ornaments either of gold or of silver.

Arnaud: Washerwoman.

Shri Mataji: Washer woman, you don't have. Doobies we call.

Then the lady who sells these things [bangles], all her family people come and make you wear the bangles. And you are not to count or anything or find out the prices you have to give a lump sum of quite a big amount, at least 10 times more than the price. And then the one who makes the haldi, you see, prepares the haldi, you have to give her a sari and some ornament. Everybody is involved even - what you call- silversmith and the goldsmith and ironsmith, everybody's involved.

Now another thing is, you have to have leaves of at least 21 trees. This is sometimes not possible from one village or from some other village. So, you have to have those 21 leaves. But the worst of all, you have to have water from, at least, from seven rivers of India. Then you have to have the water, the leaves, and flowers of all kinds. But the worst is the condition of the mother of the daughter. [Laughter]

On one side, she has to sit on, with a 'dholki', singing songs. On the other side she has to take all these ladles like a sword and go to the kitchen rushing and doing the work there.

And practically, every day she has to change three, four times her dress. Now this dress also is not of the same type. Like the sari that we wear, has to be from, say, from Benares or the lenga, that is a skirt, a big skirt very well carved. That is, say, from Rajasthan. And now the top of it has to be from another place. Then sometimes you have to wear a south Indian sari. Sometimes, you have to wear a north Indian sari. Sometimes, you have to wear a sari from Chanderi [Madhya Pradesh]. It's another central part. All kinds of complications. And all that you have to do it for seven days. But it's nice in a way, you get lots of clothes. [Laughter]

Because your brothers have to give you and your relations have to give you. For every occasion they have to give something.

Our marriage was done with the North Indian style. There is a kind of a thing with which you clean the rice, some sort of made out of kale, we call it 'soup' [sieve]. And the Bombay soup, they would not accept. You see, in Bombay, they don't even use it, because you see, they are too modernized now. So, one lady who was my friend she thought of it that I might not get this particular soup. So, she decorated it beautifully and brought one for me.

But Sahaja style marriage doesn't have any tension. But not in this marriage, you see. My husband was very particular about time. [Laughter]

He made these poor people, you see, run up and down for the time. "Now time, have your breakfast". They would eat fast. "And run for your bath". They would have baths fast. [Laughter] And he achieved his result that the boy has to reach our house exactly at five o'clock and he did reach. He didn't come on a horse because my husband thought horse may take more time. So, he came by car. Or it may go wrong with the horse, you don't know, sometimes it starts running the other way round. [Laughter]

And all with him, you see, all my family people, my brothers are very meticulous you see. And they fixed that the girl should start with her garland at about 5 45. [Shri Mataji speaks in Hindi] I'm repeating all this to remember if anything is missing in your marriages, so I'm telling him now one thing more I remembered. [Laughter]

So, when the boys arrived, you see, at the gate, you are supposed to receive and garland them. And they do a little puja there, the boy does.

Arnaud: Bridegroom.

Shri Mataji: Bridegroom, bridegroom. [Shri Mataji speaks in Hindi].

But he came all right, the puja was all right, and the boy was about to walk to the stage, you see. And exactly at 5:45, my daughter started walking towards the stage. Because it was only one daughter, we had arranged very dramatic stuff, you see. We just went up and all that and she started walking. But there was no boy on the stage. [Laughter]

So, you see, poor daughter was putting her head down, she was not supposed to raise her head. And walking slowly, I just looked at the stage, it was all vacant. So, I brought her back. And I rushed up: I found that the boy had gone to the toilet, you see. Because he was feeling uncomfortable with his dress, so he wanted to put it right, you see. So, half an hour it took more and my brother got angry he said, "Did you play any tricks in this?" [Laughter]

"No, no" I said. The 'bandwalas' have not yet come, so it's all right, the band players. Because as soon as you garland, they are supposed to make a big sound with the band and all the crackers have to go up and all that. But it was all very timely, I should say. So, that's how the marriage was a great fun.

Arnaud: I'm sorry Shri Mataji, there is no word for 'fun'. You cannot translate in French.

Shri Mataji: Fun? No 'fun'? [Shri Mataji makes a serious face]

[Laughter]

So.

It so happened that marriage went off very well. In the same way I hope, these marriages will go in a very collective way. All of us should be very generous and giving and we should try to give whatever we have, to help them out: not necessarily money, but in every way, one should you try to give them. So that you will have the greatest joy of giving in the marriage. And everything will work out very beautifully, spontaneously, because marriage day is a very important day and it fulfils you with such joy and such happiness. And nobody should be a spoiled spot or to get angry or to be misunderstanding. But that is only, I have seen, happens in marriages which are not Sahaja Yogis. So, we have now got a priest for you from India. I give him a hand. You are quite in safe hands, you see, Damle is by cast a Brahmin and he comes from Pandarpur, which is the very holy shrine of Maharashtra.

But he's the one who first told me about the horrible priests who are there and trying to be dominating, who are just rogues. As a result, I shouted at them and now most of them are count down, because government has taken over. By profession, he is an engineer, a civil engineer. He's building bridges and things for our Bombay municipality. But he is the first who wrote the book on Sahaja Yoga in Marathi. That means he is a scholar. And so many songs you sing are written by him like 'Amhi bhi ghadalo tumhi bi ghadana' [Marathi 2]

And the English Sahaja Yoga books are based on his books. So thus, we have here among us, a very great Sahaja Yogi from India. And that he should come for the marriages, I think, is a big blessing for all of us.

Now the greatest thing is that we should thank all of you for going for this venture in Founex. Then we must thank Bridget for going to India and getting everything done in that dramatic manner.

Arnaud: It is her birthday today.

Shri Mataji: Ah! Happy birthday.

[Applause].

So now, that's a very great thing that today, it's all sahaj, that on her birthday we should really be thankful to her, for doing the needful to go all the way to get it done with - what's his name - Mario, with Mario. So, we are very much thankful to Mario also for doing all these things.

[Applause].

And our thanks are really overdue to Ruth who through her diplomatic powers, has been able to smuggle all our things in. And we must also thank her husband Kingsley who is such an astute Englishman to allow her to do that.

Child: 'Astuto'?

Shri Mataji: Astute? Her husband is astute, means a straightforward, you see, very astute.

Arnaud: Shri Mataji, especially because when she gets into Switzerland the Diplomatic Immunity does not work out.

Shri Mataji: You see, that's all my ideas, I must say, that I got the idea that Ruth should be pinned in, because I know the diplomatics are really free masters. Absolutely! They don't pay for anything!

Arnaud: Gregoire is not here.

Shri Mataji: Yes, very true, you see. And Gregoire, once, parked my car in the wrong way. I said, "Gregoire, put it properly". So, he

said, "No it doesn't matter she's diplomatic". But I said, "But my husband is an astute Englishman". He pays all the fines, you see. And that day only his car was taken away. Now, but you see, this is not illegal because Ruth is a family member. And she can she can uh import anything for her family. So, under law we are all right.

So, that's how we have today all these beautiful things from India which we could not get in England. And the prices were double, triple. But in saris, I played a trick. I told Warren let's go and see some saris in Leicester, of all the places he said 'why Lester', I said let's go. And we got beautiful saris for much less price than in India itself. And they will be good for your light hair also the colours some of them are so light that they will be good for your light hair. It is such a remarkable thing that is Sahaja Yoga that to believe into it, it is just to see how things work out. Last time, when they said about my saris, I said, "Nothing doing, you buy me ordinary saris but 700, because these saris got six, seven hundred". I said, "Nothing more than that. You're not to spend more than 600, 700 rupees". Seven to eight hundred, I said. So, Modi, you see, he said, "All right". Seven to eight hundred, I said, at the most. So, we went to a shop and the shop was gutted with fire. So, we went to another store, where they had stored it. And then we went and we asked them if they had saris, good saris. And they said, "No, no more, anymore here". But I saw some nice tinctures lying there, you see, a kind of a thing that you gave me for last year's pujas.

[To Arnaud] All these, recently you gave me one for this puja. You see, Guru Puja, you remember the sari?

But Krishna Puja is even better, I mean with saris, because Guru Puja has to be simple. But all these saris individually cost about 3000 rupees, some of them even more. And they said, "It is for 700 and something".

[To Arnaud] You got one sari, you bought one sari?

Arnaud: I mean for this, the sari

Shri Mataji: For Switzerland?

Arnaud: That we purchased in India for each, yes we have the sari.

Shri Mataji: You have that sari? Can you bring and show. You won't believe that these saris are not less than 3000 rupees today. And I myself bought, about two years back, for 2700 myself. And it was for 700 something I was - I could not believe my eyes! I mean, these [Shri Mataji shows her own sari] you get for 700 and I was surprised!

So Modi said, "Now your condition is fulfilled, Mother. Now you can't say anything". I said, "All right".

[Laughter].

But I said, "Afterwards, no more any one of these! Just 700 hundred ones only. And will not- I'll not allow to pay anything more". So, he said, "All right we'll have chance again".

And imagine, in that London, we went to a shop where we got saris 760 rupees, which are worth more than 3000! Let Warren tell you the story. It is so great!

Warren: They were not 760, 670.

Shri Mataji: I'm sorry.

[Laughter]

Yes, I 'm sorry, 670. Less than 700 sorry.

Warren: They're just amazing.

Shri Mataji: And he started calculating on the calculator 10 times. I said, "What are you doing?" He said, "I'm seeing, I can't believe it Mother. How can that be so cheap? " And every sari is more than 3000 rupees. And we have exactly 11 pujas and there were only 11 saris. I could not believe my eyes and he could not believe his uh calculator!

[Laughter]

Because, you see, this is Sahaja Yoga, you cannot imagine how things work out. It works on me also.

[Laughter]

If I say 700, it comes less than 700. Now how am I to do it? I don't understand. [Shri Mataji speak in Hindi] Just see this one.

Sahaja Yogini: For the Ganesha Puja.

Shri Mataji: This is the one they bought for Ganesha Puja. This is a general sari, that is one of the 11. Can you imagine? This [the one Shri Mataji is wearing] is the same price.

This is with the with the blouse piece. This is the one from Switzerland that they bought, This is a general sari, same price. Same

price, I'm telling you. How much is 700 rupees about? In their dollars. See, this one is from Switzerland. Can you believe it? It is- how many francs it is?

Sahaja Yogi: 150 francs

Sahaja Yogini: 50 francs.

Shri Mataji: 150 francs.

Arnaud: Non, no, no, no.

Shri Mataji: No?

Arnaud: 160 francs. It's nothing.

Shri Mataji: How much is a rupee?

Arnaud: One franc is about four forty-eight, four comma eight rupees.

Shri Mataji: Four rupees.

Sahaja Yogi: Four twenty.

Arnaud: Four, four ...

Shri Mataji: 'Ne', 'ne', must be more. How much is pound?

Arnaud: One pound is three comma two.

Shri Mataji: Then 15 Rupees is equal to. Fifteen Rupees is equal to one pound how much is 700 for a pound? [Laughter]

Arnaud: I'm not a banker Shri Mataji.

Shri Mataji: Is this 51 pounds? So, it is about 100 and 50.

Arnaud: Yes

Shri Mataji: 150 francs. Just see the colour. You can have a look. Let them have it, because this is going to be given by you. All of you should touch it. And do you know this is the colour of your country?

Arnaud: Blue? Why?

Shri Mataji: It is blue they told me?

Arnaud: Blue and, no red.

Shri Mataji: Red and?

Arnaud: No, the flag is red.

Shri Mataji: Oh, they told me this is the colour. I don't know. Blue is not the colour?

Arnaud: The colour of the of [inaudible] the country, it is red and white.

Shri Mataji: Oh. Then it must be this one, they must have said.

Arnaud: Ganesha.

Shri Mataji: Hm. Ganesha, red.

Warren: Shri Mataji, there's a couple of examples.

Shri Mataji: And the ones we got recently you must see those. The silk is even better for 670. Can you believe it?

[A child shows the price tag]

Shri Mataji: Yes, price is here. I mean one better than the other. See this one and give it to her. She's got. Just imagine for the price!

Arnaud: And the quality, Shri Mataji, is so heavy, so fit.

Shri Mataji: The quality is not so, you see, this is a special type of silk you don't get normally. That's something very, very- it's very traditional.

Arnaud: The pattern must be very traditional.

Shri Mataji: I tell you really, they are so remarkable that I can't believe my own eyes.

Arnaud: This one is out of the blue, Shri Mataji.

Shri Mataji: Out of the blue, this one is, really. Complete chakras, this, that.

Arnaud: Everywhere, Shri Mataji, all the saris on the outer surface.

Shri Mataji: It's the limit. Now I've given up, it is too much. I mean, how can you fight it? Now I even if I put 200 rupees, it will become like this I think.

Arnaud: I'm sure, Shri Mataji. It is your deities who would like you to have the best.

Shri Mataji: Yes. They are the ones who are trying to.

Arnaud: Yes.

Shri Mataji: [Shri Mataji speak in Hindi] Impossible! It's a miracle and in London! In India, no question, it's in London. It has a blouse piece that's coming out. Now can we put it with the other sari this one? [To a child] Keep it.

This must be the one they must have said the colour.

Arnaud: Yes, because it's white, white and red.

Shri Mataji: It is the limit.

Now after this, I must say the brides also had a good luck. Not like mine, I would say, but quite good. [Laughter] It's very good, I mean for the price, whatever saris you have got also is very good, excellent. Some of them are really half price. Some of them are. These are one/fifth price, but others are more half price. All right.

So, now we- I was thinking of telling you in short, how we are thinking of arranging the marriages and how you all are going to be involved. Can you open the windows? I think it's a good idea. Now the thing is, how many are brides here? Get up. Count number.

Arnaud: For the time being, there are ten, Shri Mataji.

Shri Mataji: Ten all right. Ten is quite a big number already to handle, you see. Now, for the ten brides and the ten bridegrooms, they are not here. We have to select people now. We have to have the father and mother of the bride. Now you must offer your services or father or a sister.

Now for all these 10 brides, let's see how many are willing to become the fathers? Raise your hands, all married people.

Arnaud: Should they be involved or should they be outside?

Shri Mataji: No, they should they be outside. One, two, three, four, five, six, seven. Some more. Eight.

Arnaud: Married, married.

Shri Mataji: Married, married.

All right seven, all right let's have seven of them who are now, please stand up. Let's see, seven of you. Eight.

What about you? Behind you, let him up. Yes. One, two, three, four, five, six, seven, eight, nine, ten, we have!

[Laughter. Applause]

I think nine or ten I don't know. Now every one of you should take someone as your daughter, let's see. No fighting.

One, all right, come forward.

Arnaud: They should go together, Shri Mataji, so that we can see.

Shri Mataji: Yes, two. Good.

How everybody has got it? Now you come here, you can come yes. You come here. All right, you come along. No, you come here and you can go there. Yes, it's all right. It's her, with her. She has? Everybody has? How is it we have extra, extra, father? There is no extra father?

Ah, he is your father, then what about him? What about you? She hasn't got, she hasn't got a father. Come along here one person.

All right, you come along. Yes, you come along. Arnaud: Marie?

Shri Mataji: Marie has got it all right. Let- you come along, yes.

Arnaud: This is a father-in-law.

[Laughter. Applause]

Shri Mataji: That's a good thing that the father-in-law should become her father, so the whole attitude changes.

All right so now we have 10 brides here and 10 fathers. N now you sit down, all of you, I'll tell you now, what is the next.

Now you know the name of the girl who is your daughter. Please give them 10 papers, to the father. Can you get the saris?

Arnaud: Isabelle has not got one.

Shri Mataji: You didn't get a father?

Arnaud: Mario?

Shri Mataji: Mario, yes, good idea.

[Applause]

Arnaud: Shri Mataji, we are [unclear] because there are two missing.

Shri Mataji: All right now give them a paper all of them. I'll tell them what they have to do, the father. Now if you have got your wives, the men, if they have their wives, they can join you. If you don't have, doesn't matter. All right.

Shri Mataji: Can I have some water please? What is it? What have they said?

Arnaud: It's all right.

Shri Mataji: Now I mean, we'll decide about the 10 at least now. Then 14 we'll decide when they arrive, you see. So, just now let us decide about something. Now, what about the saris? Now the job of the father is to find out the husband. Now please find out if the husband has come or not. Find out who is the husband.

No? It's missing? Whose husband is missing?

Sahaja Yogi: Bridget's husband.

Shri Mataji: Hm? Bridget's husband is missing. Then Bridget, how are you marring?

Bridget: He is coming.

Shri Mataji: He's coming all right. So, he's coming. All right so now you must know- the husband is there? Where is your husband, he is coming? All right

So, now the job of the father is very important. The first thing he has to do is to give to the girls the ornaments and saris which are to be given.

Now where are the saris?

Marie: In your room, Shri Mataji.

Shri Mataji: Just bring them along.

In my room! Very safe, you know [Laughter].

So, the father has to get hold of the sari, the clothes, and keep the mangalsutra with him. But first ceremony is of haldi, that will commence about three o'clock. That time, you have to give a sari and a -where is that 'saats' [unsure], sari, 'saats', and ornaments of decorations and everything to the bride. I think the father-in-law won't look nice. You'd better exchange, you see, this won't be good, because the father-in-law and- you can exchange it with somebody else, can you? It's not proper I think, to have her father [inaudible]. So, we can exchange with someone.

Arnaud: We can exchange? We can have a Vivian I don't know Vivian with -

Shri Mataji: No, why not have Ruth or someone also. Anyone, exchange it, it's better.

Arnaud: OK.

Shri Mataji: Yes, yes. Mario could come and you should take her over. Yes, it's better because, you see, it will little complicate.

[Hindi conversation]

So now, now for 10 Brides, you have given the names?

Warren: They have already been allotted.

Shri Mataji: All right allocate them, the saris, to the fathers. What is the name? Sophie? Now, who is Sophie's father should come.

[Hindi conversation]

Now I must tell you, be careful on this. These two things are to be made to wear her after her haldi is over. This is the haldi will be applied here to the girls, then they'll have a bath outside somewhere, there's a hose and with a hot water. And then they'll go inside in their dressing gowns, inside the room where they will rest for a while if they want to. And then they can have a bath and get ready. So, once they are ready for it, then these things will be given by the father. So, Sophie, for Sophie I am giving to him. So, you have to keep it sari. And this is one of the ornaments and this mangalsutra, you have to keep it in the pocket, when the marriage time comes in, then you have to give. This is mangalsutra. Just a minute, all right.

And this is for the feet you have to wear after the haldi when you are getting ready, you see. And the ornaments.

Where are the ornaments? Just, just a minute. Now, just a minute. Ornaments? Just a minute, still. What about you? You didn't offer?

Sahaja Yogi: Myself? I am leaving on Friday.

Shri Mataji: What time? Oh, you should live on. Now see this one is so beautiful

Sahaja Yogi: I just booked, Mother and kids start on the 9th, school.

Shri Mataji: One day, if you could postpone, you would see such a beautiful ceremony.

Sahaja Yogi: Yes, I know. But there is no way...

Shri Mataji: Airport is quite close from here. You can go.

[Laughter]

Shri Mataji: This one and what else? These two. These are one, two double. And what else? This and this one – blouse, everything. Of course, yes. What else? With every sari, you put this. Hello?

With every sari, you put everything, each. These are double these two this. With every sari, you put it together.

Nothing should be lost; you have to be careful. These are ornaments.

Arnaud: Shri Mataji, if I understand everything, what we give now is to be kept carefully by the father.

Shri Mataji: Father.

This is the ornaments for the hands. These are the ornaments for the nose and for the head.

You write it down the complete set.

Arnaud: Yes, yes.

Shri Mataji: Now you write it down a sari and a blouse. Now what is the blouse?

Sahaja Yogi: I'll take it. I'll take it.

Shri Mataji: Fix it up.

Sahaja Yogi: Yes, ok, I'll find it. It's for who?

Shri Mataji: Sophie.

[Hindi]

Just a minute. I'll give you a petticoat also for that. You mix it up. Just now you mix it, make it up for the people who are here.

Arnaud: What is Shri Mataji, what is, what is this necklace for?

Shri Mataji: Like this. One for the bride.

Arnaud: Who is to keep that?

Shri Mataji: Yes. One for the bride. Hello? This is for the bride. Now all the things you write it down, you see. From top to bottom. First, is the golden thing. Golden for the headdress for the girl, yes. And for the nose. And for the nose; give me everything, I'll give him the list.

Then [Hindi] Just make it here. [Hindi]

'Accha', now, they can have one plastic bags each so they'll keep everything together. See now this is for the nose and for the head here.

There are two together? Hello? These are two together.

[Hindi conversation]

How many are these packets?

Sahaja Yogini: It's from the last time, for Maie-Martine.

Shri Mataji: Maie-Martine. What's that?

Sahaja Yogini: We bought it in Bombay.

Shri Mataji: All right. So, now this one, you keep her things together, all of them.

Arnaud: Shri Mataji, may I repeat the list?

Shri Mataji: Just a minute. I'll make the list just now.

[Hindi conversation]

Now, you see they are three. Now one is for the headdress. One for the nose. One for the hands. One for the neck, it's the 'saaz'; 'saaz' is for the neck.

So, here we make. What is that? Bangles. Now this one you can keep it just now. So one for the - one 'mundawali' [forehead ornament]. 'Mundawali', we call it 'mundawali'. You call it anything. So, one blouse, one petticoat.

One petticoat, one blouse one sari. See, one blouse, one petticoat, one sari. All right.
And where is that? Another thing I gave you, a packet like this.

Arnaud: You have got a decoration for the head, for the nose and for the neck.

Shri Mataji: And here in this one, is the 'mangalsutra'. This is for the marriage time, you have to give the 'mangalsutra', every father should have.

[Hindi conversation]

There were two of them. [Hindi conversation]

And these are for the 'toe rings' these are 'toe rings' for the Vishuddhi chakra. And this one is for the neck. All right? So now, did you write it? Neck, one mangalsutra and toe rings. And the Bangles. Except for the mangalsutra, everything is to be given.

[Hindi]. So, every everything should be carefully given to the girl. All the things. Now we have got one for the nose, one for the head, and another one which is specially for the bride, that you have called 'mundawali' of this kind.

And one for the neck is this mangalsutra and one for the toe rings.

Arnaud: May I repeat the complete list?

Shri Mataji: And the bangles. You repeat the complete list.

Now, every bride should take one each.

Whose is this?

Sahaja Yogini: Martin from Lausanne.

Shri Mataji: Martin from Lausanne. Just have one, not the whole of it. You see, they are.

Sahaja Yogini: Ah, there are two.

Shri Mataji: There are three in one.

Have you given it to someone?

Sahaja Yogi: No, I didn't.

Sahaja Yogini: André.

Shri Mataji: André is all right.

This one is for who?

Sahaja Yogini: Martine from Strasbourg.

Shri Mataji: All right.

Now you all see for yourself. All the brides must see if the things are all right or not. And the father and the bride.

Who is your daughter? All right, come. Just see yourself.

So, all together how many kings, ornaments are?

Arnaud: How many?

Shri Mataji: How many things

Arnaud: I didn't count. I will count.

Sahaja Yogi: Shri Mataji, there are three sizes of the bangles which she bought.

Shri Mataji: All right.

Sahaja Yogi: So, I think we have to be a little careful.

Shri Mataji: She, is that a small size?

Arnaud: If I'm right-

Shri Mataji: I think I gave her the right size. Are these bangles all right for you?

Sahaja Yogini: OK!

Shri Mataji: She has a small size.

Sahaja Yogi: Too small.

Shri Mataji: The small won't fit anyone.

Please, take out and see later on. Bangles, you can see later. Is it small for you?

How many you brought how many dozen? How many dozen you brought? How many dozen bangles?

Sahaja Yogini: Twelve dozen, Shri Mataji.

Shri Mataji: Twelve dozen. [Hindi] But how many small?

Sahaja Yogini: Four dozen small, four dozen medium, four big.

Shri Mataji: But the small do not fit anyone. Who are the small hands? Oh, this is too small, it won't fit in anyone because you people don't have.

[Hindi]

This won't fit in, you see, people don't have these, your hands. Will it fit her? Just see,

Arnaud: Maybe with a soap.

Shri Mataji: Maybe. Let's see. It won't fit her. We can give them then four only.

This fits her? It won't fit. Or it doesn't matter. Let us take the big ones, first of all. If you can have only four, we can manage.

Did you tell him to bring my bangles? In any case, they are coming, so it's all right.

[Hindi]

Have these bigger ones. Now who are the big ladies? Big ladies come forward. This you must keep handy with yourself.

Come along all the brides, come along you. Take. Just keep it safe. That will fit in?

Come along. Who else? You can put it with soap, maybe.

This might fit you. Just see, try these. Hello? Maybe these might fit you.

Arnaud: Please keep silence.

Shri Mataji: Give me that small one.

Try.

Sahaja Yogi: Shri Mataji, two lots of medium size required to replace those.

Shri Mataji: Medium size, she doesn't have. These are here.

Arnaud: Are there not the smaller ones?

Shri Mataji: These are the small ones. Is there medium size you brought ?

Sahaja Yogini: Yes, Mother.

Shri Mataji: All right, I'll see the medium. Now these are the small side. Let us put them out so we'll know. Hello? You put them there.

These are all big size.

Sahaja Yogi: Shri Mataji, they ordered the medium size.

Shri Mataji: This is what you want. First of all, let us do with the big size, then take the medium size. These are all big size.

This is the medium size, I believe. Medium size. Medium size. Medium size. This is the big size.

How many more we have?

Sahaja Yogi: How many should be?

Shri Mataji: Because –

Arnaud: Shri Mataji, how many each?

Shri Mataji: You see, we should have more. But now, as it is, I don't know because - how many there are? Medium size we have?

Are these medium-sized? Just see, compared to those.

Same size. These are? Just see. This is big size. They are all big size here.

They are small size. These are medium-sized I believe. For my hands, everything is all right. Just see, these are medium-sized. Just see them, compared to that.

Same size. Mostly they are big size.

Arnaud: Shri Mataji, should we all keep back the bangles? Or should they keep the bangles they fit to them?

Shri Mataji: I think better keep bangles with yourself. These are medium-sized. Who wants medium-sized?

Sahaja Yogi: Here.

Shri Mataji: You give it to her, let her try.

Sahaja Yogini: Small-sized.

Who wants small size? She's small size, Martine? Try. Just see this.

All right, all right, let's see.

We have many small sizes. [Shri Mataji tries those small-sided] Difficult. Very small it is. Anybody who needs small size?

All of you have got bangles, all the brides? Now what are your sizes you just see.

This is all right. But I think we have to keep now for others who will be coming now. Just now, you give them four each.

This is the big size. Is it fitting you? All right.

Just now you, you have four each and then we'll see tomorrow. For the time being.

Now the fathers must verify. At the last minute, there should be no problem with the fathers, that's important.

Now those fathers who do not have wives, raise your hands, who are not attending the program; those fathers whose wives are not attending the program

All right. So, three of them. So, there should – Mario.

So, you should have three sisters of the bride. Three Sisters, three young girls can join.

Andre, you have a wife? You bring her along.

Now you two don't. Two sisters. Two sisters for the bride. Have you got two sisters?

Madeline, you'll be. Madeline will be one sister. Another will be who?

Geneviève. All right.

Sahaja Yogi: Jacqueline.

Shri Mataji: So, yes Jacqueline your sister. And Madeline, you should be with whom? He is here.

Who doesn't have a - you don't have a wife? So, you should join him. Raise your hand, please. You have her, Madeline. You join him.

So, now you come here and see for yourself. Come along [unclear]. Madeline, you come here.

Geneviève, there are many others [who] are coming, so you have to look after that side.

Madeline, you do join there. You'll be the sister.

All right, we have bangles. But tomorrow we'll see what the situation is. Now have you given them one each to the brides, these?

Excuse me

No. So, those who don't have, please take one each.

Arnaud: This is for the bride and the bridegroom?

Shri Mataji: A bride and a bridegroom.

Sahaja Yogi: One each.

Arnaud: One each.

Shri Mataji: But don't give to the bridegroom, only give to the bride.

Arnaud: Yes.

Shri Mataji: Only to the bride, one each.

Only one, one. Not two, one. One to the bride

[Hindi conversation]

These things, these are you brought to? Real one. For whom?

Sahaja Yogini: So, Vivianne and myself.

Shri Mataji: Vivianne and yourself, all right. It's all right. And then, give this to Vivianne.

Arnaud: Shri Mataji, the bangles, they should wear the bangles now.

Shri Mataji: Let them wear, if they want to.

Real one.

Let me see this thing just show me this one.

Now this is something which you have to put. It's very interesting, it is. Now this has to be done either tonight or tomorrow morning. Those who can do tonight, nothing like it. So, there are two in number. You should take two each. And then it is pasted on the hand like that. Just - the hand should be put like together, you see. Should be done: the mothers or the sisters must do this job for the brides. Some are big some are small. It is for a small hand this one is. So, the mothers. And then, just attach it to the hand. This is a small one but if you have big one for my hand, I'll show you, it's better. [Hindi] And this can be repeated also if somebody wants to use it again, you can use it, in case they are not sufficient. But -

[Hindi conversation]

You see, this is the thing, now you just see, it's very interesting thing it is. Now, I'm taking out one again. It just gets attached to your hands. Now, this one, you just put on your hand, just like that, and it gets stuck, you see, to your hand. My hands are little unusual hands. So, that is how it is to be attached, you see? It has to be brought down for the proper level. My index finger is very big. Of course, it is for human hands, you see. [Laughter]

I don't know how you do it. Mine, it won't work out, but in any case. Now, there are two ways [to do mehendi]. One way is to put this stencil like thing on the hand, like this. All right? And now, on this you should put nicely- you should attach it nicely, you see, you must attach this nicely. And on top of this, mine is of course, a funny hand, but you people will have a proper effect of this. So, now with this kind of a thing, you have to put - you can do it tomorrow morning if you want to. This is very soothing, for soothing down the wife. Otherwise, as soon as you are married, you start jumping on the husband, "Why didn't you do like this? Why did you do like that? This, that, that, that". So, this suits you down, first of all. [Laughter]

Secondly, it beautifies your hands. All right.

Now, this is the thing [henna] which you have to dissolve in the water, in one of the cups. Little water, like a paste you have to make. And put a little of also, lemon juice on that, you see. Little, not much. And then put it on your hand, just a layer of it. All right? And the portions where it is not open- this will not- but if you are an artist, it is even better. You can use a small little pencil like thing, or some sort of a matchbox thing, and with that, you can draw yourself on the hand anything, the way pattern you want to make. And that pattern, you should put it. And then, it shows on the hand, all right?

Now also you have to put here, on this side. So, first you put it on this side, up to this one. And then you put it on this thing and keep it for a while. It cools you down firstly, all right?

And it beautifies your hand. And thirdly, the best part of it, when you apply to your hand your hand gestures become more ladylike, you see. When you are conscious of your hands, then you don't talk like, like that, you all. [Laughter].

Arnaud: In a French style.

Shri Mataji: they do?

Arnaud: Oh yes, Mother.

[Laughter].

Shri Mataji: All right. So, then your gestures you see become ladylike you become conscious now you are a lady. And you are a Gruha Lakshmi. All right. So, with that, you see, your vibrations also improve. You see, if you are a radio you have to act like a radio. But if a radio starts acting like a loudspeaker, then it's a mess. So, a woman is a woman, she has to act like a woman. And a man should act like a man. One of the signs of Kali Yuga, that men wear the dresses of women and women wear the dresses of men. Yes, really, it is a sign. In every way, and you can't make them out, you see. Once we got confused both of us. My husband said, "It's a man". I said, "It's a woman". But we asked the driver. He said, "I'm a foreigner, I'm sorry".

[Laughter].

So, that is the situation. So, this is all to make you beautiful ladies, you see, and to feel proud of you, being a lady, you see. All this is done for that. And the lady is specially dressed. Actually, men look like, a little bit like buffoons. But women look very sensible in a marriage, I tell you, always, isn't?

Arnaud: Yes, very much.

Shri Mataji: So, one should not try to compete with men in marriage, all right?

[To Arnaud] This part, you didn't tell them, the buffoon part. [Laughter].

They look so beautiful, you see.

So, now this is what we have got. How many [Hindi] packets?

Sahaja Yogi: A hundred.

Shri Mataji: Now this is to be shared between two persons, or three persons you can share it. It's quite a lot. But this will be done tomorrow morning when the brides will get up, this will be done. All right?

Sahaja Yogi: Shri Mataji, a little secret. None of the little boys must put this into the haldi, because they'll be covered permanently.

Shri Mataji: He?

Sahaja Yogi: None of the little toys should sneak and put this into the Haldi mix or they'll be completely covered, permanently.

Shri Mataji: [Laughter]. That's good!

Now. So, that is one more.

So, we have done everything now. Just try now.

Now the whole thing is done. But now 'haldi' we have to put. Now for the girls, we'll have to put the haldi about say, three o'clock or at 2 30. At 2 30 we'll be putting for the girls the 'haldi'. And then, that same haldi will be taken over and will be sent to boys, you see. And the boys will be put haldi in Tannay. They'll be in 'Tannay'.

So they will be there. All of you should have lunch separately. The girls will have their lunch here and the boys will have in Tannay. Then after that, you are not supposed to see, after this, each other. All right? Tomorrow, of course, I might just look at them. They are just arriving at one o'clock. So, we'll take 'haldi' to the airport.

[Laughter]

And make them do the 'haldi' there! [Laughter]

Look at them arriving at- !

Arnaud: Welcome to Switzerland!

Shri Mataji: [Unclear] difficult. This is the limit of things! Because as soon as they come here the girls have to go into 'haldi' and I don't know if they can put this thing there.

Arnaud: Yes.

Shri Mataji: We can do it with the hand or something, whatever it is. So, now the haldi will be done here. The boys have to shift to Tannay. Tomorrow morning, all the boys must assemble in Tannay, all. Except for the ones who are coming at one o'clock.

How many are coming? How many marrying people are coming tomorrow one o'clock?

Sahaja Yogini: They are arriving on Friday, Shri Mataji.

Shri Mataji: That's it. I'm saying Friday morning one o'clock.

Sahaja Yogini: All the English and the Italians will arrive in the morning.

Shri Mataji: Italians are all right. So, all of you should shift from tomorrow morning. All the boys should be there.

Sahaja Yogini: On Thursday Shri Mataji or on Friday?

Shri Mataji: No Thursday, you see, the girls should not come tomorrow to the program.

Arnaud: May I say in French Shri Mataji?

Shri Mataji: And the boys also need not. But if they want, the boys can come but not the girls. Because the girls will be applying this and should sit down with the full idea that, "Now you are marrying in Sahaja Yoga and the responsibility is much more on a girl than on a boy.

And one must know, in Sahaja Yoga, marriage is for a special purpose, that we have to have Realized souls as our children. So, we have to behave ourselves from the very first day. We should not have romantic ideas about marriage, you see, because people have very funny ideas here, playing serenade, this, that, nonsense. And I was surprised to hear that the French romantic idea is such, that you love a person whom never you achieve. You go on carrying laments in it [unsure].

Now in Sahaja Yoga, it's complete integration of your heart, mind, and liver. [Laughter] There should be no disintegration, like you love the person, you marry the person, and you live with that person. Not to marry someone and think of somebody else. That nonsense doesn't exist in Sahaja Yoga.

That's not a sign of Sahaja Yoga at all. All right?
May God bless you all.

So, those who want to come tomorrow can come but the girls should not come. They should rest here. They should be restful.
They should be meditative, restful, they need not come for the program at all.

So, we have just solved the problem of ten people.

Now, Austrians. Now Austrians are coming in the morning?

Sahaja Yogini: Tomorrow afternoon, Shri Mataji.

Shri Mataji: Who?

Sahaja Yogini: Austrians are arriving tomorrow afternoon and tonight.

Shri Mataji: Solve their problems tomorrow.

Sahaja Yogini: Yes, Shri Mataji.

Shri Mataji: And then solve the problems of the-

Sahaja Yogini: Italians and English.

Shri Mataji: English. English, at the last minute, tell them, "No entry". [Laughter].

Now what to do with English? How many are marrying in English couples?

Arnaud: Shri Mataji, may I say to the couples that they have to pay a hundred pounds to Warren, because it's quite important.

Shri Mataji: Hundred pounds. 100 pounds?

Sahaja Yogi: Yes, all together.

Shri Mataji: All together. For all ornaments, everything included. Between the two, every couple.

Sahaja Yogi: Per couple.

Shri Mataji: Per couple, means 50 pounds each.

Sahaja Yogi: Except honey moon [unsure] hotel.

Arnaud: This is a honey Moon hotel Shri Mataji. [Laughter]

Shri Mataji: Ah, good!

Arnaud: It is in pink. It is a pink hotel; pink-red, very nice.

Shri Mataji: What did you say, 'san' [nasal vowels]?

Arnaud: Hundred.

Shri Mataji: And it's 'san'?

Arnaud: It means too, 'without'.

Shri Mataji: But in India, in Hindi language, we say, "Soo'.

[Hindi conversation]

Shri Mataji: He said they speak more in the nose.

Arnaud: Yes. It's true. Therefore we are bad with Vishuddhi.

Shri Mataji: Hum. Either you speak here [in the throat] or in the nose. But what about the mouth?

[Laughter]

And this one, [the mouth] you don't even use for laughing, then what are you going to use this mouth for?

Arnaud: Because we have no fun.

Shri Mataji: No fun! Can you imagine? No fun!

[Hindi]

They are serious. 'Les Misérables' like. Hold on.

Arnaud: Ten coming from England.

Shri Mataji: Ten marrying people.

Sahaja Yogi: Ten all together. Ten people.

Shri Mataji: Ten people. How many are marrying?

Sahaja Yogi: 1,2,3,4,5,6. But there is Gillian marrying Gunter. Monica is marrying Laurent. Mariana and David Withers. And Inga for sure.

Shri Mataji: So, most of them are boys, from there.

Sahaja Yogi: Steven and Val, Sean, Nicholas, David, Derek, and Laurent.

Shri Mataji: All are boys.

Sahaja Yogi: Jillian is- Jillian has to come.

Shri Mataji: All right. So, all the boys' coming, so no problem. Only one girl.

Sahaja Yogi: No, no, two. Joy and Lisa. Joy and Lisa and Val. Four. Four.

Shri Mataji: Four girls. And six boys.

Sahaja Yogi: Yes.

Shri Mataji: So, only the question is of four. The rest of it you should solve organising. So, I leave it to you now to count it, measure it, keep it and do it.

[Hindi]

Sahaja Yogini: The chains [unsure].

Shri Mataji: For who? Bridget? For you? You bought this.

Sahaja Yogini: Yes. It is not matching [unsure].

Shri Mataji: Did you tell him to buy for me these from London?

Sahaja Yogi: To bring them? Yes.

Shri Mataji: Gavin, you'd better tell him. So, he'll be going-

Sahaja Yogi: Your own [unclear].

Shri Mataji: Because, you see, mine are in- they'll be bringing all the puja things. In any case, are they?

Sahaja Yogi: Yes, Mother. But it doesn't include these;

Shri Mataji: Yes, they have that. I don't know, but ask them.

Sahaja Yogi: I'll check up.

Shri Mataji: You check up.

Sahaja Yogi: All right.

Sahaja Yogi: Mother, tonight you don't want to present the 'kurtas' and things for the men.

Shri Mataji: Why not? If there are boys. Who are the boys to be married?

Sahaja Yogi: And 'dhotis'.

Shri Mataji: Better. Better do. Boys to be married.

Boys are more shy than the girls!

Arnaud: We would like to see them.

Shri Mataji: Oh, quite a lot! Because we'll make somebody in charge of that also. Once you give it away, once. Now let's have it. One each of these for the boys.

Arnaud: Who has to take care of that, Shri Mataji, the mama?

Shri Mataji: The mama. But no, no. Not the mama, the father. Father for the boys.

Arnaud: Father. Do we have a father for the boys?

Shri Mataji: A father or a mother.

Arnaud: Mother of the boys.

Shri Mataji: You can find out some mothers for these boys? It's there?

Now let's have mothers.

[Name unclear] is there.

By name.

So, you'll be in charge of all these things. You both. You'll be in charge of the whole thing. You don't get involved into these things. Let them in charge, the girls.

[Hindi conversation]

Arnaud: They have to be with their mothers Shri Mataji now.

Shri Mataji: Hum? They have to be, yes. How many mothers you can get? Let's see.

In any case, you give them just now. But we'll get some more mothers.

Arnaud: OK.

Shri Mataji: But we should have some unmarried boys, for them, to be 'best man'. Unmarried boys.

Get up now. Get up, get up.

This one, come along, that's there. You stand up, I think it's better. Stand up.

Unmarried boys. Australians are, please. Then there's one there. What about him?

Now next to him. This gentleman, is he married?

Arnaud: Who?

Sahaja Yogi: The boy from Italy.

[Laughter].

Arnaud: What is your name, what is your name?

Sahaja Yogini: Enzo.

Shri Mataji: So, you find out a bridegroom. Now bridegrooms, you raise your hands? All right.

He joins them, all right.

Arnaud: There are seven if I count it right.

Shri Mataji: All of you have got brothers? You have got brothers. These are 'best men'. All of you? No?

Sahaja Yogi: Not yet.

Shri Mataji: Best men, you don't have. You can get some- those who haven't got should try to get tomorrow, some from Austrians and from other people.

Day after tomorrow.

You are you are already a father. You are a father now? You are a father. Yes, he's there. There is one, Chris- Geneviève, you come and become his mother. This.

Geneviève: I am already a mother.

Shri Mataji: You have? Whose mother?

Sahaja Yogini: Denis.

Shri Mataji: All right, good.

Now this little boy there? Whose best man?

Sahaja Yogini: This best man.

Shri Mataji: This best man, all right. Denis has got the mother and the best man.

Shri Mataji: But there are different sizes.

Arnaud: No, I thought it was Enzo.

Sahaja Yogi: Yes, but there is another available here.

[Hindi conversation]

Shri Mataji: So, these are 'dhotis'. One each. Take it from him, all the bridegroom. And one, this one. You take it, all of you.

Arnaud [towards a Sahaja Yogi]: Best man?

Sahaja Yogi: Not yet.

Arnaud: You can be if you like.

Shri Mataji: One 'topie' and one 'kurta'.

And one kurta, hello? One kurta also.

Sahaja Yogi: Oh, yes.

Shri Mataji: Tell the name. Christian.

Arnaud: Alexandre, can you be the best man of Raymond?

Alexandre: Of course.

Arnaud: Shri Mataji, say, we announce the best man and the marrying?

Shri Mataji: No [unclear]. But if they are the fathers already, they should not become best man.

Arnaud: No, no, no. They are not.

Jose, Giuseppe. Denis, Mariano. Michel, Gabriel. Philippe and Paul. Frederico and Enzo. Raymond and Alex.

Shri Mataji: Take your five things, you see. One is a dhoti another is a pyjama. No, no 'dhoti' and one 'this thing'. And one 'topie'-head. And one of these and one of these. Five things all together? No six things.

Sahaja yogi: This included.

Shri Mataji: No. And a cap. Five, five things. You should have five things.

Arnaud: Yes.

Shri Mataji: Now pass it on.

Shri Mataji: This one is a cloth on top.

Michel, you have taken?

Now give him.

Now what is the name of the bridegroom?

Sahaja Yogi: Denis.

Shri Mataji: Hum. Denis. See the name of that, Denis.

Sahaja Yogi [to someone]: It's been distributed. The kurtas have been distributed.

Shri Mataji: Denis she will give you. And this one, hello?

One, one. There are two or one?

Sahaja Yogi: One, one.

Only one.

Shri Mataji: Done.

Have you given to all the boys? Kurtas have been given?

Sahaja Yogi: Yes, Mother.

Shri Mataji: Everybody has got kurta? No, not him. For whom?

Sahaja Yogi: Kurta has been given to Frederic.

Sahaja Yogi: No, no not Frederic but for the rest.

Arnaud: If all the people would have been there tonight, because we could have given everything. That would have been a good point.

Shri Mataji: It's all right now. We'll do it tomorrow. Half of them will be done tomorrow. So, only about six girls are left.

Arnaud: Anyway, I've got the list.

Shri Mataji: Four girls are left and six boys, not much.

Arnaud: Can we keep all the things here, Shri Mataji, at this place?

Shri Mataji: Yes, you can keep it in my room, to be on the safe side, on one side.

Arnaud: It doesn't disturb you.

Shri Mataji: No, no. On one side, it doesn't.

[Conversation between Sahaja Yogis about the organisation]

Shri Mataji: Five things, yes. But tomorrow they are coming again, you can select out of that. So, you have to have one sister; sister is not necessary for the boys so much as the one best-man. And one mother or a father, anyone.

Now we have to have flower girls and page boys. You see, we have to - these little boys could act as best-man.

Sahaja Yogini: I bought this for the little boys.

Shri Mataji: Little who?

Sahaja Yogini: Boys.

Shri Mataji: Good.

[Conversation between Sahaja Yogis about the organisation]

This one, he can be. Lawrence you can be, yes? You could be somebody's best-man. He could be somebody's best man, he's all right. Yes, Laurent could be. He could be. Where is Vincent gone? Vincent's age, to Vincent's age it's all right. You can put some of these boys also. Where is Vincent?

One of this is not there, hello? This is not there. Who needs a best-man?

Sahaja Yogi: Etienne's best-man.

Arnaud: This is Pierre.

Sahaja Yogini: She's coming.

Shri Mataji: She'll be coming for themselves. Now what about him? He could be somebody's best man.

Arnaud: Yes, of course, but-

Shri Mataji: You need?

Arnaud: We keep them in reserve for the people coming, because we're off of best-men now.

Shri Mataji: You are all right?

Sahaja Yogi: Yes.

Shri Mataji: All right. Keep them in the reserve.

Arnaud: I need a mother for Michel and Gabriel.

Shri Mataji: Two persons, you two, should be in charge here. At least, two, three persons, you, Doris, in this, in this. Three persons should be in charge. Otherwise, you see, it will be a mess because everybody is involved now.

[Laughter]

No, Ruth is a mother.

All right, they could be. All right.

Actually, those who are married should not be- should be with the husbands, it would be better, I think we'll see tomorrow, in case. You see, we will see tomorrow if we don't have sufficient mothers, then we'll switch them over. But just now, it's nice that they are with the husbands.

Arnaud: I got the whole list for the ten.

Shri Mataji: All right so, good. Now tomorrow half of it will be again over. So, there will be about few people left for day after.

Sahaja Yogi: We'll do it progressively. Tomorrow they-

Shri Mataji: Now you know how to do it. Now all this can be kept in my room, it can be done there. All night.

May God bless you all.

Arnaud: Shri Mataji, can we say the three mantras?

Shri Mataji: All right.

[Sahaja Yogis stand to say the three great mantras of the Sahasrara.]

May God bless you

[Sahaja Yogis do their bandhans.]

Vibrations are too much today. They are increasing. I mean, I speaking from here and resounding from there. The vibrations are so much.

May God bless you all.

So, be careful on these and you can keep them carefully.

Shri Mataji: Did he become a valid mother? [Unsure]

Sahaja Yogini: No. He said, "I want to know".

Shri Mataji: No, who said? No

Sahaja Yogini: My sister. When I wanted to [unclear]

Shri Mataji: What am I to say that? Who told you?

Sahaja Yogini: Oh! I don't know.

Shri Mataji: No, no, not at all, you can be a sister. Why not? Now come along. No, you have to be.

Did I say something to you? I never said it. Who heard that?

Sahaja Yogini: I looked at you and going up [unclear]

Shri Mataji: No, no. Never get [unclear] Don't think like that.

[End of tape]

1984-0828, Do not seek the Truth through mental projections

View [online](#).

28 August 1984

Do Not Seek The Truth Through Mental Projections

Public Program

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At The Human Level We Try To Seek Truth Through Our Mental Projection

I bow to all the seekers of Truth.

I'm sorry, I could not come yesterday and I hope today we'll be able to do something for ourselves.

When we talk of Truth, we have to know that at the human level we try to seek Truth through our mental projection or through our emotional understanding. The other day I met the president of the Jungian Society in America and he told Me that he was sitting on a cut trunk of a tree and he just thought that, "I should try to know the roots and thus I will know the sap." I said, "How will you know the roots when you have just mental capacity?" He said, "With mental capacity you can go down into the subtler side and go down and you can understand the roots." I said, "By your mental projection it's all imaginary knowledge you have." So to get to the roots you have to become a subtler personality.

So one must know that Truth is much subtler than our gross understanding and to know the Truth we have to be subtler personality. At this gross level we understand what our ego tells us, or our mental projection tells us, or our conditioning tells us. And so when we read too much about the subtler life, we think we know what subtle life is. In the tradition of spirituality, we can say that the earliest books were Upanishadas which were written, they say, written about 8000 years back. As it is there is controversy about the times. But in that time, which was just written that you cannot get to your Self by thinking or by reading. The Holy Spirit within you has to take you to your Self. In Sanskrit it is called as the Shakti. Now this was 8000 years back written down, that means so many thousands of years back it was just remembered by the mouth and by the mouth it was carried to other people.

We come down through the tradition up to the say, time of Christ. Christ has said that, "You have to be born again." So now some people certify themselves 'born again' and accept the situation thinking that they are 'born again'. But what has happened to you by doing that? They might say, "We lead a good life" or "We lead a very simple life", but does that mean that you have become reborn? For this, I would say, the latest of all was Jung who said that, "When you will be reborn, you will jump into the collective consciousness." 8000 years back it was said, "What we are seeking is our wholesomeness", that we are part and parcel of the Whole and we are trying to feel that wholesomeness. Now you can see clearly how Jung who just got his Realization and said that, "We have to become collectively conscious", though his experience was, I should say, limited and was not so much decoded.

But when Christ said, "You are to be born again", Nicodemus asked Him, "Do you mean to say I have to enter into the womb of my mother?" So Christ said, "No. You – if you are born of the womb of your mother, it is the flesh which gives birth to the flesh, but Self is born out of the Holy Spirit." All these things He told but, somehow or other, all that was changed into something very mental. All such incarnations who came on this Earth, I find, they are all converted into a mental dogmas.

Like Buddha came in, what did He say, "You must have your Self-Realization" – to such an extent that He didn't want to talk about God. He said, "First, you must have your Self-Realization", because if you talk of God, everybody starts thinking he's

become God. If you mentally believe that you have become God, then what can you do to such a person? We suffer from such ego that we are not even aware of it and this falsehood start building up into ourselves and we really believe that we have become a Realized soul.

So there are many ways of believing into falsehood about ourselves. You are to be born again by the Holy Spirit. At this point only I have to say that Christ cannot be contained in the book like Bible. First of all, His life was only of four years and they were not people understanding the way you are understanding today about Self-Realization. To understand His great life you have to go to other great scriptures to find out what they have to say about Him. But when the Christianity started it tabooed everything else, like any other religion. If you go to Islamic people, they have tabooed everything else. Same with the Buddhist and Hindus, and Jains – and all of them just tabooed to see other side. Then how can you see the wholesomeness of God? You should not be like the horses with blinkers. All these religions cut down the freedom to a human mind to understand what is in the wholesomeness of Divine.

In India, also, we had three types of people, we should say. The one category was which preached about the God which was formless, which was the Vedas were written about it. The another one was the – we can say a sect or people who were following the life of devotion and dedication, Bhakti, as like in Christianity, and like Buddhist – they didn't believe in God or we can call it the one who believed in the formless God, formless energy. But whatever they believed into they could not live up to it. Like Christ has said, "Thou shalt not have adulterous eyes." Not only, "Thou shalt not commit adultery, but thou shalt not have adulterous eyes!" That means your eyes should be innocent, that means you have to be a virtuous person, that you should lead a life of innocence and purity. But what kind of life people are leading today? If you go to America, you'll be shocked to what level Christians have gone, to such immorality.

I Myself took My birth in a Christian religion. And I felt that they live on mental projections only. They will go and pray in the church, wear nice dresses, pray in the church, come back home and have a keep. There's nothing inside them, very immoral life, inauspicious. In America, if you go, you'll be surprised: it's full of violence, full of immorality, perversion. You can't understand how people have gone that far when they believed in Christ! Apart from what we see there, is the greatest thing is that they talk like Freudian Christianity, can you imagine? What a contrast! And Freud was anti-Christ, you can see clearly! He never talked of purity, did he? But we believed in him, because it suited our weaknesses. If we live with our weaknesses, we'll become weak. These are all self-destructive elements. They destroy our nation, they destroy our fibre, they give us diseases, they torture us inside. The whole society is filled with such torture, there is no peace, there's no love. Whatever love is there is nothing but a sex point. It is ridiculous sometimes to see human beings of that great height that God has created, has come down to this low level. But when we think about that, what we do is to feel guilty and this is the worst mental projection we have. That is not the way we are going to face reality. To face reality we have to, first of all, know that God is compassion, that He is the source of compassion. We cannot understand that, because we cannot be that compassionate as He is. If any person goes and does some missionary work, we think he is very compassionate. But God's compassion flows spontaneously, it is overflowing. It flows, when it flows it comforts you, it purifies you, it makes you blossom into the beauty of reality. You are no more an ugly personality. You are no more a person who hates others. You automatically become a person who is virtuous, who is beautiful. This has to happen if you are a Realized soul. It is not that when you are a Realized soul you are making bad money, you are taking money from people like so many gurus do.

It is very difficult to understand how the modern mind has gone so much away from reality. But in reality you are glorified by God. You are the highest of highest. You have to realize your value, first of all, and then you will understand that, "I was a diamond lying in the mud". But the modern mind doesn't want to face it, face the inner beauty, face the inner subtler being which is innocence, which is harmless. The compassion of God is all-pervading but is all said so far nobody has felt it before. We have heard that God has His compassion, all-pervading power around us. And we believe into it, but we don't believe that we are the ones who have to receive it. We don't believe that we have been evolved only to achieve that. It doesn't go into our understanding that we are special people, a special category. And it is your right to get it, but not with a fight, not with aggressiveness, but with humility. Is your own and within yourself. Whatever just now Arneau has told you is the knowledge of the roots and these roots start enacting when the power of Love falls upon it. Unless and until we feel this power within ourselves and without, we cannot improve this world. It is in darkness, we do not know how we are related to each other. We don't know what relationships we

have with each of us. But when there is light, we know how we stand with each other. First time after Realization you start really enjoying another person. You just feel the fragrance of the other flower. Before that you – whatever knew about that person – was only a mental projection: how the dress was, how he walked, how he talked. But we are nothing but the Spirit which is the Truth. The Truth is that we are part and parcel of the whole and the Spirit is the one which is collective being. That means it connects you with everyone. When in your awareness, in consciousness you become the Spirit, you feel the Spirit of another person and this Spirit is the power behind this love. This Spirit, once you feel it, you never change your ideas. In this Spirit you see the Truth, you see the beauty of another person, you enjoy the love of another person. And this Truth – that you are a part and parcel of the whole – fills you up with tremendous security. Supposing, I try to sooth My finger here, am I doing any obligation on that or any missionary work? I'm just soothing Myself. When everybody become your Self, then whom are you curing, whom are you helping? They are part and parcel of your being.

But the Spirit awareness must be achieved. But the word 'achievement' is a – not a very good word, I should say. (Shri Mataji laughing) As soon as you say 'achievement' people start swimming about it. They want to put in some effort, "Now, how to achieve Spirit?" There are people in the market, they'll say, "All right, give me so much money, I'll give you the Spirit." I was amazed, there was a BBC fellow who came to see Me an interview and he said, "How – This won't work out. Sahaja Yoga won't work out if you do not take money. For an Anglo-Saxon mind it cannot be congenial." (Shri Mataji laughing) I told him for half an hour, "How much are you going to pay for it? It is invaluable." He would not understand. Then I asked him one question, "How much did you pay to Christ? You gave Him the crown of the thorn." That's what it is – that when a human mind starts thinking about reality, he doesn't accept the reality but he sides with the falsehood. Because it is easy to live with falsehood at that stage than to live with reality, because it is unknown.

But I have to just tell you very lovingly and with great request that you have to just enter into that and you will see that reality is the most beautiful thing that gives you all the security that you want. There are people who are Sahaja Yogis here, they can tell you their stories how they have been protected all the time, guided and counselled by the Divine vibrations. You really become like a computer and you are amazed how much knowledge starts flowing through you because Spirit is the Knowledge. Many journalists asked Me, "Mother, do you have all scholars as Your disciples?" I said, "No, I have very simple people as My disciples." – "But how do they talk like scholars?" I asked them, "To what university did Christ go? To what university Khalil Gibran go? To what university Buddha went? To what university Rama went? To what university Krishna went? How are they such great scholars that even thousands of years have passed and their knowledge is still to be learned in the universities?" (Shri Mataji laughing) Such original power came from where? It was not borrowed from books. So many people who read Gita sometimes think that they have become Shri Krishna. This is all mythical. By reading anything, by thinking that you are a great scholar you do not become the Spirit. If you are a true seeker, then seek what you are seeking. How to seek is the problem again because we must know how to swim across. Just stay where you are. Don't go to extremes. Like people in their Bhakti go to one extreme and in their rituals they go to another extreme. First get the connection! Are you connected? Or you are just believing that you are connected because you have read some book or you are following some cult, or you are following some guru, because he said that your name should be such and such, do you believe in that kind of a thing? What have you achieved by that? Like those who say who are 'born again'. Can they give Realizations to another? Do they know about the chakras? Do they know how to cure the chakras? Do they know how to cure people and to tell them about what it is, the knowledge? Have they become their own gurus? Can they take guidance from themselves? Have they felt the All-pervading power of God? Or they are just with their ego pampered, living in a false life?

The main thing is you have to face yourself with complete honesty. You are a seeker of ages and you have to be fair with yourself. You have not to identify yourself with your ego or with your conditioning or anything whatever one tells you, even what I am telling you. You have to get your Realization first, you have to have your experience first, then you start feeling, as he told you, the cool breeze on your hands.

Now when people come to Me, they doubt, I like it. That means that the people who are coming to Me are free people. But you must keep your mind open: if you are a scientist, then you must not close your mind, because I have to gain nothing out of you. I have come to give you what is your own, which is inside yourself, that is just to be exposed, and is your own, is your own property. Just enjoy!

But as the BBC fellow told Me, that in the Anglo-Saxon mind one cannot understand such a personality, that you work like this only for the love. You cannot do anything else, but to feel the concern. Like if a drunkard is taking a drink, he wants to enjoy with others. In the same way the one who is drinking the nectar of the beauty of God's love wants to have others to enjoy it. Such a person cannot be selfish, such a person cannot be without virtues, such a person has to be an innocent person leading a pure life. Such a person cannot be materialistic, buying Rolls Royces, such a person cannot take money from you. We have examples and examples of saints, but the kind of saints we have in modern times are so bewildering that I am Myself surprised, how people believe such depraved personalities. Is it that depravity is within us so much? But they are seekers, they are special category of people.

Very recently, a great poet William Blake has written that, "The men of God will become the prophets and they will have powers to make others prophets." That time has come today. But I must say that for this we need some traditional background. Our traditional background has been very much diverted to materialistic life. Now when people talk that, "Mother, when we get Realization, are we to leave our family, are we to leave our houses – homes?" What do you have to leave, when you are not holding anything? When you are detached from within, what is there to leave: whether you live here or there makes no difference! Such a person becomes a king, he doesn't bother about any comforts or anything. If he is a king he lives like a king, if he is a beggar he lives like a king as a beggar, too. And that is what is to be seen in within yourself: are you detached or you are just proposing or you are showing off that you are a detached personality?

Now the problem is that we have understood whatever so far about spirituality through our mental projection. But Adi Shankaracharya has clearly said, [Na yogē, na sankhye ? HINDI ?] – by all these discussions, talking and behaviours and by wearing dresses and dancing and jumping – but through the grace of the Mother, means the Holy Spirit, means the Kundalini that has to work out, only has to work out, it works out, and when it works out you feel it. I don't have to tell you, "Don't do this and don't do that." You are not to be told about Ten Commandments anymore, because you become that, you become the Ten Commandments yourself. When you meet someone, they see the kind of a magnetism you are, and the lives change, not mental projection but automatically through vibrations. Unless and until you become the Spirit, that fragrance, that light cannot be emitted out. Unless and until you become the Spirit the real knowledge cannot be described. And the highest of all is the joy of life.

And you become on top of the world, everything sorts out. Because the mental mind doesn't know the powers of God's love, it tries to solve problem by its own projection. But when the dynamic mind starts working for you, all your problems solve. You must talk to Marie-Martine about herself, (Shri Mataji laughing) how her life transformed, I never told her anything. This is what has to happen, that we are beautiful things, just wasted. Only thing we have to be honest, and it works out.

The Spirit is within your heart, and the Kundalini is in your triangular bone – called sacrum, means 'sacred bone'. This Kundalini has to rise and give you your Realization. Now once you get it, you can give it to others. Yesterday so many of you got Realization, touched it. But when you get your Realization, you just don't become suddenly Christ. You have problems! (Shri Mataji laughing) So the Kundalini goes and attends to it. Only thing you have to learn how to help and cooperate with Her. Even a child knows that. Like this light has to be put on, you have to just switch on, finished! But that does not mean there is no power behind it, there is no organization behind it, there is no history behind it. But you don't have to worry about that, you have to just know the buttons. And at length I'm happy Arneau has told you all about it, about the whole instrument within us.

Now this, as I told you I have been many a times to Geneva before and I have given many lectures and there are many Sahaja Yogis in Geneva itself, which is a very international place. So, there is no end to it, but I'll be giving lectures now in Lausanne and I am touring the whole of Europe this year again. I would like you to ask Me some questions but don't be aggressive with Me, it is not going to help you much. You have come here to get something that is your own, so please try to get it.

May God bless you!

If you have any questions, please ask.

Aside: For about five minutes let's have the questions, and then we'll start the Realization. That's all.

Is it something important, Madam? All right, what is it?

What's she saying?

Man's voice: It's the first time she's heard mention of Freud being the anti-Christ?

Shri Mataji: Of course, I mean you use your brains, you'll find! Absolutely, how harm he has done, what harm he's done. You know, I know of a family who were in a commune of Freudian theories. The whole family is ruined, husband, wife, children are ruined, they are in a mad house, when I inquired about the commune people, all of them are mad: if he was not anti-Christ, how could that have happened? I mean, it's devilish, it's devilish you see to challenge the purity of mother's love, it's devilish! But do you know he was very active in Austria, and Austria we are at least three times more people there, and when I said he is anti-Christ they clapped with joy. (Laughter) So I asked them what was the thing. They said, "We feel happy, at least You have said it now because we are so ashamed of having him here."

Now – what is it? Let him ask, what is he saying?

A child's voice, unclear, very far.

Marie-Martine repeats what the child said: He said that, "When we are a Sahaja yogi, it doesn't behove us to think too much about ourselves.

Shri Mataji: About what?

Marie-Martine: About ourselves

Shri Mataji: (Shri Mataji laughing) It's true. He is a Sahaja Yogi, you see, he is a born-realized child, so he knows we should not think too much about ourselves, we should think about others, it's true! You must hear them, one better than the other, (Shri Mataji laughing) all these born-realized children are so great! You can't imagine when you see their power!

My own grandchildren are all born-realized and one of them was – had gone to Ladakh and there she saw this Lama sitting, you see – all these Lamas there are another hocus-pocus. And there she saw him sitting there, and everybody touching his feet, you see. And then she saw her parents going and touching the feet of this man. So she couldn't bear it anymore: she put back her hands and stood before him like this and she said: "By wearing this kind of a dress do you think you are a realized soul? Why do you want everybody to touch your feet? You have no right!" And she was hardly 5 years of age and the parents were very embarrassed. (Shri Mataji laughing & laughter)

There is another case when My another grand-daughter was sitting in a program in India where they had invited Me as a honoured guest for Ramana Maharshi's birthday. He was a realized soul and I was there on the stage with others. Also there were others wearing those dresses of sanyasis and all that, sitting next to Me, one of them. So My grand-daughter couldn't bear him any more, she was sitting in front. She got up from there, she said, "Grandma, who is this man with a maxi sitting there? Ask him to get out, he's giving too much heat." (Shri Mataji laughing & laughter)

And the another one was only three years. We went to the airport and she was doing on like this, like this. I said, "What are you doing?" She said, "I'm trying to tie up their brains. They are all scatter-brains here." You find one better than the other. I mean, if you meet this gentleman, you'll be surprised how they are matured and they understand, because they are realized souls and

now they know what it means. Christ has said, "You have to be like children." That means you have to be innocent. But the power of Kundalini is so great that you become innocent after Realization, you become innocent.

So now should we have the experience, madam?

Marie-Martine explains how to behave for getting Realization.

Shri Mataji aside: It is too much.

Very left sided.

One thing I have to tell you that to get Realization is not difficult, and to feel it also is not difficult. But then I have seen people feel so happy and joyous that they forget that they have to know all about it. Then when they suffer, they come back after a year or so. I would suggest that it's like a small little plant you have to look after your Realization. Luckily we have a very good centre here in Founex, and you are all welcome to come and know each and everything. By which you become masters, and you can give Realizations to others.

May God bless you all!

Aside: and put off the light, too much this light is too much.

It should be softer because it works on the Agnya this one.

It has nothing to do with your age, race, community, caste, nothing to do. It is Nirlep,, it is unattached. Only thing it clears its way through, and very beautifully passes through your fontanel bone area. It creates no problem whatsoever because She is your mother, She is your individual mother.

Now please put both your hands like this, but very outset I have to request you that you should not feel guilty at all about anything.

Aside: so, it's now too little, I must see the face, little more lights.

Not to feel guilty at all. Just before starting anything else, you just say: 'I am a seeker and I am not guilty at all', in your heart, with full confidence in yourself, you must have confidence. To feel guilty is very self-destructive.

Aside: have some more lights I must see their faces, otherwise. No, I mean little lights are necessary, in absolute darkness, I can't see their faces. I need some light, I said, this one is too much on My face, but. Oh I see, all right. It's like – all right. (Shri Mataji laughing)

Now, have full confidence in yourself. Now you have to put both the hands towards Me, remembering that the left hand represents the emotional side and the right side represents your action. So this is the desire, and this is the action. So first we have to desire, by this hand all the time like this. And then with right hand we ourselves enrich our different centres as I tell you, one by one, on the left-hand side. So now put your left hand all the time straight like this and the right hand the way I tell you. It's very simple. Close your eyes please, not to open your eyes at all, at any cost till I tell you.

Now, first of all we have to put our right hand on our heart; in the heart resides the Spirit. Now you can ask Me a question which a very fundamental question about yourself, to get some confidence within yourself, a question: "Mother, am I the Spirit?" Please ask this question three times: "Mother, am I the Spirit?" In your heart you ask.

Now, raise this.

Bring your right hand on the stomach on the left-hand side in the upper part of the abdomen; now press it there hard, on the left side of the stomach. Now this is the centre of the Primordial Master, so if you are the Spirit, you are your own master. So please ask the question: "Mother, am I my own master?" Three times please.

Three times.

Now take the right hand down below on the stomach, on the left-hand side, on the lower part of the abdomen please. Here is the centre of the technique, technique of the true knowledge. Yoga means 'Union with the Divine', and also it means the deftness, the expertise of handling the Divine. So at this point you have to say: "Mother, please give me the true knowledge."

Six times you have to say because there are six sub-plexuses to this centre called Swadishthan chakra.

Better. (Shri Mataji laughing)

Now, after asking for this initiation of the knowledge, you have to put your hand with full confidence again on the upper part of your stomach on the left-hand side. This is again – is the centre of the Primordial Master. So here you have to now assert with full confidence – without feeling guilty, without counting your so-called sins, anything – just you have to assert by saying: "Mother, I am my own master." You have to say this ten times.

Better.

Now put this right hand again on your heart, again on your heart. Now with full confidence – on your heart please – now with full confidence again in yourself, without feeling guilty, without feeling guilty, I say three times, 'Without feeling guilty', you now assert by saying: "Mother, I am the Spirit." Just say that – you are! This you have to say twelve times because there are twelve sub-plexuses to this centre.

Don't feel guilty, please.

(Shri Mataji is blowing slightly.)

I have told you that God is the ocean of love, He is the ocean of compassion, but above all, He is the ocean of forgiveness. So what can we commit that He cannot forgive in His own power of forgiveness? We should have faith in His great powers.

Now put your right hand again up on the base of the neck on the shoulder and hold it tight. This is the centre of collectivity, where you find people who have got guilty mind, it's difficult to raise the Kundalini. In this congregation the only problem I find that people are guilty for nothing at all. Forget about what I said to you, remember that you are the Spirit. Sixteen times now you must say in your heart: "Mother, I am not guilty", and if you are still feeling more guilty, you'd better say it 108 times – to punish yourself.

Terrible! It's terrible.

Aside: Hot. Hot.

Better now.

Now raise this hand on top or across your forehead please, across your forehead, and hold it tight. At this point please say that, "Mother, I forgive everyone", from your heart you have to say. Because some people think that it is difficult, I would like to tell you logically, what are we doing when we say: 'We forgive'? Please say: "Mother, I forgive everyone", just say it three times, you'll feel much lighter.

Better.

Now put your hand on your top of your head, on the fontanel bone area, press it hard. Now press it hard with your palm, central area where you had a soft bone in childhood and move your scalp in a clockwise manner. At this point I cannot cross your freedom, you have to ask for your Self-Realization, you have to say: "Mother, I want my Realization, please give me my Realization", seven times.

Aside:

Om sakshat Moksha Dayini

Om sakshat Moksha Dayini

Om sakshat Moksha Dayini

Om sakshat Sahasrara Swamini

Om sakshat Sahasrara Swamini

Om sakshat Sahasrara Swamini

Om sakshat Nirmala

Om sakshat Nirmala

Om sakshat Nirmala

(and then blowing strongly in the microphone)

Now put down your right hand and now place the left hand on top of your head, and again move the left hand in a clockwise manner saying: "Mother, I want my Realization, please give me." Altogether seven times.

(Shri Mataji is blowing strongly again).

Now see, raise your hand and see if there is a cool breeze coming out. There might be some heat but first of all just see if there is heat or anything coming out of your head. Raise it about four inches, five inches. You can change your hand and see.

Ha, it's there. All right?

Now put all your hands up like that and ask a question: "Mother, is this the breeze of the Holy Ghost?" Three times. Put them up like that.

Aside: Better?

Now just feel it in your hands, do you feel it?

Feeling guilty? (Shri Mataji laughing)

How many of you are feeling the cool breeze, raise your hands. Both the hands I would like to see. Practically all of them! Just higher, I can't see all the hands. Good!

Now those who have not felt, shouldn't get upset about it, just raise your hands, I would like to see, it should work out. Good! Now keep your hands up, so that somebody will attend to you. Have you felt it? Has she? Has she felt? Felt it. This lady, no, this one, she was shaking quite a lot, you go and ask her, this one without the thing. Another one.

Please keep your hands up till somebody comes and attends to you, and do it very quietly.

No, no, this lady...

1984-0830, In Sahaja Yoga all religions are true

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30 August 1984

In Sahaja Yoga All Religions Are True

Public Program

Lausanne (Switzerland)

Talk Language: English | Transcript (English) – Draft

Public Program. Lausanne (Switzerland), 30 August 1984.

I bow to all the seekers of truth.

It's such a great pleasure to see so many people in Lausanne who are seekers and have come to know, here, about the truth. Can you hear him? Is it all right or muffled? Muffled. Little bit, I think, should be further. Just put it right.

These are special times, we must understand, when there are thousands of people who are feeling the urge to seek beyond. In the tradition of spirituality, Sahaja Yoga is not a new thing. It's a very ancient expression of the spontaneous awakening of your Holy Spirit within you. It resides within you. It is your own. It is your own energy that resides in the triangular bone called as "sacrum", which means the Greeks knew there is something sacred about this bone. She is your Mother, your individual Mother, who has to give you your second birth as asked by Christ.

Now whatever Arneau has told you and whatever I am going to tell you is the knowledge of the roots which was kept secret for thousands of years. And first time in the sixth century people started talking openly about it and telling what are we inside ourselves. But all the great incarnations who came in this tradition of spirituality, one by one manifested every time a new awareness in the human dimension. In the ancient time when they followed Patanjali Yoga, that time they were hardly one or two people whom realization was given. Like Raja Janaka gave realization to one person who was the father-in-law of Shri Rama. Then came Moses, Abraham, all these great prophets who tried to establish within us the divine laws. They told us what are these divine laws within us which act, what are our valances as any element has. Invariably, all of them from Socrates onward, they all said that there are ten valances within us, like Ten Commandments, which we have to keep them intact. Out of these people the prophets came on most of the religions of early times. Like Judaism and other, [Zoroastrism, Zoroastrianism], Lao Tze, all these people were saying the same and same thing that we must have a balance within ourselves to establish the divine laws within ourselves.

But when Moses saw that the people were so much anti-God and so much anti-Divinity, he put forward a very strong type of a law which we call as "Shariat". These laws were made for Jews, but actually they are followed by Muslim people. I've been to Islamic countries and I've seen people are quite normal and they are balanced and they are strictly adhering to these laws. But there is a tremendous fear in their mind. They are under oppression and they are not normal people. Such dominated, frightened people can become extremely violent. Same thing I found in Russia when I was there with My husband. That, I asked them that I would like to see some church, and they took Me to this ? what is the one they follow, Grégoire? They call a Greek.

Grégoire: Orthodox.

Shri Mataji: Orthodox Church. Greek Orthodox Church. And the priest received us there. And most embarrassing thing was that the priest told us that they are fasting these days. So he cannot eat meat. "But we can drink." Now, Me and My husband, we don't drink. So the officers who were with us did not drink either. But this priest started drinking and to our amaze went and drank and drank and drank so much that he had forgotten us also. So when we came out these officers started laughing. They said, "See, this is what happens. This man talks of God. Look at him. He has no sense." I really felt that God is challenged.

We see it in everyday life in all the countries which are democratic also; the freedom has lost its value. It has become a license. In America, lawlessness is so much that you just don't understand if you are facing an anarchist country or what. When I talk to them about religion which is within us, the balance within us, they said, "Why should have balance?" This is a good question, "Why should we have balance?" But logically, everything that moves has balance. Imagine a car going on two wheels and a man who does not know how to balance his bicycle moving about. So that means the balance has to be there if you have to ascend. And that's why these great religions came on this Earth. But human beings as they are, they have a capacity to make a mess of everything. So with all [this, these] thing today, what we face is a human race which is so confused. We do not know which way to go. Then our eyes are turned to something that there is still unknown but must be the truth. That is how today there are thousands of seekers. I find them billions and billions existing.

Translator: Oh.

Shri Mataji: I know it is there.

Translator: It's a good news, Shri Mataji.

Shri Mataji: I said I see [may, many] thousands, because there not even thousand here. Now, these seekers are existing and they are seeking something beyond. But what are they seeking? In the tradition of spirituality, if you go back thousands of years, in the Upanishadas which eight thousands years back written down – before that it was just through the mouth – it is said that in you resides, in you resides the power to get your realization, to get to your Self, and the Self is the one we should achieve. That's why are on this Earth. That is why if you go to any village in India, not to cities because cities are more sort of westernized, but if you go to a village and ask a villager what does he want in his lifetime, so he will say that, "I want one sat guru" – is a guru who is a real guru – "and who will give me my realization." In the same tradition Christ came, two thousands years back we can say about. Of course, human beings were very cruel to Him. They didn't allow Him to live long. In four years whatever was possible, He said all about it. He said, "To understand all this, you have to be born again." And Nicodemus asked Him, "What do you mean by born again? Am I to enter into the womb of my mother?" He said, "Whatever is born of the flesh, is flesh. But Holy Ghost gives birth to the Spirit." Now where is this Holy Ghost? It is placed, this one is the Kundalini. I asked a priest, I said, "What do you understand about Holy Ghost?" He said, "I, I, I am agnostic." I said, "Then what are you doing here?" He said, "I am doing my job." I mean, I was surprised at him that he didn't want to know about it. So all these religions, all of them, have put blinkers on our eyes, and we are not supposed to see to the left or to the right.

In Sahaja Yoga when you receive your realization, you realize first thing that all religions are true and they are all related to each other. As Christ has said, "Those who are not against Me are with Me." Another thing that was said in the Upanishadas was carried on later by Shri Krishna and by Christ and everyone, that you cannot read about it. Very lately, Guru Nanaka has said that by reading these things what is going to go in your head? That is, with mental projection you cannot reach there. With mental projection you can go up to a point where you can understand that this is the signboard, or this is the way you have to get in. But you must have an actualization, the real experience of the Spirit. Unless and until you have that experience you are living with your ego that, "I have read this book. I have read that book," and all that. We are now today at a point of the same tradition, where there are many flowers on the tree of life. There were one or two flowers before, but today there are thousands. I would say millions.

Now we have to see what happens in the ascent. You become the Spirit. So far, you are identified with your mind, with your psyche, with your conditionings, with your egos. You might be a very good person, very balanced and a religious person, but still you feel that there are people who are so nasty, so bad, so lawless and they are prospering. "Why am I suffering when I am such a nice person? I have done nothing wrong. Why should I suffer?" And this question comes to you because you feel not blessed. Many good people who have suffered take to destructive measures towards themselves. They, just to escape the cruel reality, they take to drugs, take to alcohols, they commit suicide. But reality is beautiful and glorifying. But you have to enter into it. If you are not with reality then you are frightened because you are in darkness. You have seen miracles happening in this Lausanne where people who were drug addicts, who were alcoholics, who were having bad relations with husband and wife, are completely

changed and leading a beautiful life. I don't tell them, "Don't do this. Don't do that. Don't." I don't say that at all. I don't even tell them, "Be lawful," or anything. But once you get your realization you become the Spirit, the Spirit becomes your guru, Spirit becomes your master and He guides you. So those who believe in God can be very good people, can be very nasty people; shows no effect on them.

Like I went to Argentina and people said, "Mother, we are such good people and why should we suffer?" But this suffering is because you have not entered into the Kingdom of God. If you enter into the Kingdom of God and you become the citizen of God's kingdom, then He looks after you. You do not know the dimensions in which He works. Grégoire himself says that the miracle has lost its meaning in Sahaja Yoga because everything works out, effortlessly. Before this you have to make an effort to work very hard to be a successful person. And still you are not happy. After realization you don't have to put in any effort. You become successful. Your priorities change. I've seen people who are successful in their profession, can be very nasty people. I've seen many bureaucrats who have no moral courage of any kind, no morality innately built. I've seen all kinds of people, parliamentarian and every sort, and I find there is that lacking of faith in themselves. And that faith is missing because they have not become the Spirit. Spirit is the source of truth, not in one dimension but in complete dimension of the awareness. A child who is a realized soul is much more aware than a very old man who has not [get, got] realization.

I remember once I was going with My grandchild to the airport and she was all the time doing like this. So I asked her, "What are you doing?" He said, she said that, "I am trying to tie up all these people; they are all scatter-brains just now." And the awareness is so many-dimensional because you can feel the divine force all around you. You can feel the All-pervading Power all around and you can feel another person, not his clothes, not his face, not his purse, but himself inside in his chakras. And you know what the problem is with the gentleman. And you talk in the terminology of centers. Now when you talk in the terminology of the centers, you do not criticize the person but what you say, "The center is catching and we'll manage it." You can give a balance to a person. But first of all, you have to be all right, you have to be perfected your own system, which is a very easy thing because you become like a witness to your own life. You start seeing yourself clearly. Like this sari has a spot on it. I cannot see it, but once I see it I know how to clean it; I can clean it. So you cure yourself, you purify yourself, everything done by your own Kundalini. You don't need any guru for that.

Now Arneau has said that I have a capacity, but I must say that it is your capacity that works out. Your own power works it out. The thing is like this, that we are all part and parcel of the whole. We find our wholesomeness when we get our realization. And then we don't think that somebody is the other. Like, any finger is paining; you rub it. You don't think you are doing any obligation. You, you just become the whole and you feel for the whole in a collective way. As soon as your Spirit shines into you, you start seeing the sense of life. Like I know one smuggler in India who came to Me in Sahaja Yoga, and he said, "I've formed the habit of smuggling, I can't get out of it." And see how Divine is generous: he got his realization. And he gave up some smuggling from next day. I said, "What happened?" He said, "I can see now, what's the use of smuggling? I never was so happy as I am today. It's all full of joy. And with that smuggling I was always like a criminal, behaving like a criminal in a peevish manner." And the awareness is so dimensional. The fellow who was busy with smuggling used his awareness only for smuggling, but today he has become a very, very rich man because his awareness has taken another dimension. And I asked him, "How did you become so rich?" He said, "Effortlessly." He said, "I don't know from where, out of the blue I got all these things which were sold for such high prices. I don't know how. I didn't know what was antique. Suddenly I started seeing the beauty in the antiques, and I got them and I found them out. I didn't know a word about it." Despite all [these, this], he looked ten years younger and I first could not recognize him, because there is no tension built.

Before realization you have to put in an effort and tension is built in. But after realization you are amazed at the blessings. It happens. I've seen happening to thousands and should happen to most of the humanity. In the tradition of spirituality, the time has come now that you all should get your realization first. I first thought that it would be better to cleanse people and work them out and then give them realization. But I found it's a very slow process. Without realization people can't see themselves, which is very difficult. The real saints are really in danger. I know so many of them who have told Me that their hands were broken, their legs were broken, their, they were smashed and they were hanged and did all kinds of things to them because they tried to give cleanliness to people. And they are literally frightened of facing human beings. Only those who are marketing God are there in the arena. But that's a different thing that they want to have money. They don't, they are not bothered about God or realization.

But these saints who have been so much frightened, out of them I sent one to America. He stayed there for three days in New York and ran away.

Now the thing is, I just logically thought that if everybody gets realization first, the light may be little ? doesn't matter ? but they will start seeing things better. So once you enlighten the light, you can see in that light, maybe not so clearly but so clearly that you see how you are still needing some help. As a result of realization, first thing that happens to you that you become collectively conscious. I say, become: means you can feel others. You can feel yourself. You can get rid of your physical problems, emotional problems, your mental problems, and also your material problems. If the husband is not very nasty or the wife is not very nasty, the relationship improves tremendously. And the relationship with children, relationship with others, relationship with the society, with the king, with the government, with the law, everything improves in a beautiful manner because you become a peaceful personality. All this is only possible if you become the Spirit. When you become the Spirit you start seeing yourself and correcting yourself because you become powerful. And this is the power of compassion, of love. You don't destroy others and you don't destroy yourself. You have even compassion for yourself, for your being, for your body, for everything, and you have compassion for others and you respect them.

We have to understand that this creation is not created by the Creator to be destroyed. You are on the stage and it is you who have to change a little bit. You have to become the Spirit and if you become the Spirit then you will know how great are His blessings. More than you, the Creator is anxious that you should become the citizens of His domain, that you should become His beautiful children who understand Him, that He is so anxiously working out and that it is His only desire and His only aspiration that all these great creations of Mine should achieve that beautiful life. Only thing is that it has to work out. You don't have to do anything much about it. By God's grace it will work out. But even if you get your realization, you must know that there are problems within you, which must be cured, must be brought right. For that you have to work yourself and understand what you are within yourself by which you perfect yourself. So you have to pay some attention to yourself, at the most for a month. It is like a small, little seed, germinated, and then this little plant has to be looked after little bit so that it grows into the tree to help others. It is too spontaneous and very fantastic; that's why people don't believe in it. But do you know how fantastic you are? You are like a computer, which does not think. But as soon as you get connected with the whole, you just start feeling the absolute within you. You can answer all the absolute questions on these vibrations. And you know each and every thing about it. There's nothing darkness, nothing that you don't know. Like they know each and every thing, you will know each and every thing.

All the realized people see the same thing. They, say if you have ten children who, whose eyes are tied, and if you ask them, "What is this fellow suffering from?" they will say, "He is suffering from this," say for example. Because you are suffering from that, I can see. Now, what is this finger? That's only I have to decode. This finger means that you all feel guilty for nothing at all. It is a very common feature in the West that people feel guilty. And at the very outset, before we start the session of meditation, I have to make a humble request that you tell yourself, "I am not guilty at all." It is all a kind of a conditioning on the Western mind that you are made to feel guilty for everything that you don't do. Like a lady very immaculately dressed and all that came out with Me. She said, "I'm feeling very guilty." I said, "Why?" She said, "Because I put the fork the wrong way," something stupid like that. It is all stupid to feel guilty. I beg of you not to feel guilty at all, because God is the ocean of love and ocean of compassion, but above all, He is the ocean of forgiveness. You must respect yourself that God has created you. And you must know, if you are the temple of His shrine, how can you be guilty? Then another thing is that we must suffer if we have to get to God. This is not believing in Christ. You know that Christ died on the cross for our sins. The cross is within ourselves, at the gate, you can see at the Agnya chakra. He sits there. When the Kundalini rises, She enlightens Christ there and He sucks in the ego and superego, both, just like that.

Once upon a time, Jews did not believe and they believed in suffering. So they had Hitler. Why do you want to suffer? Christ has already suffered for you. What more can you suffer? Like in France when I went, they said, "Mother, you should not say You are full of joy. You must say You are miserable. Otherwise people won't listen to you." But I'm not. Les misérables, all of them. And I said, "All right. Now let's see what happens to them after realization. I will not say anything." And now you see them, how they are. They are in the seventh heaven, all blessed, thousand [full, fold].

It is said, in the same tradition, yoga kshema vahamiam. Krishna has said, "When you get your yoga, you will get your kshema."

So because people have not got their yoga that's why they are suffering, because they haven't got their yoga they are so powerless, because they haven't got their yoga they are so quarrelsome, because Spirit is the manifestation of God Almighty within us. And the Kundalini is the expression of the Primordial Mother within us, which is the Holy Ghost. We believe in God Almighty and the Son of God and the Holy Ghost. How can you have a Son for a Father if He has no Mother? It is all your own. You better have it, for which you cannot pay Me. You cannot put it in any effort. It just works out. It's your own. It will work out very soon, only you have to little bit cooperate with Me to awaken your own Kundalini. Afterwards if you get your realization, well and good. If you don't get your realization, also there are centers where you can go and meet people and you can get your realization accomplished. And you should try to understand, those who have got realization have gone through the same thing as you have gone through. And when you become, yourself, a Sahaja yogi you can give realization to thousands.

We have an Australian who has come here, a doctor, Warren Reeves, who came to Me, got his realization, went back and has given realization to thousands of Australians. We have seven centers only in the Sydney city.

You are all invited to our different centers here. We have one in Lausanne. We have one in Geneva. Please make it a point to go there and get all the help that you need and then help them, because this is not an individual movement but is a collective movement. As you have already heard that Sahaja Yoga cures cancer, it cures many diseases, automatically. But if you do not master the art of true knowledge then we cannot guarantee all that. But there, there are many who are cured. But curing is not our job; it is just as a byproduct. May God bless you all. Thank you very much.

Now we'll be having a, about ten minutes' meditation. I hope you all will get your realization during that period. But even if you don't get it you should make it a point to give some time to yourself and know all about it, get your realization fixed and established and that you grow in it so that next time when I come to Lausanne I should say, see many more trees. As it is, Lausanne has grown very much since I came from first time.

Now you have to help Me a little bit, first to give yourself a balance and then to give some energy to your different centers. That's all. Nothing difficult it is. There are centers, which will be enriching on the left hand side, only. In this you do not feel in any way diffident. Please do not feel any way diffident. Everybody is capable. If you have anything tight here or on the thing, which makes you uncomfortable, you can take out. You can even take out your spectacles, because throughout you keep your eyes shut and it helps the eyesight also. Firstly you should be very comfortable. If anything very tight you can loosen it. Be comfortable. First of all, forgive yourself. And have no guilt. That is first condition.

Now you have to keep your eyes shut all the time, not open your eyes, because if the eyes are opened I've seen the Kundalini doesn't rise very high. So to give it a full opening you better keep your eyes shut. And both the hands on your lap like this. [Aside: Can you put this up? I'd like to stand up. Yeah. [Hindi]] Please close your eyes, just close, in complete confidence of yourself that you are all going to be realized, you are all going to receive your realization. Be confident about it. Some people come here as some sort of a show. Such people should leave us in peace. You see, there is no show on. Because such people do definitely disturb us. Not Me, but those who are just trying to get to the reality can get disturbed. So everybody should close their eyes please, with both the hands towards Me.

I think there are some people who are thinking they should have asked Me some questions. You may write those questions on a piece of paper because today I have to go back early. Always I allow people to ask questions. So I would request you to write down these questions later on and send it over to Me. I'll try to answer to them. But just now don't worry about the questions, because asking the questions and answering them doesn't give you realization. So you should just desire that you must have your realization.

Now, the left hand is manifesting the desire power, which is on the left hand side. And the right hand side is manifesting the action power. Now, first of all you must remember to keep the left hand all the time on your lap towards Me, because this is your desire to have realization. That is the symbolic thing. Now the second one is that the right hand should be first put on your heart. Without opening your eyes, please do as I say. On your heart on the left hand side, on the left hand side, on your heart. Please put it on the left hand side of your heart, please, all of you. In the heart resides the Spirit. So you can address Me as "Shri Mataji" or

you can address Me as "Mother". "Mother, am I the Spirit?" Ask this question three times, please. [Aside: Ha. Good. [Hindi]]

Now please put this hand, right hand, left hand keeping as it is, on the upper part of the abdomen, your stomach, on the left hand side. Everything we are working on the left hand side. And press it hard. This is the center of the Primordial Master. As you are the Spirit you become also the master. So now you ask a question, "Mother, am I my own master?" Please three times ask this question. [Aside: Ha. Good.] Three times.

Now take your hand right down on the stomach, in the lower part of it, on the left hand side, very low, very low. This is the center of divine creativity, divine knowledge. Now, I cannot force you to do anything. You have to ask for it. So you have to say, "Mother..." Now the initiation, the beginning is that, "Mother, give Me true knowledge." Pure knowledge. In Sanskrit is shuddha vidya. Ha. Please don't feel guilty. All through I have to request you not to feel guilty. Without feeling guilty you ask Me. You have a right to ask Me.

Now, again on the left hand side you move your hand, on the abdomen, at the upper part, again at the place of the master. Now as you have asked Me for the true knowledge, the true knowledge is that you are your own master. Will you please with full confidence say that, "Mother, I am my own master," ten times, please. [Aside: Hmm, good. Good working.] Ten times, please, because as I told you we have ten valances. [Aside: Hindi]. Please don't feel guilty. You are your master. I'm telling you. Please don't feel guilty. Please be very, very confident. He's so concerned about [that?]. If you feel guilty I cannot work out. Ah, better. But again you go back to the same, to the guilt.

Now put your right hand on the heart, again, on the Spirit, with full confidence again, please. Now, say in your heart with all sincerity and confidence, "Mother, I am the Spirit. I am the Spirit." Say twelve times, please. Ha. [Aside: Hindi].

Now, you must know, as I told you, that God is the ocean of compassion, ocean of love and ocean of forgiveness. [Aside: It started already, vibrations started.] So have faith in yourself. Now, now put your right hand on your neck, on the left hand side, at the base of your neck, from the front, from the front. Please keep there. Hold it tight. Now this is the center is caught up when you feel guilty. I must tell you it is very dangerous to feel guilty. You develop diseases like angina and so many others because of this, spondylitis. At this center you have to say sixteen times, "Mother, I am not guilty." Ha. Sixteen times. And those who feel really all the time guilty should say it hundred and eight times to punish themselves. [Aside, to the translator: Say it, say it. It is close and they can't hear I think. You see reverbs, is little far.] Ha. Sixteen times. It will happen very easily if you really say it from your heart. [Aside: [Hindi] Better? Better now? [Hindi]]

Now if you have said it sixteen times, please put your right hand across your forehead, across, and hold it tight. Hold it tight. As I said, this is the center of Christ. Hold it tight. Please put it on your forehead. At this point you have to say, "Mother, I forgive everyone." Now some will say it is very difficult, but I tell you it is mythical to believe that by forgiving you are doing something. You are doing nothing. But when you don't forgive you are playing into the hands of others. Please don't feel guilty, again I would say. Now at this point you can ask a question, "Mother, am I the part and parcel of the whole?" Please ask this question three times. Ha.

Now, please put your hand on top of your head, on the fontanel bone area, where it is a soft bone. Please put your hand there and press it hard, press it hard. Please help yourself. It's very simple. You are giving baptism to yourself. You are baptizing yourself. Now, press it hard and move it clockwise. At this time, again, I cannot cross your freedom. You have to say, "Mother, I want my realization. Please give me my realization." I cannot force it on you. [Hindi]. Ha. [Aside: It doesn't work.]

Now change your hand. Put your right hand down, don't open your eyes and put left hand on your head. Now see for yourself. It is for you who has to judge yourself. Nobody has to give you a certificate. [Aside: Tell them.] [Hindi] Om Sakshat Moksha Dayini, Om Sakshat Moksha Dayini, Om Sakshat Moksha Dayini, Om Sakshat Moksha Dayini, Sakshat Moksha Dayini. Om Sakshat Nirmala, Om Sakshat Nirmala, Om Sakshat Nirmala, Om Sakshat Nirmala, Om Sakshat Nirmala.

Now you raise your hand and see for yourself, is there a Cool Breeze coming out of your fontanel bone area. You certify yourself.

[Hindi] Little higher, little higher. If there are Sahaja yogis, they should also help them to see. See now, slowly. Change your hands again. Do not get disturbed. See for yourself. Is it Cool Breeze coming? It is for you to certify. Nobody is going to certify you. You have to see yourself. Is there a Cool Breeze coming? All right? Is he getting? Ha. You can change your hand. Ha. Better. Is he got it? Has he got? Little bit move up and down, little bit, you will see that. With both the hands. These hands, these hands will speak now, as Mohammed Sahab has said, that, "At the time of Resurrection your hands will speak." The energy flows through your hands. And the movement of energy only you have to know how to move it. That is what happened to the Disciples of Christ when they were blessed by Holy Ghost. They started speaking the language of the chakras, of the centers, and that looked strange to people. And they started moving their hands because they felt the Cool Breeze around their hands. And they were called as mad people because people didn't understand what they were doing. You can change your hand again and again to see. [Hindi] Better now? Is he feeling? He's got it. But he is feeling it or not? He's feeling it. All right.

Now one more thing we can try. Just put your hands up in the air, like this. Let's see. All the hands. Like this. And ask a question. Ask a question, "Is this the All-pervading Power of God? Is this the Holy Ghost, Power of the Holy Ghost? Is this the Brahma? Is this the Divine Power?" [Hindi] Now put down your hands and see now, are you feeling in the hands? Feeling? Good. Feeling? Is he feeling? Good. Bit, yes. In the beginning it's subtle; so the sensitivity is not so developed. You have to feel it more. But some people feel it in a big draught, also. You be confident. You be confident. Is, yes, you just put your hands like this, straight. And see, be confident, not be afraid. It's there. It is this power that gives you seasons. It is this power does all that is living, spontaneous. What do we do? Nothing, dead work. We cannot create a real flower. We cannot convert, transform a flower into a fruit.

See now. Now watch Me without thinking. Can you do it? Let's see. Without thinking. You cannot think about it. It's beyond thought. The state is beyond thought. Feeling peaceful now? Good, enjoy yourself. Those who are not feeling the Cool Breeze should contact the Sahaja yogis. They will be here for some time, but I am going away. How many are Sahaja yogis, have come? Because tomorrow there is a big function, so very few have come. But are there any Sahaja yogis here?

Translator: Yes, yes, Shri Mataji, enough.

Shri Mataji: There are. So now let them work out on you. You can come and sit here. They'll work on you. But they will have to use their hands, move their hands. Don't get upset. Tomorrow you will have to learn. You talk to them, ask them. They'll tell you each and every thing. And you'll be surprised; you'll think they are scholars. They are not. They are ordinary people, absolutely ordinary. Best thing is to talk to them nicely, ask them questions, ask them anything that you want to. They are there to help you and then you have to help others like them.

Translator: The Sahaja yogis should stay and help the people getting the realization.

Shri Mataji: This work cannot be done with a single person, isn't it?

New person: [French]

Shri Mataji: What is he saying? What is he saying?

Translator: I, I'm not quite sure. He said his, his hand were moving, or his hands were moving or something like that.

Shri Mataji: Really? Where? You, did you feel the Cool Breeze?

New person: [French]

Shri Mataji: With the force. Ha. Yes, maybe with the force. Today the vibrations are too much. Yeah.

Translator: Yes.

Shri Mataji: Doesn't matter. It's a good idea. It's a good thing. It doesn't matter. Please be quiet and sit down. I'll come next year again at this time; and maybe for two days in Lausanne.

1984-0901, Eve of Shri Ganesha Puja: Count your Blessings

View [online](#).

1 September 1984

Evening Program

Hotel Riffelberg, Zermatt (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

“Count your Blessings every moment” (talk before musical evening). Riffelberg (Switzerland), 1 September 1984.

Only about an hour back, I was telling that, perhaps the Sahaja Yogis don't realise, even materially', how Divine is looking after them. And what are they' doing about it ?

They have so many, still, many identifications, and they are not fully identified with the Divine, that Divine is so much identified with you. This is definitely such a great miracle, that should happen. Can you see this clearly now, so many miracles happen to you, but what about our sincerity ? The sincerity of the Divine is there, but are we sincere, to that Divine? There are so many miracles like this, not one but thousand-and one have happened, and in individual life, in collective life ; one has to write it down, it is ,remarkable.'

But either, sometimes we are identified with ego, sometimes we are identified with the conditionings of the things that we do not identify, and sometimes we are attached to a very petty-nonsensical thing,-thats not proper. And there should not be little bit hint of ego to think that “God is so kind to us so we are something great”,-it's very wrong.

So many people do like that, I have seen. Not only in Europe, England, also in India they do like this, that “this is Mother's job, this Mother is doing,” or if you tell them something they will say “it is Mother 'You' said, so I did it.” It is all wrong. You must say that “It is 'I who is doing it,” then you are identified with me. Unless and until you take up upon yourself the glory of Sahaja Yoga,-that that is your job to establish;-and be identified with it.

Even with a flag people are identified in this world, to a little piece of cloth, people are identified in this world, a little piece of cloth, people are identified. They have given lives for just a piece of flag, just imagine ! So many have given lives only to climb up this Ganesha's thing (Swayambhu Matterhorn mountain). People have given their lives for silly-stupid things, given up their families, given up everything. And what are we doing? You must think about it.

So, God is very blissful, extremely blissful. We should not develop 'at all' a feeling, that “we are special people, that is why God has blessed us, so let Mother do all the job, and we sit down and take the blessings.” How much the Divine has worked so far, and is working, so delicately, so choosingly. And how much have we given?

We have enjoyed. Alright, we are here everybody is enjoying ; nice. Are we going back home and thinking that, that whatever we have enjoyed, we have to 'give something to Sahaja Yoga. What have we given? You don't have to give up any thing as money and all non-sensical things, but you have to give your heart to it. Is your heart there or you have other considerations ? so be careful.

Many people also believe that if you have become Sahaja Yogis, now you have a right to enjoy and not to do anything for Sahaja Yoga. And some of them, if they do something, they think now they are above board, nothing can happen to them.

But every moment you have to remember that you have to go further and further and further in your spiritual life. How much time you give for Sahaja Yoga, and how much time you give for collective work of Sahaja Yoga should be found out. ' How much harm you are doing to Sahaja Yoga also should be seen. Those who are not identified, can not have joy in life. They are neither here nor there...Freely identified.

And the greatest blessing you should feel: when you realise that you are doing nothing for Sahaja Yoga. What have I done ? Nothing.

Count your blessings.

Even yesterday when I talked to my husband, I said, "Thanks to Sahaja Yoga, I am going to Zermatt, otherwise I would never have gone there." My daughter told me that "you don't wear any nylons, what will happen to you ? In your lifetime you will have to wear, because now they wouldn't be producing silk sarees." I said, "Thanks to Sahaja Yoga, I have no problem all my life!"

So every moment count your blessings. Count your blessings. That is how You are going to have the 'Joy of Sahaja Yoga.' Otherwise joy will be lost, even if you have blessings, the joy won't be there.

May God bless you.

1984-0902, Shri Ganesha Puja: Four Oaths

View [online](#).

2 September 1984

Four Oaths

Ganesha Puja

Hotel Riffelberg, Zermatt (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja, Zermatt (Switzerland), 2 September 1984.

My joy knows no bounds when we have come to worship this holy mountain which we have named as Ganaraj. Sometimes the words are not sufficient to hold the outpour of your joy.

I come to you as a symbol of your Mother, but the first Son who was created was Shri Ganesh. And then, when the Mother Earth was created as a symbol of motherhood, She created many Shri Ganeshas in this universe. In the cosmos, the star which is called as Mars is the Ganesh, Shri Ganesh. All these symbols were created for you, the Sahaja Yogis, to recognize them. To recognize all these symbols is easier if you are a realized soul. But we have had so many great realized souls in the past, of very high quality, and they recognized, they found out the symbols of Shri Ganesha, long time back.

India is the microscopic form of the whole earth, Mother Earth. So, in the triangle of Maharashtra, we have got eight Ganeshas which are manifesting vibrations and were recognized by great saints of Maharashtra. But as you have seen, as a grace of these great saints, especially in Maharashtra, has created human beings who have shraddha as the highest expression of their emotion and mind. Because of that lofty vision in the mind, whenever they see something of this sublime nature, their thoughts go to God. [It is] thanks to the saints of that state that people have that sensitivity and that kind of a movement.

Unfortunately, in the West, where shraddha is something very superficial, anything like this takes them to something very low, something very dirty, filthy, unholy. Instead of surrendering to the sublime and enjoying the greatness of the sublime, they take to something very carnal, which belongs to the flesh. But still the people who are living in simple ways in the villages, in the nature, must have realized the importance of this holy mountain.

Thousands and thousands millions of years back, the Mother Earth started producing Her Ganesha. It was first a huge ocean where Himalaya stands. Himalaya gradually started coming out of that ocean in a flat way, like a Shiva Linga, which is the expression as the manifestation of the animals – they have the brains which are flat. In this way [Shri Mataji illustrates the shape with Her hands]. But when the Himalayas started coming out of that sea, the Mother Earth was pushed on the sides. And the Mother Earth started giving folds to Her saree, you can say. Now, when that movement started, the saree gave waves of vibrations in such a way that at certain points it rose up to a point, becoming like Shri Ganesha. And it was, to begin with, a flat – again, the same type [Shri Mataji again illustrates the shape with Her hands].

But then, still more folds started coming up much later, when the human brain started developing its ego. So the whole of that land was pushed up and another land joined it in such a manner that it formed an apex. The superego was pushed in and was brought to the climax. That synchronizes with the human brain, because the whole universe is represented in our body as well. Now, the central axis of the Mother Earth acted as the spinal cord. By this happening in the Himalayas, again there was a big push onto all the mountains which were to be created as Shri Ganesh and they got into their final forms. And the apex was created.

So the Mother Earth as Gauri created all these Ganeshas. At the other end of these ranges must be the highest mountain because it is pushed the most. Mont Blanc should be higher than this one. You see, when they pushed it, Himalaya was brought up to a point only. Up to a point it went, and then the waves created Ganesha of a certain height. Not too much height. So it was

pushed on the right-hand side more: the ego went, you see, expression in Mont Blanc, say for example. And on the other side, it was created another Ganesha at the other end, near Darjeeling.

Question: Shri Mataji, is the Mont Blanc an expression of Shri Ganesha also?

Answer: No, no. It is the expression of ego.

So Shri Ganesh was expressed even in Darjeeling, and you get the same kind of redness on that. I have seen another Shri Ganesh created in Delphi, where they say is the Nabhi of the Mother Earth.

Also when Shri Shiva Linga is created, linga is created; along with Him always there is a Shri Ganesh created, as in Amarnath, where a drop of water falls on a particular area and creates the linga. Plus that, another drop falls on another side and creates Shri Ganesh – exactly like the face.

Now the ocean is the Father, and the Mother Earth is your Mother. But when the Mother Earth becomes a mountain, She is called as the Father. The reason is: She, at that height, can catch the Father on top of Her head, as snow or as rain. That is how a Mother becomes the Father, and so She can perform the complete function of a father and a mother. In that state only, Gauri, the daughter of the mountains, conceived Shri Ganesha without the help of the Father—immaculate.

The purity of the snow is hundred percent, and that covers the Mother Earth, gives the formation of innocence. All the filth and dirt that goes into the ocean is clarified by the Sun, which is also Shri Ganesh, and is brought on top of the hills and mountains to cover it. But to Ganesh, it is a big problem to exist in a country which doesn't worship it. It has no sense of respect. It is always aspired that they should climb over. Very egoistical ambitions, of a low level and outward.

When you see the mountains like this, the idea that should come into a good human being would be: "Oh God, I can see You in this sublime form, and how will I conquer my ignorance? How will I climb over my mountain of arrogance to look at You?"

To an egoistical mind, the mountain is for the joy of the eyes, and the joy which is really not the joy, but is a kind of a pleasure for them to see. Their ego gets challenged and they want to climb on the mountain, that: "We are higher than you!"

We had Himalayas for thousands and thousands of years in India; nobody ever thought of climbing it. When the English came, they started doing it [for the] first time. Then the French, Portuguese, Spanish, all of them all did this and the Indians were looking at them bewildered: "What are they doing? Why do they want to climb the mountains? Is better to see them from a distance and adore them, than to climb over them to die!"

But this egoistical mind can go further, as in Switzerland it has gone, that they try to ski over these mountains, take the slopes to go down. They go down in any case! And they break their legs. I told one Sahaja Yogi who wanted to come here for skiing, I said, "Don't go there, it's not allowed by Sahaja Yoga." And he came back with broken legs.

So every way the games are also such that it's just a satisfaction of the ego. I can understand small children going over a slide, but big old men moving like this for hours together, have they no other work to do? That shows they have no maturity of any kind. They are still stupid children playing with the snow.

By all these doings, what happens, that the holy places become like cemeteries. Imagine, instead of putting flowers on Shri Ganesha you are putting dead bodies on His body. And, while skiing, putting those hard nails into the body of Shri Ganesh. It's true! There is no sense of respect. Perhaps we don't respect ourselves. We are not mature enough. The first thing that should happen [is] that one folds his hands to Shri Ganesh and just sees those things. Just this should happen to all the Sahaja Yogis.

So the innocence has to be developed to have that respect; if you are not innocent, you cannot have respect. And in the innocence you don't think you are the wisest of all and make everybody look like a fool. Nor do you laugh at others and make fun

of them. Nor do you laugh at others and make fun of them; nor do you play games and put people down. But what I have seen, even coming to Sahaja Yoga – this is the worst part of it – I have seen people who play games after coming to Sahaja Yoga. They gossip and say all kinds of wrong things which I have never said before. There was so many kinds of things I hear that I'm amazed how Sahaja Yogis are such creators of gossips. Is this the way Ganesha would behave towards the Mother? That, thinking yourself to be great people, you say, "Mother said so, and this happened, and that happened"? Ego is anti-innocence, and that's why this kind of a nonsensical gossip people do, which I can't understand, it is so filthy, I just can't understand.

Like there was one lady whom nobody would marry, and there was only one fellow who accepted to marry that woman. And that's how the marriage took place. Now this lady, or perhaps somebody who is like her, has spread stories that she was the most beautiful woman, everybody wanted to marry her, everybody raised the hands. I never asked people to raise their hands. It's not like that. At all. When I heard it, I was shocked. This woman, nobody wanted to marry her!

There are all kinds of things that you have got from your past, and you must try to get out of it, otherwise you cannot rise higher. A person who is not innocent cannot worship Shri Ganesh. In His right hand He has got a parasha – you must know that – a terrible instrument, you see with one stroke He takes out your head, like a guillotine it is. Those who are not innocent, play games, try tricks, gossip, indulge in filth, He cuts them off. Innocence is a very sharp thing. It does not have any compromise, which you can see in the life of Christ.

With His trunk, He throws people left and right and throws them out. He sees for a while, and if people remain still half-baked they are thrown out of Sahaja Yoga.

No one should think that you have got realization, you can be in the Sahaja Yoga, if you do not take to innocence. Innocence gives you complete sincerity. And Ganesha is the judge, and He is the one who throws you out of the periphery. Like a tangent you get out of Sahaja Yoga. And when you get out of Sahaja Yoga, you start going down and down and down, and then you may develop horrible diseases of the Mooladhara chakra. Those who are hit by Him are the worst; if you have come near Him, be careful! Face yourself. See yourself. Note yourself.

Another thing they told Me, that some people think that they are great Sahaja Yogis – who contribute nothing to Sahaja Yoga but headaches. If some sane Sahaja Yogi starts telling the other Sahaja Yogi about something sensible, this fellow puts up his right Vishuddhi, pressing it hard on him to show that: "You are talking because your right Vishuddhi is catching." Very cunning. You are not to play games, because you are harming yourself. I am telling you now. Those who think they can play with the loopholes must know that there's a loop round their neck. Like the fallen angels, you will go to the greater heights, or [to the] depths of mire. So try to be honest to yourself.

Any nation has any problem, any sins they have been committing or have committed before, should not be any more a tag with you. If a country has been cunning, then you should be innocent. If you are coming from a foxy clan, you have to be innocent. Like, you are coming from a thuggery clan, then you have to be extremely astute. If you are coming from the romantic clan, you have to be extremely pure. You have to be juxtaposition of whatever sins we are suffering from. If you are the light in the darkness, you have to be brilliant and not dark, and you have to give light in the darkness, to the dark, not to take dark upon yourself. So, if you really feel that the past of your country has been such and such, you better study it and know for yourself that you have to be just different.

Some are comfort-loving; they should get out of that. Some are pleasure-loving; they should get out of that. Some are tempted with women and men and drinking and all that; you should completely give up and come out of it. There are deeper sins we have of cunningness, of aggressiveness, of slyness—all these things are to be studied and understood, that: what do we have to do for our country is to get out of it completely, first of all, like the lotus out of the mire. If your country is racist, then you have to become absolutely a person completely integrated. Like that, you have to be on the juxtaposition to rise higher than the rest of them, to give them a proper lead.

I can tell you that Shiva tolerates a lot of nonsense, because He is fond of forgiving. And Vishnu principle tries to play with them and punish them or kill them. But Ganesh tattwa has no compromise of any kind. And when this becomes Ekadasha Rudra, and

when Christ is going to come in that form, then there will be no compromise, no "Mataji," no crying, no argument, nothing. Shri Ganesha Himself will throw people into hell. So be careful on that! Today, in the presence of Shri Ganesha, you have to take an oath, that: "Whatever is the past of my country, I will get opposite to that." Like, I would say Indians are not very good with the money; in money matters they can be very horrid, and sometimes they create a problem with money matters. So, one has to know that we have to be absolutely astute as far as money is concerned.

It is not sufficient only to be something innocent, but it is more that it should be proved that people should know that you are innocent. Like, I asked my son-in law – he is a very honest man – whether this would be honesty, so he answered, "This may be honesty for outside purpose, but it is not in the essence of honesty."

So, that is how you have to be honest in the essence of it. And the essence of honesty is innocence. The essence of sincerity is innocence. The essence of beauty, glory, is innocence. And innocence is the one that gives you complete detachment. So to such a symbol of innocence when we bow, we must know what we have done about ourselves. Whatever has been your past, get out of it. Be just the opposite of what has been so bad before—strongly against all that you were before, in the darkness. That is the sign of your character and of your strength, and will show to the world that your Spirit, which is enlightened within you, has given you that strength and that new dimension.

So, the second oath we have to take before Shri Ganesha is that: "I will be honest to myself. I will not deceive myself for anybody's sake."

Now the third great thing about Shri Ganesha is that, for Him, no gods exist except His Mother. And you know all the stories about Shri Ganesha, how He adored His Mother. Because He knows His Mother is the Power, and that He is the source of your wisdom. He's the embodiment of wisdom. And the greatest wisdom He has [is] that it is better to worship the Mother than anybody else, because She is the Power. According to Him, even the Father if you have to meet, you have to go through the Mother, and secondly Father is just the witness. All His security, all His powers, all His beauty, innocence, comes from His Mother.

So with the third oath you have to take, that: "For us, our Mother is so powerful, why should we be afraid of anything? If She is going to give us the wisdom, why should we try to seek it anywhere else?"

I appear very innocent sometimes, but My innocence is complete intelligence, I think. And that is the reason, you see, people take time to accept. But people like Shri Ganesh, who are the wisest of all, know the trick.

The another oath we have to take today, that: "We'll respect every Sahaja Yogi from our heart, because they are made in the form of Shri Ganesha. We'll not make fun of them. We'll not laugh at them. As long as they are in Sahaja Yoga, we have to respect." But they can be thrown away, they can get out of it. But unless and until this happens, do not put your ego on other people. Don't think that you understand everything. Don't think that you know everything. Respect each and every person, not for what he has read or what he has learned, but because he is a great soul.

I feel the whole West suffers from one, one simple disease; that is, they do not know how to respect anyone. Whatever doesn't suit their mind, they will never accept, nor will [they] respect. With their ego they want to judge everyone and condemn everyone. So get out of it! And tell yourself, "I don't know anything. I was a stupid fool with my ego." Humble down yourself in your heart, open your heart, and love each other. Respect and love—are the two things you have to promise to Shri Ganesha. If you cannot do that, your ascent is going to be very difficult.

May God bless you.

1984-0905, Radio Interview

View [online](#).

5 September 1984

Interview

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Her Holiness Shri Mataji Nirmala Devi

Radio Interview, Oe3 Dabej

05 September, 1984, Vienna, Austria

INTERVIEWER: But I don't understand too much about that subject, that You as a lady are the teacher, not only the teacher, the founder of a yoga-theory. Is this in common in India, that also women do it? I read that You say that all comes from Mother Nature and therefore are there many women that were teachers in the case You are, or are You in this sense of course a unique person?

SHRI MATAJI: (Shri Mataji laughing) It's a rather embarrassing question, isn't it? I think a Mother can do better job than anybody else, in this respect, but you have to have a lot of patience with people, isn't it? Say if it was Christ, He is very nice, He got crucified and finished the job. You see, He was so disgusted and Shri Krishna would take His Sudarshan and kill people. But if you have to really emancipate people, if you have to really see that they get what they have, you have to have real patience of a Mother.

INTERVIEWER: So can You give me some not private details on Your family's life. I read as well in Your bio, that now Your daughters are married, and then You started to do what You are doing nowadays. So did You influence them as they were kids? Or when did You start to create Your theory, Your yoga?

SHRI MATAJI: No, I was quite aware of it from My very childhood. And I took My birth in a Protestant Christian religion, you see, My father and mother were enlightened people, especially My father was a very enlightened person, and actually he told Me what sort of work I'll have to do, because what problems I'll have with human beings, because he told Me how human beings are, their problems are, what permutations and combinations they have. And then as a custom in India I had to marry also and I married a very nice man, and then I had children. And I thought that unless and until I reach a certain age, I should not start talking about it, because at a young age people may not take it up seriously.

But apart from that I had another problem that I found that human beings have certain permutations and combinations of barriers and because of those barriers, if I have to do an en-mass Realization of people, I'll have to overcome all those barriers at a shot. It means in one lecture I should be able to give Realization to thousands of people and to work it out, you see, I started studying human beings, and tried to see through subtle mind how I could raise their Kundalini, how I could give them Realization, what are their problems. And it took some time for Me to settle that. It so simultaneously it worked out with the marriages of My daughters and themselves settled down and this.

So when in 1970, 5th of May, I saw the way things are happening and all that and I thought this is the right time to open that last part of it, which I had, the seventh chakra, and that when I did it, and that is the point, where I really mastered this en-masse Realization, because so far it was a Realization of one person or two persons. And My father told Me that, "You are born really to give this en-mass Realization to people."

So You don't start talking about it or otherwise You'll create another Bible or Gita, what's the use. You better work on the system

that You understand human beings properly, and You start en-mass Realization, because if somebody is born on the 10th storey, and somebody is born just on the first floor, you see, he cannot understand that person and he attacks that person. So is best is that You raise them higher than from where they are so that they know at least that there is something beyond. And the knowledge of Sahaja Yoga is not today's, so I wouldn't call it a founder, it is in tradition of spirituality, it started long time back, the Realization was given thousands of years back in India, but it was given to one or two persons. Even Christ at His time has done a very great work of resurrection and in that He has said that, "You have to be born again."

So that what is not just a certificate, is a self-opinion that we are born again or is a artificial baptism. It is a real happening, is a living happening within ourselves, which has to take place, about which of course Indians know, because traditionally we are brought up that way. So we know that this happens. And the knowledge of the roots is more in India than here, it is more the knowledge of the tree, we can say, but that exists there. And this happening once takes place you achieve that new dimension which we call as collective consciousness, by which you become collectively conscious. You can feel another person's centers and you can feel your own centers. And if you know how to correct them and how to correct the centers of another person, mentally you can cure them, physically you can cure them, emotionally you can cure them and also they become the citizens of God's domain.

INTERVIEWER: So back to Your daughters. Do they both also practise yoga? Did You teach them?

SHRI MATAJI: No, they do not, they do not, because I never force them. I said, let them take their own time. In a way good, you see because if My family gets involved, people might think that it is a family enterprise. They are very good girls, very religious, I should say, very balanced, very astute. My husband is also another very great man. But they are not doing Sahaja Yoga. I have kept them out, you keep out of it, but My grandchildren are all born realized, four of them are, and they are great Sahaja Yogis.

So these people are out for the time being, because it's not proper to have them there. Also from another point of view, that when I'm dealing with My children, you see, they might think, they are the daughters of Mataji. So you see - adores them - and try to give them money, or do this, and it will be quite disturbing. So I don't want that. I just said that now they will come in any case to Sahaja Yoga, I know, but this is not the time. Let people first of all establish themselves properly, because, you see, it gets diverted - the whole attention.

INTERVIEWER: Who do You consider to be the right person for yoga? Is there a group of people that's easier to be caught by yoga or is it for everybody, or is it a question of the personal education of the mind?

SHRI MATAJI: No, education is not at all required. The simpler you are, the better it is. Sometimes education can be a barrier, because you see you miss the point, as I would say, if you are too overeducated, could miss the point but if you have that intelligence and that innocent intelligence, which is so sharp, it sees the point very easily. But a person who is over-intelligent, can be ego-oriented, you see, and a person who could be say very much conditioned and has ritualistic who has faith, blind faith in things is also difficult.

So you have to have a very simple person who is an open-minded person. Scientific in outlook, I should say, would be better but most of the people I meet are - such kind - are mostly in the villages in India or say places where not so much of so called artificiality, sophistication is gone, they're normal human beings, and they live down to earth.

INTERVIEWER: Youth in Western Europe, in America is looking for a destination or for a destiny, not for a destiny, but they ask...

SHRI MATAJI: Seeking for the beyond, yeah.

INTERVIEWER: So doesn't this also mean that Western philosophy doesn't offer a proper way for the beyond, for the way there, as more and more get in some case included in Eastern philosophy, if we say in general yoga is Eastern philosophy. Do you see that the high-industrialized western world has a lack of ways to offer to the mental human being?

SHRI MATAJI: That's what I was telling the other gentleman also that, you see, the Western civilization is like the tree outside, and the Eastern understanding of the Spirit is like your roots. So there is a continuity, I mean I cannot separate one from another, you need the tree and a tree needs the roots also. Roots must have the tree, you cannot do without it, so both things are complementary to each other. But when there is an imbalance, like a tree grows too much beyond, and it doesn't reach its source, then there could be a destruction. And that's what exactly what has happened in the West, that you have overdeveloped yourself, and that overdevelopment has led you to a problem, because you are exhausted the Mother Earth, exhausted your energies, exhausted your brains, everything is at an exhaustion point. So now it's better to get to the roots. So when you get to the roots you find, you have not reached the source. And where is the source? Source lies within yourself, in the human being himself and that source is to be found out. And that source is the Spirit, which all the great saints, all the great incarnations, in their own traditional way has one after another have expressed and told. But everybody has misunderstood and made a mess out of it. We have organized God, we have organized Christ, we have organized Mohammed Sahib, we have organized everyone, but They are living things, you cannot organize Them.

INTERVIEWER: But if I'm a top manager of Ford, of IBM, am I really the person to do Yoga, doesn't it mean, if I am one part of this highly industrialized western world, that the Eastern philosophy is offering me any time. Isn't there an either or?

SHRI MATAJI: No, you become really dynamic because, you see, you become a witness of the whole play, you see this play. So you become dynamic, there is no pressure, or tension, you become just dynamic, you understand everything in all dimensions. Apart from that you develop a balance, you know how far to go. I mean, you don't overdevelop something. You develop a proper, what we should say, a balanced development and that's what is necessary, that we have lost the balance.

INTERVIEWER: Isn't there some way - don't you know many people that want more of yoga than yoga can give. So doesn't yoga also have in Western Europe a point that it doesn't give to the individual that so, people think, well I can reach so many things by yoga and don't realize that they can just find themselves.

SHRI MATAJI: You see, yoga is a big misnomer in the West, people don't know what this yoga is. Because even if you read Patanjali, it is said that you have to get to your Self-Realization and then how to grow in your Self-Realization. Once you start growing in your Self-Realization, you develop such a personality that you see the whole world as one. You reach your wholeness. And when you reach your wholeness the complete balance and the curative sense comes in. Like you see, if there is a problem in My left finger, I'll try to rub it, all right, I rub it and I soothe Myself, whom am I helping, whom am I supporting, what is a developing country, what is a developed country, you see? You need something from the developing and you have to have the developed. So the whole thing is, that we haven't got the wholeness. We are not integrated. The whole world is not integrated so far. It's only possible when you reach that point, which is within us, which is collectively conscious, and that is the Spirit. Once you reach that point, you hit the collective consciousness, and when you become collective, you understand the wholeness of yourself.

So what people are seeking here in yoga, is really something that is brought from there by people who don't understand. Yoga means union with the Divine, it means union with the Divine. When you become one with the Divine, the Divine starts flowing through you and you become part and parcel of the whole. You become. It's not question of just taking a certificate. It's not running on the street or standing on your heads, it's not yoga. It's just one 16th and 16th part of something we bid that you have to understand that, if there is a problem, physical problem, what exercise particularly you have to do. But that, too, is only possible when you get your Realization. Before Realization you don't know. Where you are sick people don't know. They go mad, but they don't know that they are getting mad.

So the craziness that you find or the imbalances you find is lost, because we have just turned our faces to that thing called the Spirit, because we could not reach there with our mental projection. So what we have to do, is just take to this new dimensional approach by which you become that thing that you have to become, for which you have come on this earth. And that, if you get it, you are there.

You have so many dimensions. I mean now for Me, you know, I'm a wife of a person who has to shake sometimes hands with 600 people on one side (Shri Mataji laughing) and I have to deal with people on that level, and that sort of people and I am also doing this, I have decorated My house. I mean, I can do 1000 and one thing and still I'm very relaxed person.

INTERVIEWER: Yeah, yeah.

SHRI MATAJI: So what you have to achieve is everything what we talk of, see, now we talk of democracy, we talk of communism, though both are artificial to My mind, because unless and until you have something, how are you a capitalist? You have nothing. What do we have? We have nothing but plastics. What do we have? You see, when you have something like I would say, I'm a great capitalist because I have all the powers, (Shri Mataji laughing) all right and I'm the greatest communist, because I must distribute. So, in essence, I am the real capitalist and a real communist. So all your ideas that are, are really the glimpses of that great truth. Communism is - I'm the greatest communist, I'm the greatest capitalist. All your ideas about economics is, now economics is so sensible, that it says that in general wants are not satiable, in particular they are. So that means the want, that means this matter is not going to give you satisfaction. So where is the satisfaction? It is in the Spirit. You see, everything aims at that, points at that. But one should see the point.

INTERVIEWER: Thank you!

SHRI MATAJI: May God bless you! Thank you!

1984-0905, Christian Tradition and Christ

View [online](#).

5 September 1984

Christian Tradition And Christ

Public Program

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: I bow to all the seekers of truth.

It is so enamouring to see so many seekers in Vienna who have come to receive their Realization.

Sahaja Yoga is not a new thing. In the tradition of spirituality it is mentioned about 14.000 years back by Markandeya. That ultimately it is the force within you of the Holy Ghost, which is called as Kundalini residing in the triangular bone has to give the Realization. But for that happening human being had to be prepared. People had to be balanced. And that is how many prophets came on this earth after that in the same tradition to prepare people to have that balance. Right from Abraham, Moses we see them, follow them up, up to Raja Janaka who was the father-in-law of Rama. And later on we had so many others like Mohammed Sahib, Nanak Sahib on this earth to tell us about having a balance in live. They taught us moderation and not to go to extremes.

You can see within ourselves we have two sides - one is the left, another is the right side. But the human nature is that that whatever one may try they make extreme of everything - they can do it. Like when they talked about God they went to the extreme of thinking they where God themselves or they thought that now God can be organized by human beings. Because of this extreme nature they could never recognize the reality. Reality lies in the central path. Like those who are very futuristic people who are planning all the time, who are running in the future will always miss the point. And those who are on the left side, who are lethargic also miss the point because they stick to their past. Whatever they have achieved from the past they think that is the right thing, that is what that is - is the reality. Specially those who are very much conditioned by the past cannot see the reality at all. So logically we reach a point where we understand that if you become a futuristic person or if you deny that there is nothing like reality, I have to find out myself then you miss the point. And those who believe in their conditioning like, "Now I have got it, I have found it, I am that", are also away from reality. You have seen right from the beginning how Jews thought that they are the ones who are chosen by God. Because Moses brought them out of the mire of slavery. And then Moses Himself saw the way Jews were going, so He said, "All right, bring a very strong law," as you have seen in the chapter of [Jeremiah ?], where He says that you have to kill a person who does wrong. These laws of Shariat were taken over by the Muslims and Jews do not regard it as something of their own use.

Then it advanced further when Christ came onto this earth. He also said in very simple straight forward words that, "You are to be born again." Then Nicodemus asked Him that, "Why to enter into the womb of my mother?" Christ said, "No, whatever is born of the flesh is the flesh. You are to be born of the Holy Spirit. The Holy Spirit is going to give your birth, your second birth." So that whatever is born of the Spirit is the Spirit.

But there also Christ completely failed to communicate I think, because nobody paid attention to this fact that you have to become the Spirit. Now how do we become Spirit? Whatever we become in our evolution is felt on our central nervous system, on our conscious mind. As human beings we know what is the color, we know what is dirty, filthy, but animals do not know. So if you are genuine seekers, if you are truthful about it you must know that the experience of Spirit has to be on the central nervous system. So one thing we have to accept from these great people who came on this earth that we have something called the Spirit within us. And we have to become that Spirit. In an ordinary language we can understand that so far in our attention we do not have the Spirit. So this Spirit has to come into our attention.

I don't know about German language but English is a very elusive language in what Spirit is - what we called the Atma, Spirit in the heart, the reflection of God, then Spirit is also a dead body, also Spirit is what you drink as alcohol. (Laughter)

But in Sanskrit language it is called as the Atma, is the Self, is the being. Now when we, I say I, I say so, either I say through My ego or I say through My conditioning. So when we live to our mental projections which is a limited instrument, whatever we do is not absolute.

For example one "Mister I" doesn't think the way another "Mister I" thinks. But the Spirit which is the reflection of God Almighty within us in our heart is the collective being. That is the absolute. That is the light. When that light comes within our attention we start seeing how we are related to each other. And we find out our wholesomeness.

We find out we are part and parcel of one personality, which is called as collective consciousness. But you actually become, it is not that just that, "Now I am the part and parcel of the whole," but you really become on your central nervous system. When this Kundalini rises and pierces through your fontanel bone area you start feeling the Cool Breeze of the Holy Ghost coming out of your head.

Now what is this Holy Ghost is nobody knows as far as the priests are concerned. To My amazement I asked a high gentleman who was a priest of a very great repute that, "What is the Holy Ghost?" So he says, "I am agnostic." So I said, "What are you doing?" He said, "I am doing my job."

Now what could be this Holy Ghost? Let us see because if there is the God Almighty, the Father and the Son, how can you have a Son without the Mother? So there has to be a Mother and that Mother is the Primordial Mother which is reflected within us as the Shakti or you call it as Kundalini. So this is the Holy Ghost as described in the Bible.

To understand about Christ also one has to go to other scriptures. Same about Mohammed Sahib, same about Moses. But all this religions surprisingly have become like small points stagnating. So one has to understand that when we talk of the Holy Trinity it is the Father, the Mother and the Son. So this Mother, this Holy Ghost is represented within us as the Kundalini. She resides within us as a living force. And is called as a residual energy because the whole body is created, the mind is created, ego is created, but that has not yet manifested itself. It has not manifested because when it manifest then you get the effects of it. So the Kundalini is the power of pure desire, the desire of God, is the Primordial Mother. Now this pure desire within us has not yet manifested, if it had we would have been satisfied people. But we are not satisfied because we haven't found that which gives complete satisfaction. So this power of our pure desire resides in the Kundalini in a sleeping state till we come across someone who has the capacity to awaken this Kundalini.

Now it is very simple to understand if you understand how we sprout a seed, which is a living process. When you sow the seed into the Mother Earth, the Mother Earth has the capacity to sprout the seed. How much do you pay to the Mother Earth? How much to you exercise about it? It is all spontaneous, it's sahaj. So this spontaneity is the sign of life's force. Our evolution has come through that life force of spontaneity. But it is very difficult for many human beings to accept that it should happen spontaneously.

(...child was suffering of epilepsy during the speech...)

What is it? What is the matter? What is it?

I mean, if you have somebody who is suffering from epilepsy it's better to take the child outside, because the force here is so much of spirituality that it reacts, so better take the child out - but the child will be cured, no doubts - but take the child out. Now when the Kundalini rises She passes through these six centers within us by which She enlightens these centers. And as a result of that we get our physical wellbeing. Now for example if a boy who has epilepsy is a possessed personality. And you know when Christ also addressed people the epileptic started shouting. So on the left hand side when we have problems of our

mental problems - schizophrenic or this epilepsy or all these things - they also get completely cured. But this is not so important, it is just when we are going to have a vision of our Spirit and when we are going to establish the purity of God within ourselves our whole temple gets cleaned up. So the temple gets automatically cleaned up and we feel that we are purified. The innocence gets awakened within us automatically. Now Christ has said, "Thou shalt not have adulterous eyes." But how many people there are you find who have no adulterous eyes? Now these are the people who are innocent. Those eyes are innocent have to be something special. And they are the ones about whom Christ has said that, "They are twice born." So the innocence within them is awakened.

Then after the entry into this chakra which you see there the Kundalini sucks in both your ego and superego as a balloon, you can see them there. By that you become thoughtlessly aware, you go beyond thought. A thought raises and falls off, and then is another thought that rises and falls off. But there is a space in between and you go and steady yourself in that space of thoughtless awareness. But when the Kundalini pierces through then you start feeling the All pervading power all around you. Like the Cool Breeze. You feel in the hand something going in from all around. And when you start growing up then you start giving to others. But you become again collectively conscious in the sense that you can feel your own centers now, you know which center is catching on the fingertips.

But now I feel here all of you have one common problem, it's the left Vishuddhi as we call it - this finger is catching. Now what does that mean? That means that you people feel guilty for nothing at all. You condemn yourself for nothing at all. And you think you must suffer for getting to God. Now logically you understand that why should you suffer to go to God? It was all right before Christ, but why after Christ has suffered for us? Are we going to suffer more than what He has suffered? So why should we suffer? In the name of this suffering, people go to the left side.

If a human being leads a moderate life he'll never get diseases, he'll never have any trouble. But under the imaginary idea that you have to suffer and that you are guilty you go on moving towards the left. And what is on the left? Is the collective sub-consciousness, is all that is dead. In Vienna or Austria I think there are more dead than living. (Laughter) The whole left side is catching. Since My arrival here I am trying to clear out the left side of Vienna. And on top of that you people feel guilty. (Shri Mataji laughing) You are moving in the wrong direction all together. Now see the seriousness of it.

The other day I saw a very good demonstration of the cancer research doctors who showed on the BBC that when a person is vulnerable to cancer he is attacked by some entities, some proteins which exist within ourselves since our creation. They gave the name to those things as proteins 58, protein 52, just giving names, but they do not explain it. So this area they are describing is nothing else but the collective subconscious. And this attack comes to you from that collective subconscious. That means if you try to go to the left you are in for trouble. So we create our own problems. Those who try to live with the left sided ideas of feeling unhappy all the time, frustrated, suffering - suffer. Now those who feel guilty on this side of the left Vishuddhi which I am feeling it too much you all are caught up, get the trouble called Angina or sort of a thing where the blood cannot flush up.

Now we have so much leisure in life that we sit down and try to create our own miseries. To understand real miseries you must get out of all these affluent places and go and see for yourself what misery is. But those who really face, really face miseries are happier people. In the developing countries I have not seen many people who feel guilty, very few. They never feel guilty, they have no time. (Laughter) That's why it is said that cancer is a rich man's disease.

So as a result of the Kundalini awakening you come in the center, your attention from the left side is pulled in the center.

Same thing like this boy today was attacked by the left side will come to the center and he'll be cured. Now the right side people are the people who are extremely aggressive type. Both are just the same, one aggresses other, another aggresses himself.

Those who are very much futuristic and of that kind get another type of trouble of a very active heart and a very active liver. They suffer from over activity and they go in a circle and they can't stop it. (Shri Mataji laughing) So to compensate it then they take to alcoholism or all kinds of things which are left sided. And the left sided take to violence and all kinds of nonsensical things - just to balance.

The whole world is today filled with violence. We all talk of peace but there is no peace within. We have created atom bombs to kill each other; no animal has done such a thing. How can we get over the war situation unless and until there is peace within us. But when you get collectively conscious you know we are all part and parcel of one personality.

So if this finger is feeling sad or rather I would say is hurt another comes to help it without feeling any obligation about it, it's a relieve to yourself. Then the question comes, "Who is the other?" But only after Realization when you are connected to the mains then only you start feeling that compassion that flows. Otherwise whatever compassion you try to express gives you an ego. But after Realization you become a personality which is hollow and the All pervading grace flows to you and you enjoy witnessing it. In that state you are completely at peace with yourself and peace with others. When a person gets Realization for the first time you enjoy human beings as beautiful flowers. After Realization only you have some meaning to your life that you yourself realize, "Oh God, I did not know that I am such a glorious thing." Because once you become the light you give the light. And the whole priorities change in such a beautiful manner that you become absolutely confident, fearless and loving personality. Your mere presence can cure people. Your mere presence can do thousand and one thing which you are amazed how it works out. Many people ask Me a question that, "Why is it in India which is such a Yoga country people are not happy?" I would say relatively they are very happy people. But materially they are not so good. But Krishna had said that, "Yoga kshema vahamyam" - when you will get your Yoga you will get your wellbeing. But Indians after the 300 hundred years of slavery have become very westernized. Now they are trying to develop on your way the plastic affluence. Say in this all group how many Indians there are? None. So those who are in charge of affairs have no wisdom of their own, they take their wisdom from the West. I think they will also dig out everything from the Mother Earth, have big factories, then they'll have tinned food and then after right that they'll become Hippies and then they will come to Sahaja Yoga. (Laughter) It's a circle they have to go through. But it can be short circuited and in the villages Sahaja Yoga is working out very well for your information by which people are improving in every way, even in material way.

So now when you receive your Realization the first thing that happens to you that in your attention you become collectively conscious. Mohammed Sahib has said, "At the time of resurrection your hands will speak." He has written more about resurrection than about doomsday, but Muslims do not think about it.

So you start feeling in your hand the Cool Breeze of the Holy Ghost, and by this Cool Breeze, which is the energy of the integrated Divinity you can, you are anyone, you can vibrate the water, and it can be sometimes ten times. With these vibrations you can cure a mad person. Not only that, but by giving Realization to others - anyone can give Realization to so many people that you receive the blessings of your own being. And this new dimension makes you feel that the whole world is one. All petty-mindedness, all short-sightedness, all useless nationalism, everything falls off. You become so powerful that all your habits fall off. You are like a lord, nobody can entice you. But the attention that you have works, it acts. If you pay attention to something it acts, it works. Like - there was somebody who said, "Mother, how can it act?" I said, "All right now what do you want to know?" He said, "I want to know about my father who hasn't telephoned to me from Scotland." I said, "All right, put your hands and just think of your father. And these are the centers of your father. And he started getting a burning in this area and I said, "That's it, that means he is down with very bad bronchitis." So he telephoned to his mother and he found out that his father was down with very bad bronchitis. (Laughter) Now I said, "You pay attention to it, just think of it." And after an hour he said, "Miraculously I am cured."

So the first meaning of yoga means the union with the Divine, which is fantastic itself. But the second one means the deftness how to handle this All pervading power. It pulsates into everything. But you have to learn how to handle it, which is called as pure knowledge - Shuddha Vidya in Sanskrit. And within a short time you become a master.

It is very surprising I came to Vienna, and in such a short time there are so many people in Vienna who have got Realization. And within this short time there are so many masters we have in Vienna. An interviewer asked Me, "Have you got all your children, Mother, who are scholars?" I said, "No, they are ordinary people." I said, "You become the knowledge after Realization, so you know everything." Because you know the essence of everything and that's how you can explain everything. As a result of that you

really become dynamic. Your problems are solved automatically, and you are free, you have entered really into the Kingdom of God, where is no taxation, no laws, no regulations, and you are looked after like a king. But in the beginning every human being seems to be diffident, if not sceptical. Either this or that. They start thinking, "How can it be? How can that be? How can be I am such a bad person, I have done this," all guilty business starts coming up in the mind. But you must know that this creation has created you as the epitome of creation, and the creator Himself is worried. If you do not get your Realization then what about Him, what's going to happen to Him? He is more, much more anxious than you are because the time has come, this is the Blossomtime then thousands of you have to get your Realization. But you have to listen to Me with a scientific mind - that is an open mind and not a closed mind. It is like a hypothesis for you, all right, but if it is proved, why not? Why not have it, if you have all this powers, all this properties, all this glories within yourself? Why to hesitate? I don't want anything from you. You cannot give Me anything. Except that you get your Realization. That is your birthright. But very difficult to convince people. Only the false gurus can do it because they mesmerize everyone - so finished. But you have to rise in your own freedom. You have to evolve in your own glory. So such a method is useless. So whatever has to be achieved has to be through your freedom and through your wisdom.

So I think for today's introduction I have covered lots of subjects and I've tried to bring you to the center of the subject, that we have to have our Realization. So after this we'll have the program of meditation, but those who want to leave should leave. Just a minute, please. Just a minute. Those who want to leave should leave first because after this I will not like people to be disturbed, so please to be civil and fair to others, if you want to leave you can leave first.

Please, those who want to leave should leave first.

Aside: No, no, Gregoire, let them leave first, because most of them, those who asked questions last time left. So I want them first to leave and then ask questions. They should not waste the energy. No, no, no that's waste of energy.

All those who want to leave should leave. We'll only allow people to stay here who would stay for about 15 minutes more in patience, and not people who only ask questions and then leave. We don't want the time of others to be wasted for nothing at all.

There is some (space). Let these people also to be seated more. Be more comfortable. You have to be comfortable, please. If you can come this way and that way. You all can come, there is a room there. Better. Be comfortable.

They can come this way. Is there some of the Sahaja Yogis can give room to these people who are standing all the time. You please see that they are seated properly.

All right, now you can ask Me questions. (Shri Mataji laughing)

Last time those who asked the questions for hours together, and then they disturbed everybody and then they went away.

Now, please ask the questions now, if you have any. I'll be very happy to answer your questions now.

Left - see, this is what happened last time.

Aside: Who is that? Now, what is he saying? You tell Me in English.

QUESTION: Shri Mataji, he says that in the Christian tradition he has heard that the Holy Spirit is something which comes from outside and now You said it is something which is inside. How can one unite the two?

Shri Mataji: Now, it is a controversial thing is Christian tradition itself. Now it has come to a crux, so I can tell you about it. There is a - recently a book written by an Englishman I think, who has challenged the miracles of Christ, His Immaculate Conception and all these things. And according to him Paul never talked about it. Now you see, I have to tell you the truth. I must tell you the truth. Now this gentleman Mr. Paul, when I saw him in the Bible I was surprised, who is this gentleman here? He was himself a

Jew who tortured Christians, he saw that Stephen was tortured. Then suddenly he gets a supra-conscious, some sort of an epileptic fit in that he sees some light and he becomes the organizer of Christianity, who had never met Christ. He was an intellectual and he intellectualized Christ and he established himself in the Bible. How is he there? What he did was to write letters of organizing God and all the people because he wanted to go to Gentiles. He fought very much with Peter and there was no combination established because Peter was not an intellectual. So this Mr. Paul started a religion of his own and surprisingly Khalil Gibran has said the same thing that I am saying that, "Who is this strange man Mr. Paul?" It would be like this epileptic boy talking of Sahaja Yoga. And not only, Khalil Gibran also says that Paul is a person who does not know what he is talking about, he is not sure about himself. He said it very clearly in that book "The Son of Man", you please read it. Complete chapter. So this Peter was completely made into nothing by Paul. And then he incarnated on this earth as Augustin and started this so called tradition.

Now you'll be surprised there is an Archbishop of Durham who says that all these things are hallucinations of the disciples and there was no Immaculate Conception and there was no miracles of Christ. Because intellectuals can't understand these things. Now this church where - they bestowed upon him a very great honour in a church, that church was burnt by a great fall of a lightning in there; absolutely burnt on top. So the Archbishop says that, "It was God's grace that the walls did not burn."

I tell you that not only Christ had Immaculate Conception but every miracle He did is a fact. And He is the Truth and can be established when you come to Sahaja Yoga - that He is such a great truth and all these false people who try to malign him. And to challenge Christ is a very dangerous thing. Is very dangerous. Because you must know He has eleven destroying powers, which are called in Sanskrit as Ekadasha Rudra. He is the great incarnation of Mahavishnu. He is innocence personified. He has all the powers of innocence and who can challenge Him? Unless and until one has Realization one can't understand Christ.

So many people are shattered. Their faith is shattered the way these intellectuals have taken over the tradition, so called tradition of Christianity.

Yes, but it's true that the Holy Ghost can bless people and the Kundalini rises when the Holy Ghost blesses the people; so the Kundalini rises because of that is a fact. But they don't know how to explain, what they talk they don't know. They did not even explain in any way, because they don't know anything about it. They don't know, they have no knowledge about it. They did not even explain that when the Holy Ghost blessed the disciples what language they were speaking and what they were doing that people thought they were mad. Because the Holy Ghost blessed them they felt the Cool Breeze and they started talking the language of the centers, as we talk. Not that somebody started speaking German, somebody started, say, speaking Sanskrit. It is only possible these things happen when you get possessed. But they got their Realization and they started to speak the Divine language of the centers. And when these powers are felt then you start moving your hands in the deftness of it, you know how to use these hands, how to give balance, how to raise the Kundalini. The hands start moving and that's what people thought they were mad.

But I move in a society of another kind as you know and in that I meet many ambassadors and great intellectuals, and they all say that these disciples of Christ were all stupid fools. Because they have not been to universities - what university did Christ go to? This is how it is a big rift now between the people who feel Christ is the embodiment of Divinity and those who are intellectuals of this kind, who are challenging Christ. But Sahaja Yoga can prove that Christ resides on this center of Agnya there at the cross; because when the Kundalini stops at that point, at the Agnya point, you have to take the name of our Lord Jesus Christ, then the Kundalini rises in its dignity. "That is the gate," He has said.

So now as far as the tradition is concerned I'm rather doubtful how the tradition took, every religion, even Hinduism is like that. Islam is the same. Any religion you take, the tradition is nothing but tradition of going down, down, down, down. If it was a right tradition there would have been no problem. Today we have so many churches, so many fightings. You see the Vatican in the Mafia, Mafia in the banks. I can't understand.

What Christ you gave Him - the thorn to be adorned on his crown. What kind of crowns these people are wearing? In India also, we have also now started another kind of competition with your crowns. So somebody is making a big umbrella of gold. I must

say crown is all right - they are wise, but umbrella is dangerous. (Shri Mataji laughing) They are playing with Divinity, they have no sense that God Almighty has a tremendous wrath for such people. The religion of Christianity or any religion is the religion of the living God. At different times there were great flowers on the "Tree of Life", but we plucked them and said, "This is mine, this is mine," and we are fighting the dead. But in Sahaja Yoga you will know the beauty of all these great prophets and you'll be amazed how they have enriched us, all of them.

So now, I think one question was quite - needed lot of explanation and thank God I could say it in Vienna.

Now let us have our Realization.

Now, we'll have tomorrow, all right? You can bring the question. I'll definitely answer your questions. All right? It's already 8:30. Because you see, it depends on how it works out.

Now this is only just to take help from Mother Earth, though there is something plastic in between. Contact is - there is plastic, but doesn't matter. (Shri Mataji laughing) If you are sitting on the Mother Earth it would have worked out much faster. (Shri Mataji laughing) But with shoes you are a little bit tied up, so you leave it loose, it's better.

Aside: Are you all right with German?

Do you follow his German, is it all right? (Shri Mataji laughing) All right.

There is no language for love. It is silent.

Please put your hands like this.

Now again I have to make a humble request that don't feel guilty. At this moment forget the past. Don't condemn yourself, please. Forgive yourself and forgive everyone.

Now at this time you have to just close your eyes and I'll tell you how you yourself will be giving energy to your different centers - yourself. And your Kundalini will rise spontaneously because with your energy you'll open out the spaces of chakras.

Now the left side represents your desire to get Realization, is a power of desire so you put the left hand constantly on your lap towards Me. Like this. On your lap, on your lap. Very relaxed way, but with the fingers opened out.

Still the guilt is too much, please. (Shri Mataji laughing)

Now, with the right hand we have to do the action, which is very simple. You have to first put your right hand on your heart. On the left hand side. Now, all the centers on the left hand side we are going to nourish.

Place your hand on the heart and press it a little bit, not much.

You can keep your eyes shut till I tell you to open, because if your eyes are open the Kundalini may not rise.

Now when you put your right hand on your heart, close your eyes and you have to ask Me a question. You can call Me Shri Mataji, or if it is difficult - Mother. "Mother, am I the Spirit?" Ask this question three times. Without feeling guilty.

Aside: [Hindi] Heart! [Hindi]

(Note: Shri Mataji asks for a candle to be placed at the table)

Now without feeling guilty again you put your right hand on the upper part of your stomach on the left side. This is the center of the Primordial Master. Left towards Me, left towards Me. Left hand towards Me, please. Left hand towards Me.

But other way round you have done. You are doing the other way round. Left hand towards Me. To her also. Yes, left hand towards Me, please, again.

Now logically you have to say when you said - when you asked a question about the Spirit you must know if you are the Spirit you are your own Master. So, logically you ask the second question at this center, "Mother, am I my own master?" Ask this question three times please. Three times.

Somebody should see also if somebody is not doing properly, it's all right now.

Now you have to put this hand in the lower region of your abdomen where resides the center for your knowledge. The instrument to work out the Divine resides there, called as Swadishthana Chakra. So to know the knowledge of working out the Divine power you have to ask Me that you want that power because I cannot force it upon you.

Now when you put your hand there, six times, because there are six sub-plexuses to this center, you have to say, "Mother, may I have the true knowledge?" Six times please.

"The true knowledge, Mother, give me the true knowledge."

Aside: Hm, better.

Six times please.

Aside: Hm, good. [Hindi]

Now six times you ask for it.

Now raise your hand above on the upper part of your abdomen where you had put it on the center of Primordial Master. Now as you have asked for the true knowledge the first thing you have to say at this center with full confidence in yourself that, "Mother, I am my own master." Say it ten times please, in My presence.

Keep your eyes shut, please. Please say it ten times.

Aside: Heart. [Hindi] Hm, better! [Hindi] Hm, better! [Hindi]

Now raise this right hand to your heart, please.

Aside: Better.

At this point now you have to again assert twelve times because there are twelve sub-plexuses, "Mother, I am the Spirit." Please say it twelve times, on the heart. And the heart is very much catching - open your heart! With full confidence, not to be frightened of anything.

Aside: [Hindi]

You must have the earnest desire, that's very important, because it's the power of desire.

Now you have to put this right hand on the base of your neck on the left hand side, from the front. Now this is the center which gets caught up - it gets caught up when you feel guilty. That's how you also get spondylitis. Now at this center please say 16 times, "Mother, I'm not guilty." And if you want to suffer and you have been doing all this guilty business too much then say it 108 times to punish yourself. (Shri Mataji laughing) You have to be in a cheerful mood - you are entering into the Kingdom of God.

Aside: Ah, now it has worked out.

Now you have to put your right hand across your forehead please, and hold it. At this point you have to say, "Mother, I forgive everyone." Many people think it is difficult, but it is a myth. When you don't forgive what do you do? You just torture yourself. Just say that, and you'll be amazed how your head will become lighter. Say it from your heart.

Now put this hand at the back of your head. At the back of your head you have to just say, without feeling guilty, without feeling guilty, again I say, without feeling guilty that, "Oh God, if I have done anything wrong, please forgive me." But don't feel guilty. Because God is the Ocean of Love, He is the Ocean of Compassion. Above all He is the Ocean of Forgiveness.

Now will you please not feel guilty, I am telling you hundred times please don't feel guilty when you say that. By feeling guilty is not going to forgive you. Just say it out. To feel guilty is not your idea, I can assure you, because you are the Spirit. Spirit cannot be guilty. My only worry is that you don't feel guilty and your Kundalini doesn't stop at that point. (Shri Mataji laughing)

Now put the hand on top of your head on the fontanel bone area with your palm pressing against the scalp.

Aside: Now, better. It's coming.

At this point you have to again ask Me for your Self Realization, I cannot force on you. I have to respect your freedom.

Aside: [Hindi]

Now you have to say seven times, "Mother, please I want Realization, please give me my Realization."

(Shri Mataji blowing into the microphone)

Now change over your hand. Please put right hand on your lap and left hand on your head. Keep your eyes shut.

(Shri Mataji blowing into the microphone)

Aside: [Hindi]

Now just feel if you are getting the Cool Breeze on top of your head. Change your hands and see. About four, five inches high.

Aside: [Hindi]

Change your hands again.

Hm, better. Are you feeling? Good? Good! Just move it like this then you can see. Don't think, don't think - watch Me without thinking.

Ha! All right! You got it. You got it? Good!

Both the hands now. Now you put your hands up like this. And ask a question, "Mother is this the power of Holy Ghost? Is this the

Breeze of the Holy Ghost? Is this the All pervading Power of God?"

Aside: Color of the hands changes.

All right? See now in your hands are you feeling the Cool Breeze?

Some are feeling on the left, some are feeling on the right also.

So, those who are feeling in the left should put their right hand towards Me and left hand like this

After some time you'll start feeling in the right hand also.

Now those who are feeling the Breeze in the right hand should put the left hand towards Me and right hand on the stomach. Those who are feeling on the right hand. Right hand on the stomach. Better. Feel it. Better now. And watch Me without thinking.

Aside: Hamsa is catching.

Tomorrow you must put some nasal drops and then come here because you all have got little sinus trouble.

Ha, all right? Good? Now put both the hands, see now. Just. All right? Did you feel? Good!

Now those who have felt over their heads and in their hands raise your hands, both the hands.

Great ! (Shri Mataji laughing)

Sahaja Yogis: Bolo Shri Durga Mata Shri Adi Shakti Shri Nirmala Devi Ki Jai!

Shri Mataji: Oh, I'm so thankful to you.

My greatest desire is that you have touched your Realization. Now you don't think about it. Keep quiet. Tomorrow relax and come to the program and you have it completely fixed. But it is like a very small primule being sprouted out like a germinating power, a little plant of your Spirituality. You have to be gentle with it and careful. Say, even a month if you just establish yourself you'll all become great trees. Don't discuss about it, enjoy the silence. Who haven't got it I know also, haven't got it, doesn't matter. Please come tomorrow and you all will have it.

Now you've got the absolute and like a computer you can ask any question, any absolute - like ask a question, "Was Christ born out of Immaculate Conception?" Ask a question in your heart.

Ask this question. You'll get much more Breeze.

All right? Now, you ask another question, "Did He - did Christ walk on the water?"

Ask a third question, "Was Christ the Son of God?"

You are in without thoughts.

Ask a question, "Is there God?"

Now the last question you should ask, "Am I the part and parcel of the Whole?"

Tremendous experience!

May God bless you all!

1984-0906, Whatever is unknown comes to you through the grace of the Divine

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6 September 1984

Whatever Is Unknown Comes To You Through The Grace Of The Divine

Public Program

Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2. Vienna (Austria), 6 September 1984.

I bow to all the seekers of truth.

As I told you yesterday, that Truth cannot be known through mental process. You can only know whatever is visible. Whatever is unknown comes to you through the grace of the Divine. Even Einstein has said: "When I was so tired finding out the theory of relativity, I was lying in my garden and playing with soap bubbles and from somewhere unknown the theory of relativity dawned upon me." So this unknown comes to us from the unconscious.

But still we are not very much comprehensive of the completeness of this unknown. Anything unknown is not Divine. The Divine is the one, as I told you, has to be felt on your central nervous system as Truth. Now the way we look at the unknown is really very confusing. Instead of telling you how we look at the unknown I will tell you how it is.

Now in this diagramm you can see there are three lines shown clearly within ourselves. These are all subtle centers within us, they comprise our autonomous nervous system. We call it autonomous nervous system without asking, who is this "auto". Auto is the Spirit within us. But these three channels represent on the left-hand-side our left sympathetic nervous system, on the right-hand-side the right sympathetic and in the center the parasympathetic. Now the sympathetic nervous system, which is left and right, are used by us whenever we go into any emergency like running or doing some excersion with our brain.

When we become extremely emotional also the left-hand-side sympathetic nervous system starts activating its energy very much. On the left-hand-side is our emotional energy. Yesterday I told you that most of the people who indulge to much emotional practices of this romance and all that, or weep about their past and cry what has gone wrong and suffer and all those things, are on the left-hand-side. At the extreme they are called as Masochists.

And the right-hand-side of people are the people who are aggressive with others who are futuristic and that channel looks after our mental and physical activities. Now if you become very left sided person, you go into the collective Subconscious.

First you go into the present Subconscious and then into the past Subconscious and then into collective Subconscious. And the right-hand-side people go first into the future and then into the Supraconscious and into collective Supraconscious. All the experiences of the collective Supraconscious and collective Subconscious can be misunderstood by human beings. But we must understand it in its right perspective. The people who are on the left side or who go into collective Subconscious, get experiences of dreaming.

They can see the past of the people and they can get into troubles like cancer as I told you. They see forms of the dead and they talk to the dead and they think that they have got relationship with the dead. When such people get possessed by the dead, they start jumping, shouting, screaming. Some of them scream, sometimes they roar like lions or they behave like animals. So it is just an animal that is within them which was in the past expressing itself.

Such a person takes to more sly and secretive methods. But the right sided person take to more aggressive methods. Like you take certain drugs and you can become left sided, but there is LSD and all that if you take, you become right sided. And right

sided people start seeing colours, some times also they may know something about your future. They might get some flashes by which they will tell you the future or also they might tell you about some stars and things about you are not aware so far.

They also see Gods and Goddesses and they also see all these forms which we call as heaven. Now, their attitude towards people is extremely aggressive, they are very dry people - sometimes they become impotent also with their dryness. But the worst of it, those people who practice this, can achieve the power of the collective Supraconscious and can get the powers from all the dead, who were very ambitious.

All these Lamas and all those people have taken to collective Supraconscious style of meditation. That's why Hitler had to go to Lamas to get his powers because they taught him how to be collective Supraconscious, and by which he could empower the Germans, to tell them that you are special races and he gave them ideas that you are something unique and by which he could create this disaster on this earth.

The false Gurus that are nowadays making money in the name of God and doing all kinds of wrong things, can be either left sided or right sided. If somebody sees a light here just by turning this, you must circuit and such a person is trying to push you either towards the left or to the right, because through this center you can go to the left or the right. So those who go to the left start seeing things like animals and dead bodies and the right sided people see something that is like the light, or fire and things and they think that they have achieved a great ascent in their Yoga.

So on top of your head resides the, what we call, the Superconsciousness of which Jung has talked very clearly. And below is the hell which Freud has built for us. So we have to rise higher above towards the Superconsciousness. Now the God Almighty resides on the top of your head, here on everybodys head he is there existing on all human beings. And he is reflected in the heart as Spirit. The Spirit has the size of your thumb, they say. Now this Spirit sometimes comes out of your body and watches you.

But the Spirit is not in your conscious mind, it is not expressing itself in your conscious mind. It is not in your attention. But when the Kundalini pierces through all these centers and pierces through this fontanelle bone area, giving you the real baptism, then the message comes to the Spirit that such a person has touched the Divine. And then the grace starts flowing on your sympathetic nervous system and relaxing it.

As soon as the relaxation takes place, it widens the space in the centers and the Kundalini can rise much more into it. Now this Kundalini is like many threads put together. And first a very minute, hair like thread rises to open the fontanelle bone area. And when the grace starts flowing down on the sides, then the more threads of the Kundalini start rising. Thus your realisation becomes established.

Now the nature of the Spirit as I told you, is that it is the collective being within ourselves. Like it gives you the idea of the wholeness. Now we have so many organisations in this world, like UNO and UNDP and all kinds of things with UN and VN but there is no unity. There are already three worlds they have created out of one. Because actually we are not yet collectively conscious, we have not become collectively conscious.

Our human awareness is at a level, that we just talk about it, but actually we are not - we talk. As many people tell me that this man says he is very religious, but look at him, he is a murderer, another one is a drunkard, third one is a thief and they say they are religious? How is it that religion if they follow, how can they be so horrid, you are better than them because we have no God.

Once I went with my husband to Russia and they asked me what would you like to do. I said, I would like to go to some church and meet some monks here. And they took me to this Orthodox church, that's the one very prevalent there. And the head priest wearing black thing, because they are black and white order, came to receive us and we had lunch together. So he told us he is fasting, because there is fasting day and that's why he won't eat meat, but we can have alcohol.

Now, my husband and I don't drink at all, so the other officers also did not drink but this fellow drank so much, that he forgot

that he had to see us off. And all the other Russian officers started laughing and he said, look at this religious man. He had even forgotten to see you off. They said, that's why we don't believe in God. And the story they told that when the Russians wanted some God or some religion all types of people came in.

First came the Catholics and they said of course you can drink any amount you like, because Christ didn't say much about it. And Christ did distribute wine in a wedding. Now just use a little logic and you'll understand, it can not be an fermented wine. He spontaneously created wine and how can you in a second make it into an alcohol? You have to ferment it at least for a month. Because in the old Testament so much has been said against drinking, that Christ didn't think it much necessary to talk much about drinking, because he was more concerned with the ascent and with the second birth.

So the Catholics said alright Zar, you can drink, but you cannot marry again. This was too much for the he said I must have many how can I manage with one, so I don't like this religion. So the Muslims went there and they said, alright. You can have Islam, you can marry as many you like but you cannot drink. So they said, this religion won't fit us much, because we must drink morning till evening.

So the Greek Orthodox went there and said: "Do what you like, as long as you give us money sufficient, we will recomend you to God." This is what we have done to our great incarnations like Christ, like Mohammed Sahab, Krishna, Shri Rama. What human beings have done to them, that one should mock our religions. The reason is that we are not powerful enough to follow what they told us. But when you become the Spirit, automatically you do it.

I don't tell anybody don't do, because half of them would run away, just like Russians Zar. Only thing is you get your Realisation first. Then the little light comes in, and you can see whatever is wrong with you. So much light is there already. Then you start seeing the rope is not a rope but a snake, so you just leave it.

But again this you do not know do it mentally, you just do it automatically through your central nervous system. Because the joy of being the Spirit is so great, the vibrations you get. You feel so happy and silent as yesterday you felt, that you don't want to give it up at any cost, nothing is more important. Now you have got the final.

Because your Spirit gave you the essence of all the happiness which is the joy. It gives you the essence of satisfaction, which you get out of material well being. So one doesn't want to have anything else. When you have the diamond, you don't care for ordinary stones. That is how, once you rise to that hight of your own being, in your own understanding and in your own glory, then you don't care for something, that is low level, you just don't want it.

Like I would say, in the west, people are aesthetically very rich and when they have risen in aesthetic, now they don't want plastics, but once upon a time plastic was a big craze in the west. And the developing countries, which are still following your path, are really very much appreciated of plastics. Like a dog or horse, if you allow a dog or a horse to pass through a dirty lake, it will have no objection, it will just walk through without smelling anything.

Nothing is wrong for this horse or dog. But if a man has to go or a woman has to go, she won't be able to do it, because it is so filthy, she is a human being, she can't pass through that. This is what we have achieved in our evolution. And if this evolution, which is a living force, has to work out. we have to become something higher than what normal people are.

So those who become higher persons have higher aesthetics, higher values and higher type of compassion. The higher aesthetics come with the feeling of these cool vibrations. Like Mona Lisa is a beautiful painting because she emits vibrations. By all means of all modern ideas of beauty were only mosquito-like women are regarded as beautiful, she is not beautiful. But her sincerity, her serenity and everything that is expressed in her being gives those vibrations. Then you also realise which music is Divine. Because your aesthetics become subtler.

We have a little boy at the place where I'm staying, who is a born realised soul and he is a very intelligent boy and hardly three years of age. And he discriminates music very well. He likes Mozart, because Mozart was a realised soul. And I played a radio to

him and I asked him, is it good and he said no, this is not Mozart. Even your Queen, who lived during the time of Mozart was a realised lady, perhaps you do not know about her.

There have been so many great realised souls, but like Wagner was not a realised soul and it is a headache to listen to him, for a realised soul. Now, before realisation you would take to anything without understanding if it is modern, you'll say "have it", why not try, why not try this, it's alright.

Because you do not know what is absolute. Like Bauhaus your German style of thing, the functional type of architecture, is absolutely anti God. They built houses in America with that Bauhaus style of thing and people went crazy. Because human beings are not machines, they are not functional. Human beings are the epitome of evolution. They cannot live in the hospital all the time, when they are normal people.

This is what it is, that we do not know, and we do go in for it and we suffer, because we do not know, what is absolute. Now some people, who get realisation, they have never known, what painting is and suddenly they became painters, artists, musicians. It is such a creative force, the creative force of all the creativity is these vibrations.

In your Vienna there is a doctor of agriculture. He has used vibrations to see plants and he saw that the of these plants, which were grown only on with vibrated water are much much more than the other ones which were supposed to be hybrid. Now these plants, which are only nourished by vibrations are not like hybrid which do not have reproductive capacity, but are very beautiful. They have a different colour, a lustre and a taste that is beautiful.

This hybrid double-ument will make all the farmers slaves of the people who produce this hybrid seed, because they cannot produce hybrid seed. So the aesthetics which is the essence of creativity, becomes so clear cut into the mind of a person that automatically, spontaneously he starts creating things, which are very much universally appreciated.

So thus, our aesthetics become dynamic and people can't understand how this man, who was an ordinary person has suddenly become such a great artist. Now the matter, which has the aesthetics, as if the aesthetics become our part and parcel as it is at a point between the aesthetics of the matter and ourselves in that subtler level that we just see the beauty of the matter and we arrange it in such a way, that it creates a new pattern.

The other thing is the insecurity of men and women, that they must feel attracted to each other, they must always be in such a way, in a very indecent manner, that they should feel attracted and that people should feel attracted, this insecurity goes away. You rise in one own innocence and you rise in your own glory and you are not bothered about this cheap type of exhibition. You know that this kind of life that people lead, is a very dangerous life. Many people in England didn't like when I told them, that you'd better settle down to proper, sensible life." And they said, "Mother is just telling us something, that we should not have our freedom of licence.

But it is against nature, a part from it is anti God, but it is against nature, because nature takes respite and now in America those people, who I had warned, they have got a horrible disease, called AIDS and they have no way of curing it. And this is spreading like on octopus all over the western countries. You'll be happy to know that in Sahaja Yoga, we have been able to cure AIDS also. There is a way by curing the center, that is down below is called as the center of Mooladhara.

You can cure this disease. It's a combination of two centers and you can cure it. These chakras are also the essences of our being. They are made of the essences of the element. And thus when our chakras are clear-cut, we can in every way understand the elements and the element understands us as there is a power between the elements and us.

Thus we rise above matter in the way, that we enter into matter in a subtle manner, that is through the all pervading power of God. We do not conquer the matter, but we become friends of the matter. The second thing that happens through this Spirit, is that you become the witness of the play of the Divine. As long as you are in the water you are afraid of the waves of the water, but if you somehow get into the boat, then you see the play of those waves and you are not frightened of that.

That means you rise into the area of thoughtless awareness above the waves of your thoughts and you see the whole play as a witness. You are not involved into it. Like if you are seeing a drama, and if you think you are Napoleon, then you suddenly take out your so called sword and run to the stage. But when you are aware, then you know that it is a drama going on, "What am I doing". Some people cry and weep in the drama, but after some time the drama is over. Then they know that it is just a drama. Thus you become the witness of the play and you have no tension of any kind.

Tension is also a mythical stuff. One day I lost my passport and I was not worried about it. And my husband went to get the passport. He was more worried about it, than myself. And we were going to China, so I told him "Why should you worry so much, after all if I have to go, I'll go." Then he said: "Should I not go and find the passport, he said "No, you should go". And I said: "You should go and find the passport, but why do you worry, why do you worry about it? Whatever you have to do, you should do, but why do you want to worry about it, why to have attention, by that you can't achieve anything, you will fall sick."

And that is exactly what happens with us. Mostly we live in the future or in the past, never in the present. We always think of the future, what is going to happen. For example, people must be looking at their watches, when will she finish, when are we going to get our conveyance this, that, about the future. They are not here, they are not here, they are in the future.

And some are worried about the past. Now the past is finished and the future doesn't exist. It is the present in which you have to stand. We've got watches to save time, but for what? A gentleman was very anxiously running. He wanted to catch the train to London. I said, what is such a necessity to go? He said: "I've to attend a Ball!" So for attending for three hours a Ball he made his life miserable for 12 hours. And when he reached the place, he found that there was no Ball! And Ball is an other waste of time. So why do we save time, we save time to meditate, to ascend. That's why this desire is there to save time. Time is very precious, for what? Because there is emergency in the air, and what is this emergency? That this is the time of special time, when people have to achieve their Spirit.

There has been a very great poet in England, called William Blake, who has described this resurrection times as this, that the men of God, the seekers, will become prophets, and they will have powers to make others prophets. Those who think they are very wise, can discard him as a crazy man. But the so-called wise, what have they achieved? Thus we must remember that all these things which are said about this time, it is true and it is going to happen and I call it as a blossom time. So when I say that you become thoughtlessly aware, that means, you become the witness, and as a witness, when you are without thoughts, there is no idea of sin in your head.

No fear, no problems, you'll reside in complete peace. Like one doctor told me "Mother, you can cut my throat, do what you like, but stop this mind from thinking!" Now, when you have possessions of things like if I possess this instrument, then I'll be very much worried about it. If I can think about it. That "Oh God, this should not be spoiled, I must insure this, that" and all the other things. Supposing I own a very beautiful painting then I'll be also very much more worried. But if you are in thoughtless awareness, you watch the painting and all the joy of the creation of that artist, just starts flowing, you actually feel the flow of that joy on your being.

When otherwise you meet someone, then you start thinking, what is his hair colour, how does he talk, how is he holding his fork and knife. Is he French, German or Indian, you try to find out.

And all kinds of thoughts come in between as a barrier between the other person and yourself. You can't make out a thug from a good man, you can't make out a saint from an anti-God-personality. But if you see a person of such a quality, saintly qualities, you just become thoughtlessly aware, if you are a realised soul.

And you just have these vibrations to enjoy each other, that's all you say "Hahaha" what beautiful vibrations come in. You don't criticise anyone, because he belongs to this community, that caste, that creed, nothing of that kind, you just see the person as he is in his character and you just feel how nice, how beautiful, just you don't talk, just to enjoy each other. But this is very important

for all of us, that at this junction, that when we are really standing on the verge of imminent catastrophe we should become Spirits.

The confusion of the modern times and the urgency created by that, really makes it imminent that people should take to their Spirit, become the Spirit. There are so many crazy people already around, anybody can push the button and start an atomic war like a mad cap. It is such a crazy thing to have atom-bombs and such things to kill your own beings. I mean it is like one hand trying to kill the other hand.

Imagine if one eye starts fighting another eye and the nose starts fighting the mouth, what will happen to a human being? So the thing that happens to that is, that you become collectively conscious. You become conscious that you belong to one body. And such peace and joy and friendliness and brotherhood and purity that resides in your relationships.

So through this absolute instrument you know the truth. This is the absolute instrument by which you know the truth and the truth is that you are the vehicle of this great power. And you know each and everything about this instrument. You know how to manoeuvre it, you know how to arrange it, you know how to work it out, you know everything about it, even a little child would know.

Only as a crawling human being has to raise his head and walk in the same way you have to take a little time to do that. But all the correction you do it yourself. Now see the other side of it. Like a person, like Christ. He had no temptations. Did he have any temptations? He would not do anything, that was wrong, would he? But what a fearless personality he was. That here was a prostitute and he had nothing to do with the prostitute, but when people started to stone her, he stood up before them and said: "Now, anyone who has not committed sin, can stone at me!"

And at his personality they could not throw stones. That's what happens to you. You become fearless for truth. You are not afraid of anyone.

From 1970 I've been shouting all the false Gurus and openly, I have been giving their names and talked about them and telling people about their cults and the horrible things they are doing to people.

But no one has yet tried to put me under law any trouble. They are themselves frightened because they are sinful people. They have ruined so many seekers and they know that they will go to hell. This is what it is, you become absolutely fearless, the way I told you about Paul yesterday. Absolutely openly in a frank way, because I have to tell you the truth. You become fearless, but you are extremely compassionate and the compassion just doesn't do anything with the rationality, but just flows through your being.

As I told you, such a person double-up an innocent eye, and even with the glance of the eye of such a person the devils can run away. And with an other glance, many diseases can be cured. You double-up such a dynamic personality, that people see in you that there is God within you. If there is a fragrant rose, you don't have to vow for it, that there is a rose. You can see that because you can smell it. You know in the quality of that personality.

Such a personality, when appears on the scene, you are filled with joy. Because the Spirit is the source of all the joy. Joy doesn't have duality as happiness or unhappiness. When one ego is pumped, we are happy and we say "I like it". And when one ego is hurt, we say "We don't like it" - unhappiness. So this duality finishes off, you are in joy, because you are a witness. But the greatest advantage of being a witness is, that being witness you can see everything clearly and you can correct it better.

Supposing a doctor is sick, he cannot treat himself. He cannot do the surgery on himself. Somebody else has to do it. In the same way you become an outsider, and you start seeing yourself clearly, what is wrong with you, and you also see clearly, what is wrong with everything else.

But surprisingly, the attention of such a person need not work it out with rationality, it just works out. These are the tremendous

forces of Divinity which we have never known. All power we have based on hatred. This is the power of compassion, which we've never used. But it acts and it's the most efficient one. It acts very fast.

In Sanskrit we say "Datskama" - that moment. But you have to become. First the sprouting takes place and gradually you grow up to a tree and this tree becomes like a great primordial master and many get advantage out of it. Now we have in Sahaja Yoga many such people. I'm very happy to know, all over the world, and they themselves are working it out, because now I do not have so much time to go to all the places and organize it.

They are doing wonders. They have given realisation to thousands of people. You can come and see for yourself. You can even see with your naked eyes the pulsation of the Kundalini at the triangular bone like a heart. But not in all the people. Those who have problems with their lower centers, they have this.

But normally the Kundalini rises that moment if the people are simple and not so complicated with barriers. Yesterday it has worked out with many. But they went home, I think some of them, and analysed it. It is not the analysis but the synthesis of all the powers. So that is how all have come now to the point, where we are going to become the Spirit and establish ourselves as great realised souls.

This is the only hope we have for saving of this creation. And I'm myself amazed the way, the compassion of God is working, because people who are supposed to be nowhere near Divinity are just jumping into it without any difficulty. Now we'll have the session of realisation, those who want to go should go before that. And when we start it, I would not like anybody to disturb the people, please. So those who haven't got seats can come forward and sit down.

Sahaja Yogis must give space to other people for sitting down. That would be very kind of them. All the Sahaja Yogis should allow others to sit down. You can stand at the back here. Now if anybody wants to ask a question can ask.

Question: You have mentioned Mohammed, Christ and Krishna, what about Buddha?

Shri Mataji: Buddha is very much there but the trouble is, time is very limited. Buddha resides in this center here, on the right hand side. And he controls our ego. He is very much there. But time is so short I could not mention all of them. But if you become a Sahaja Yogi I mean when you establish yourself, we have a book which we'll give you which will make you understand the whole thing but normally we don't give books before hand, because again you will become intellectuall with it, so we want that you should become established first.

Buddha was so great I must tell you one word about Buddha as he has asked this. Now it's a big tradition of Buddhas character, coming into manifestation and how he became one after another also you learn in Sahaja Yoga, which I will not be able to explain to you in this short time. But I must tell you one point about Buddha which is very important. When Buddha was born and he started his seeking, he went to Upunishadas and he went to the other side, to all the kinds of worships and devotions and dedications, with all the left and right sides of it and still he could not find the answer.

So one day he was just resting under a tree, where he found his answer, he got his enlightenment. Then he thought that it is no use talking about the Deities and Gods, because people start worshipping the Deities and Gods. It's like talking about the flowers.

1984-0906, Talk at Gregoire's House

View [online](#).

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Talk to Sahaja Yogis

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Talk at Gregoire's house. Vienna (Austria), 6 September 1984.

...and in the center of it, you see, so it doesn't touch the sand at all - sand has nothing to do, only the water. After the minimum level we find out, what is the minimum level, it goes on - and we put it there.

Now what happens, that the water is collected, it is sucked in through here, see. We don't suck in any sand also. There's a way of doing it by which we take it in the center of the river.

Sahaja Yogi: So we can use this part of the river for rice - for growing rice?

Shri Mataji: We can do a lot on this side - we can do a lot on this side. But this one is taken into the depth of the river. Because you see this much is, what is it, it's just a pipe, that's all. That's not much of an expense, this pipeline, not much of an expense, from where the water is sucked in through this.

So that's not much of a thing for us - pipeline. Only this thing should be taken into the center. And then this area can be used for making some plants, something we can use, which are growing on the water - watermelons, lotuses, watermelons, all these things we can do. But lotus doesn't grow on the river. It grows on the lake. So like that we can have watermelons and other things on this. And we have another thing called Singara that also grows well.

But that is a later idea. This is, do not worry so much about this part. You see, leave it as it is, we can use it for swimming, this, that and other things also. And we'll have ashrams there later on. That's a good idea.

Sahaja Yogi: Well, Shri Mataji, I was just thinking that You are explaining him how to do the thing, and if You would speak to a doctor you would explain how to heal the patient, if You would speak to an architect You would explain how to build the house, and I see You in all these positions and so many more. It's just to notice it, Shri Mataji.

Shri Mataji: But I don't know how handle in politics (laughs) oh I see there. But where is the river. So we're staying towards the river, and more nearer this side I would say.

It's better to begin with. You see, no, the bridge, the approach, the bridge is there. So better to have it on that side of the river. You see closer, yes, it's better. No, that is better, that side. Nearer the river is always better.

...No, but that we should avoid. We should build up that side. We should avoid that much up to this point how far it will be coming. But that much, but nearer the river is nice for people to swim or they want to have the water. We can build up a wall, sort of a thing up to the waters. Because there's lots of stone underneath there. Stone is no problem. Alright?

They are not bothered, they don't understand these things you see. They just experiment, you see, it is such a new science, medical science is such a new science. And whatever we have in our country is through the experimenting side. And secondly we built all our discovery on experimentation on human beings as such, you see, and on basics like Trigunatmika, Triguna considered.

You see, and all the medicines are based on that. Same thing was with western culture. But they couldn't go very far with it, you see. So they gave it up and they started more symptom-wise. Whatever are your symptoms, symptoms to be cured. But you don't take the whole.

Shri Mataji: That means three types of people and they have three problems they are treated accordingly. Then the balance is brought in. Now for example, the person who is a Sahaja Yogini becomes a thin person. And the person who is a, what do you call it the left side, becomes a fatter person.

And the central one, is the one, who has more of gas. So that is the central one. You don't have that gas system? And when the permutations and combinations of these go out of balance, any imbalance is not good for health; is not how you look. If you hear everybody if he looks bony, he is healthy.

But in India maybe a bony person is a tubercular patient. Or a fat person is unhealthy for example, but maybe the fat person may ascend. Maybe the person having the Sattwa Guna. So in India it is regarded according to the personality and the person and his temperament. All these things have to be taken into account.

Now say, for example, a man who will do too much of mental work. They will prescribe a diet which will be more carbohydrate. They are not bothered about how you look because there nobody's going to become a cinema actor. So many inches of waist and so many inches of neck and all that: it's very outside.

For example a woman has to be leftsided. She has to be fatter, much fatter than man. She has to bear children. Even in animal kingdom if you see, all the females have lots of fat. They have to have fat because they have to sustain the child - they have to work for the child. Now if you find a western girl, I see, she's so thin, and she has children, she has to do household work and all that. And she becomes crazy. That's why she can't love her children, because she becomes crazy. There's no stored energy I mean to say.

And the tensions are so great in the west, too many tensions for nothing at all, very artificial.

Sahaja Yogi: If a person is fat it gives more peace and relaxes more.

Shri Mataji: He should eat more proteins, you see. But it should not be an attitude all the time, with so much protein that, I mean, it is out of balance. If somebody's fat it could be required.

For example now, supposing if I become very thin, all my chakras will be exposed and I'll be in trouble. So I have to have a lot of water and a lot of fat, so that my chakras are protected. It depends on the function. And mother must have fat. If a mother doesn't have fat, the children feel the bones, you know. (laughs)

And the women become mechanical and dry. I've read an English poem which described his mother. My mother as large as Asia. A beautiful poem about the mother. So all these concepts about actress being the mother you see is nonsense. And because there is no respect of women, who are really doing respectable work, I mean, then it happens, that women also start taking to this kind of nonsense. I mean in this country where you know what is woman's position is. She's a prostitute. So what will happen? They will like to be attractive like a prostitute.

Sahaja Yogi: Because these two things. They are mothers and at the same time, they want to attract man. This cannot go together.

Shri Mataji: Ah ... prostitutes ... yes.

Sahaja Yogi: Yes Mother, it's incredible. Sometimes you meet these kind of girls and then you see their babies. And their attention is not at all on the baby. Sometimes you see this kind of girl and they absolutely don't look like a mother. And their

attention is not on their child.

Shri Mataji: I mean the motherhood is the beauty of a woman. Motherhood is the beauty. One should not try to walk against the nature.

I mean, the respectability is not given in this country to a housewife. That's why people behave like this. But in a subtle way, housewife is very respected in every country. Say now for example. If I go to a party, I'll be respected as Mrs. Shrivastava, isn't it? But if my husband's secretary goes there, she wouldn't sit next to my husband, will she? Isn't it? And there's a beautiful woman who is a secretary. And the wife who is not good-looking. In the society who will sit next to the husband? I have the question now.

I'll give you a personal example of the whole thing, which happened in Hamburg, this thing, even in Hamburg and the top man of our services called the cabinet secretary. His wife was a very smarty, used to wear jeans, this, that and all the smartness of the world she had, so called.

And she used to wear dresses you see, and she's a typical westernized sort of a woman. And of course for a dinner she would wear a saree, but that, too a very showy top saree.

And we were invited to a dinner. Me and my husband and she and her husband. And it was a huge dinner, big banquet. So, she didn't come with her husband. She was busy with something, so she came later on. Or earlier, she came earlier. And the husband came later. So, when everything came, everybody sat as in protocol? He sits on the right, she sits on the left. Now her seat was vacant. Nobody was there. So he said, where's my wife? They said, your wife never came. No, I think she must have come. I'm sure she has come because she said she'll reach earlier, so she must be here.

They said, I think your secretary has come, we call her and ask her. And it was his wife. They had put her into another room. And she didn't know German very well. And she was trying to explain, I'm his wife, I'm his wife. They were telling her, we are waiting for his wife, we are waiting for his wife, you see, we are waiting for his wife.

You see she could not convince them that ôl'm his wifeö. She showed her ring, she showed this. And they said alright, the wife is coming, alright. It was so shameful I think. And even in the diplomatic circles I tell you. I mean, they are very gossip people. And no one likes such women, you know.

I once went to C.P.'s office and people started buttoning up their coats and all that. So I told C.P. that why did they button up and all that. He said, suddenly when they see you, they have respect, you know. They didn't know that I was his wife, but they had respect, they can see you, there's respect on your face. And, it's such a relief for them to see a woman like that.

Normally they have women with call them Kabaddis, means in Indian language, it is called as Kabaddis. There's a whole organisation filled with Kabaddis. And all diplomats like that, coming as Kabaddis, you see. So they are so fed up with the Kabaddis that it is a relief for them to see some sensible woman coming. And they gossip about women who flirt and who try to show off very much. And there's no respect....

Even among Indians they do that way. Like there was one lady of that kind. And she was a very big diplomat, was of a very high level. But everywhere I thought, whenever she came to any program or anything, they used to make fun of her. And one day, you see, she came to one program, and they said, from where did you drop? So she said, I didn't drop, I came. He said, no, the kind of you are, you should really drop, because you are so thin you can drop through a hole also.

They always make fun. There's no dignity in them. Because I don't say that it's only the way of fat or thin or anything, but the dignified way of living is important. How much you are dignified is the point. What dignity you have. That's very important for a housewife.

So you can leave it, I will be eating them one by one. Let everyone have some. And the taste to tell me how it is. It would be very tasty. Compared to others because they are very natural, and they will be much more tasty than your hybrid ones.

This is what it is. It is not the described form of appearance that is important. What comes out from inside is important. What is the total form.

Now a Sahaja Yogi say, for example, tries to look like an actor or an actress: he'll never impress people. Even the false gurus, go on training how to look like a serene personality. Even pope has been that way if you see. Even lamas are like that. They try to make themselves look like a serene person. And any person who is a Sahaja Yogi appears to be cheap-type, cheaply available, cheap-type. Nobody's going to have this. And exclaim ones sort of glamour. Nobody's going to have respect. And a sort of displaying ones, sort of glamour and beauty of the eyes.

So one has to be dignified as in totality. Such a person really automatically, spontaneously becomes a personality that impresses others by character, by everything, by a genuine expression. Not a hypocrite, but a genuine Sahaja Yogi. That of course automatically also means you must respect your being. Like you should not be behaving in a way that you don't respect your chastity, your sense of dharma. All these things you must respect. And as a result of that, you will come out in an expression which will be very unique.

There is no need to put up a show like that. The boy who used to come to Munich you see. He had his hair all like a sadhubaba and all that, and beard and all that, and trying to impress me. He was really mad. And this Dominique. I told him that why do you dress up like this. He said, I want to be primitive. Because I asked him, this is the way you look like a primitive. And he said, ôI want to be a primitiveö. So I said, alright, if you want to be primitive, I must tell you, you cannot be. Because your brain is modern. So it is hypocritical. There is no German word for hypocrisy?

Sahaja Yogi: "Scheinheilig", "heilig" means holy and "Schein" means false.

Shri Mataji: Scheinheilig - in German this is this? That's true also. All that shines is not good. (laughs) So this hypocrisy is very much in the west because of outside. Because outside should be good, you should be dressed well, you must look up here well, do this. And inside there's no chastity. There's no dharma, isn't it? There's no respect for anything.

Sahaja Yogi: Shri Mataji, You know how Christ called the Pharisees. He called them "whited tombs". They were like tombs, all rotten inside but outside they were quite white.

Shri Mataji: All value system is decayed. All value system can have clean sheets and clean things, clean everything, and inside is rotten. Yes, it is not so important you know. If inside is clean then outside shows clean.

Sahaja Yogi: Shri Mataji, I really would say the best example of this was perhaps this wedding in Geneva. Because there was not one of the brides who was not absolutely beautiful. Really they were so shining, they were all beaming and they were all beautiful. It was so wonderful.

Shri Mataji: I mean it is unbelievable even Dr. Mutali told me. I can't believe it, I can't just believe it. Just can't believe it, he said.

So this is the situation now in the west we must understand. That more attention is paid to outside, not to inside. We must be careful on that. Imagine, the women are like prostitutes, and the next day you find them as teachers. In India we can't conceive that, can't conceive such a thing, impossible.

See, also I was surprised by another thing. I guess a lady she is about fifty years of age or as forty years of age or something. She has divorced her first husband and she says I must have another husband, you see, at forty or fifty. In India, even if the girl becomes widow at twenty-one, she is so higher, I mean, she is so lofty, she doesn't bother much. And they are very happy

without marriage. But here you cannot conceive of a woman, because your women are not women, they're like men, you see.

And men also. So many men don't marry in India if once they loose their wives. They just don't marry. Because, once is over now. But here they must have wives at forty, fifty, sixty. This means mother is sixty years and she's married six times or five times I don't know what. It's absurd.

Sahaja Yogi: Mother, it's because there's no satiation. I mean if you have satiation for five minutes you have done it for your life. But if you never do it....

Shri Mataji: Because it is not wholesome. Because it is not wholesome. The relationship is not wholesome, you see, this is the problem. If it is wholesome, it is a very deeper relationship. It is a very inner relationship, where you don't think of getting after another woman, getting after another man. All this is finished, once you're married. Because if you have, say a method, like married life, you must feel as if you are in your home. Like when you go to somebody's house, you feel you have to go now to, you have to go back and it's not your home. I mean you have to go back home.

Like that marriage is. Now you have reached your destination. So now you settle down. Still you are running about on your destination, it's madness. Just try this. You will be amazed how it works out. Just try.

Like in the Islam. That time the problem was, that there were so many women and men died. So many men died because Mohammed Sahib had to face the tribal strifes and tribal problems. In that so many men died and women were left. So few men were there that it would have started a prostitution. So Mohammed Sahib said, so you can marry four women, marry. But they were young girls and there were no young men left at that time to marry because most of the young men were slain.

So he said, alright, I'll marry a young girl, but marry. The point was, main basis was that you must marry. And this attitude of an incarnation is called as samyachar, is at that moment whatever is the problem, to deal with it in that way. You see now, the times change, then this samyachar has to be changed accordingly. For that you require wisdom.

Shivaji who is known for his chastity had to marry four times. Because of certain lays of work he had to do. And Draupadi had to marry five husbands, because of certain promises then gave to their mother. And Krishna had to marry sixteen thousand women who were his powers. Because he had no Sahaja Yogini, you see.

Sahaja Yogi: Shri Mataji, is this symbolical?

Shri Mataji: Of course, of course. They were absolute powers of Shri Krishna. Sixteen thousand.

Sahaja Yogi: I mean, he really married sixteen thousand?

Shri Mataji: Yes, of course. I mean, the relationship was just so called married. He was a Yogeshwara. So what is his marriage.

Sahaja Yogi: Sixteen thousand? And he also went around the fire and...

Shri Mataji: No, no, no, no. In one lot (laughs). In one lot he married. He just declared that they were my wives in one lot. Because, you see it now how he played. He wanted to have his powers as I want you to flow my powers, you see. So he said, that time it was difficult to get Sahaja Yogis or anything. So what he did, he got these ladies born in that area. And they were all captured by one horrible rakshasa. He killed the rakshasa and got all the sixteen thousand women, and they were his powers, and that's how he worked. And the five elements were another his wives.

Now imagine in this time of overpopulation I have so many children. And people might criticise that he had so many children in the overpopulated land (laughs). And then people will say we should have so many children also, you see, Mother has, you see. It would be absurd. So this is Samyachar. Like, according to Samya I take Coca Cola with it because I have to be very normal. But

that doesn't mean you should take Coca Cola you get your realization. (laughs) And this is what happened. But Shivaji, though he had wives, nobody in Maharashtra has wives like that. Because they could understand that. It is wisdom and discretion.

And once an ambassador asked me that why is it that people of Islamic culture are fighting among themselves so much, and killing so much, why they are so violent. They asked me one question, you see. And I put an attention to it. Because poor Mohamed Sahib had to fight all evil forces at that time. But he didn't want people to fight each other. That was not the thing.

He had to fight evil forces you see. I mean he was haunted there, absolutely haunted. Haunted you can call it. It's haunted. He was given poison. I mean, imagine. But I would give a reason why it is so; because of many marriages in Islamic culture. You see if man has four wives, always there will be fight among his four children. Will be. Isn't it? Because they don't have the same mother. And if the mother is bhootish, the children will be bhootish, if mother is dharmic, the children will be dharmic, isn't it, automatically. So what is important, is that we should see what is Samyachar and accordingly, if something happens, it should not be followed to that extent, that to say, supposing you have five wives as Krishna had, you become a realized soul. It's nonsense, you don't become a Yogeshwara. So one has not to take all the things that the incarnations had to do, but have to achieve them as ideas as to achieve their powers, and not what they did. Because it would be something, supposing I have a power to write, so I write very well. So now supposing you start copying my writing, you cannot become a writer, can you?

So one should understand that, when you try to follow an incarnation. Like somebody says I can kill people. Hitler can say I am Shri Krishna and I am killing people. But he is not Shri Krishna first of all. And he has no business to kill because he's not Shri Krishna. So this is the problem with human beings, they start becoming one thing by only outward behaviour. And they don't see the results of it, how horrible it could be. I also found that Japanese people are extremely cruel inside, very cruel. They are not like German, who are grossly, but in subtle way the Japanese are extremely cruel people inside their heart. And in the outside, you see, they are very humble. If there's an accident, both of them will come out from both the sides. They'll bow to each other and go away. You'll think what nice people they are. That is thanking for getting a new car out of this show.

But if they find your foot in a crowd, they'll crush it and kill it. I mean, if they can get hold of your foot or hand or something, they will just crush it. And absolutely filthy they are as the sex is concerned, extremely filthy. You remember, we went to Nepal, and they were having the zoom-lenses, you see, to find out where are erotic things and we never saw it, we Indians never saw it. And one falling down another climbing up. So clambering. Very filthy their attitude and research, is so filthy. The reason is, their mothers are just dish-washers. And they have no intelligence of any kind. They are ugly and they have no intelligence. Any women who is beautiful and has intelligence, she becomes a geisha.

A Japanese, you see when I went to Japan, they did not know where to take me, because they do not take ladies to their homes. They took me to a geisha house which I did not understand; with my two daughters, you see. And the geishas liked my bangles and I gave them the bangles. So, they were very angry. You can't give it to them, they are not pure like you people. But if a woman is treated just like a servant, and is made to work like a servant and has no place in the house, the children become like this, because they have no respect.

Even in Germany I found out, I was most amazed, that the women have no respect. They have no respectability, nor respect. I went to East-Germany and I had a lady, who was the interpreter, very intelligent, very good lady. And she told me that she's not yet married and she would not be married. But she said, she has no children, she is married but she has no children and she doesn't want to have any children. So I said, why? She said because supposing I'd have children, my figure will definitely be different and my husband will immediately marry a younger girl. And then I should have a figure so that I should get another husband. Of course, this would be an older man. But still it will be a husband there. But with my children I will have no husband, because either I'll be very thin, or maybe very fat and the man may not like me, I mean, I wouldn't be so beautiful. So this is how they are played into and that's why they are like this, and no wonder, that's why Germans take to violence.

If the women are insecure and they want to find their security in prostitution and things like that, what will happen to the children? I mean in India it's a well known fact, a prostitute is always a person who is extremely violent, it turns out to be a decoy or something, always.

So if the women are not respected and respectable, the children have to be violent. There's no other way out. Now, we too, in India had the invasion of the Islamic culture in the North, where the men are not so much Sthiras, not so much steady as the South type of people. And there also the women are very sort of treated in a way, either they have to be like prostitutes or they are treated just like nothing. Up to Bengal, to Punjab and in Delhi all this, and the eyes are always hovering with women, and all the men have that sort of a habit.

S.Y. Like here?

Shri Mataji: Like Vienna? Not that bad. (laughs) And you see North India is full of violence. Not only, it is: there is no law and order. In V.P. there is no law and order, in Bihar there's no law and order, in Bengal there's no law and order. It's all finished that area. But in the South it's very peaceful, you have been to Maharashtra. Like that you cannot move in the night in U.P. You will be all robbed. But actually this is not Islamic culture. It is absolutely anti-Islamic. Because Mohammed Sahib respected women very much, and because of their respect he wanted to observe the Pavda, so that they are preserved. See this is the reason. And the marriage laws are very great there.

And if men try even to look at bad women, in Riad I have seen, their eyes are pierced. There it is better. Women are very safe. It's much better. The dharmic wives, they are much better people. This is the "Charia", which was given to us in the Bible. If you read the chapter of it was given to us by Moses for such people. It's given to the Jews, but followed by Muslims. And in a public place; on every Friday on public place, the heads are cut, hands are cut, feet are cut, they are buried alive. Everything in the public. Now, I mean, it's very rare now, this. But it was in the beginning. And flogging is very common even now, flogging. In Riad the gold is lying all over, open like that, absolutely just like, you have seen the flower shops in India like that. You see many flower shops like that, everywhere open. But you'll be amazed, nobody touches anything.

Nobody steals, no houses locked. Nobody attacks another's wife. No. Nothing. And on the road you see, if the women are crossing they stop the car. They are very respectful. You see, if a woman is travelling with her children, you get your free luggage, any amount, you may carry. They'll come all the way to help you, it's special arrangement. And nobody can have a keep you know. If you have a keep you are finished there. I mean if they discover.

It's such a terrible conditioning you can't imagine. One English lady you know, she was a keep of one prince. And she was killed. She was thrown from there. Now, she was English, and then the English father went to find out and all that: nothing, he could not get anything out of that. It's a place like that. But this is out of fear. And out of fear if you do good, what's the use?

There is no development inside, it's just out of fear. But in Sahaja Yoga you develop from inside. And you develop that personality which respects. It respects its own dharma, its chastity. So, this is a very different realm in which we are. We don't need "charia". We don't even need ten commandments. Even the eyes become so pure. And your whole mind becomes so pure. It's such a purifying force flowing in you.

And that is how you'll be surprised, we'll have very good families, very good children and a new race. Absolutely a new race. And that is how we do not force anything on anyone. One sees for oneself. And one sees the sense of purity being acting as a so beautifying force. Because it reduces all the complications of life.

And those people who still indulge into such things, get out of Sahaja Yoga. Or, there are so many other ways, why they get out. But we do not force on anyone, nor do we force them to stay in Sahaja Yoga. And that is how Sahaja Yoga beautifies you, gives you dignity. You don't have to have anything artificial. You need not be a dandy person, you need not be a primitive person. And you have to be a normal personality.

And everybody grows into it. I tell you, I have seen people who were called as loafers, have become such beautiful Sahaja Yogis, that you can't believe it. So many people who were like loafers, called as loafers, in India you see.

Sahaja Yogi: Loafers is what?

Shri Mataji: No, no, no, loafers are who flirt about, gay people. People can't believe it. Alright. So this is the great idea of our talks today, that we have to just become courageous and brave to accept ourselves as we are, as Sahaja Yogis. And whatever is not Sahaj, we have to throw away. We should have courage. You should be bold and strong. Then it works out. So now that is very clear to you, all of you, and I hope it will be very easily understood, by all of you, that the greatest thing that you allow the Sahaja System to work on yourself, and cooperate with yourself and respect yourself, and respect other Sahaja Yogis. That's all. That's all, and it will work out. I'm sure, you'll all be very great Sahaja Yogis in this place.

Very important it is, because it is on the verge of Europe and Germany. It's very important. I bless you all for that! And you should forgive yourself. First of all forgive. Whatever has happened, past is past, finished. From this moment past is finished. And we start a new life now. Finished. Forgive yourself. Because you are no more that, you are no more that.

May God bless you. Good night!

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Whatever We Think Is Truth, May Not Be The Truth

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I bow to all the seekers of truth. But we must know what is the truth. Whatever we think is truth, may not be the truth. Whatever we know through our mental projection or emotional projection may not be the truth. But if truth has to be known it has to be known through our living evolutionary process. It should be known on our central nervous system. Like in the evolutionary state we have achieved everything and is felt on our central nervous system. Truth is meant only for honest seekers and those who are courageous enough to take up truth upon themselves. As human beings, we have many conditionings and we have lot of ego within us. And when one start talking about truth and people want it exactly be, to be, the way they know it. But truth is not mental observation or understanding, but it is an experience of your being itself, and that is what we all should seek.

Now whatever I am going to tell you, or Gregoire has told you about, is the knowledge of the roots. And as scientist you must keep your mind open. And if it is proved, then you have to accept the truth. But you should not just deny it, because so far you have not known it. Now when we move with this idea we have to know that the West had such a development. All over, people are affluent, and as far as their material side is concerned they are quite satisfied; I hope so. But despite all that, there are so many people who are feeling that there must be something that is beyond because they feel they have not reached the stage of satisfaction. Economics says that wants in particular are satiable, but not in general. For example, you want to have a house; you will have a house but then you will have another urge to have a car. Then you'll have another urge to have something else. That means whatever desire you have had was not the true desire. Otherwise, when you achieved it you should have been extremely satisfied.

So what is the true desire within us? The power of that true desire is this Kundalini which is lying within us in three and a half coil at the sacrum bone. I have read many books even written by Germans about Kundalini. But from outside you cannot know about anything. You have to become something to know about Kundalini. So this true desire is actually the desire of the Divine. And the true desire is only one: that you have to become the Divine.

Now, become Divine is different from talking about Divine. To become Divine means all the qualities of Divinity must manifest through you. You must have heard many people saying that, Very religious we are. We go to church, we go to temple, we do all these things and we are very religious. But you find there there is no religion within them. They are horrible people. And it is difficult for people to understand such people who talk of God and talk of all higher thing and sublime things, and in their own practical life you do not find anything great about them. As a result of that people are now thinking that, Is there anything like Divinity or we all are only up to the stage of human beings and we are going to live up to the stage of human beings? I say there is a great stage which you have to achieve. This ascent of man is built in the personality. As a little primule is built in the seed, in the same way in you that is built in, that you should achieve that greater height.

But there are many shops in the market talking about Kundalini, and they are very good advertising and all that. So we get enamored by that. But you cannot shop it. Even if you want you may not get it. It is not that everybody deserves it. So to think that by paying some money or by becoming somebody's disciple or following certain theories you'll achieve it, is all falsehood. The Kundalini is a spontaneous thing. Awakening of it takes place only under certain circumstances. For example, if the seed is not all right, if the soil is not all right, if there is no proper water given to that seed, you cannot see the seed sprouting. But the seed sprouts spontaneously. You cannot pay for it. If the seed is about all right and if the soil is all right the Mother Earth has a

capacity to achieve that result.

But as a result of this awakening, what happens to us? First the Kundalini has to pierce through your fontanelle bone area, actually. It is the actualization, is the happening that is truly happening that is important. That means, when the Kundalini comes out your fontanelle bone area, you start feeling a Cool Breeze coming out of your head. Now when this Cool Breeze starts coming out of your head, from where does it come? There are many people who think that by jumping about, or standing on your heads, or being some sort of an acrobat, or changing your dress you can go to work. But can you take out a Cool Breeze out of your head to begin with? Now, so once it comes out, you will be amazed that you start feeling the Cool Breeze coming through your hands also. And all around you, you start feeling that Cool Breeze everywhere. And when you look at the sun, or the sunshine, you find small little comma-like thing, like Chaitanya it is called, the All-pervading Power. This All-pervading Power is the power of love, of Divine love, sublime love, not carnal of flesh love that takes you down towards hell and to diseases. Now when the Cool Breeze starts coming out of your hands, you feel absolutely relaxed.

I met a gentleman who was very jittery and was very nervous type and I asked him, What do you do?

He said, I am doing courses in relaxation.

But I said, You are not relaxed. What do you do?

So he said, I go on suggesting myself, 'Relax, relax, relax', and I relax.

Now, supposing I tell myself, I am the, I am the Mayor of Munich. Do I become? Is your central nervous system is under your control that you say, Relax, so it relaxes? On the contrary, your mind works on one side and your body works on another side. There is no integration at all.

I have seen people, who at the slightest getting to such a terrible temper, they know they have to control their heated faces. They don't know how to control themselves and, poor things, they feel very apologetic about it. So how do you control your anger, by telling, Don't get angry. Don't get angry. ? You'll get much more angry. Like I have seen some people say, We should not talk, because when we talk we are very angry. So they stopped talking at all. They would say, "For a month I am not going to talk," all right, and after a month they started hitting everybody. So how can you discipline yourself without having a full control over your sympathetic nervous system, parasympathetic nervous system, and your ? another very important ? is a sympathetic nervous system.

Now, the one who controls all this autonomous nervous system is the auto. We say automobile, means somebody drives it. But who is this auto which drives these systems, because we are not in control of it. So, the one who is the driver has nothing to do with the owner of the car. And the car goes in its own way, and you don't know why it is going that way. I don't want it to go that way but it's just moving the other way down. And then the anger starts coming on ourselves that we really say, What's this nonsense? Why can't I be all right? And a vicious circle starts that we start feeling guilty about everything. We are very guilty. We are very guilty. Even to feel guilty itself is dangerous.

Then you will say, Mother, what should we do?

So I'll have to explain what we are inside. Then it will be easy for you to understand why we cannot control ourselves. You can see here there are three lines are shown: one on the left, one on the right, one in the center.

The left side one represents the power of desire within us and is the psyche, as Freud has described. But Freud was very half-baked, so I don't know what he means by that ? very confused person. Thanks to him, in America all people are suffering from AIDS. Like a blind leading blind, people have dashed into such horrible conditions that I don't know what's going to happen. And many people who have taken a cue from him think that if you play upon the weaknesses of people, then you can entice them. But your weaknesses are not going to make you strong. You must have that power by which you are not slave of any

weakness or any habit. You are on top of everything. Now the left-hand side of the power, of power of desire, is also related to our past and our conditionings. In the gross, it expresses itself as the left sympathetic nervous system. And so the past is there and then the present-past, and the past-past and the collective past beyond that. Those people who think too much about the past repent about it or thrive on it or all the time living with the past or with the dead are driven into this area called as collective subconscious. Now many fake people are doing that is to entice, mesmerize, and put you into this collective subconscious which is the dead. Recently I saw a very good film by some doctors who had researched it and they said that a person is vulnerable to cancer, is attacked by some proteins called 58, protein 52, because they only give names. And these proteins attack a person and they are the ones who trigger cancer. So those people who go too much to the left, means all the time we cry and feel that they are good for nothing, or indulge into all kinds of perverted sexologies, they get into trouble with this. And to suffer from cancer is being having hell in your life. There are many other diseases when you go to the left, is like Malalties [GW: Mellitus?] and Parkinson's and epileptic and all these things come from the same problem. If you feel guilty very much, then a center here on the left Vishuddhi, as we call it, gets caught up. Then one suffers from a disease called angina and such diseases which give you spondylitis [GW: spondylitis?] and other imbalances of the left side.

So when you try to be very efficient, work very hard and you exert yourself very much then you work on the right side. All futuristic people are right-sided. Actually, the past is finished and future doesn't exist. You have to be in the present, and present is the reality. But the thought comes to us and then passes on, and then another thought comes to us and passes on, and that's how we are living on the cusp of the past or the future. That's how our mind is all this time spinning thoughts which are useless and exhausting. Now on the right-hand side, when you go to the extreme, you go to supra-conscious and then to the collective supra-conscious. Collective supra-conscious can give you powers to entice a complete race to do something wrong. Collective supra-conscious can give you hallucinations and you start seeing things of light and all that. And a person can become extremely egoistical and so much devoid of feeling that he can kill any number of people. So at the extreme of the left you become a masochist, and to the extreme of the right you become a sadist without knowing that you are that.

So we have to be in the center and not to go to extremes. Now, the central part is represented by parasympathetic within our system. This is the ascending part for our awareness. On the left so we have what we call the collective subconscious, on the right we have the collective supra-conscious, and on top we have super-consciousness which we have to achieve, while at our feet is the hell, which is built, I think, by people like Freud. Now, to become super-conscious we have to realize that we have to become the Spirit, which is the auto within us.

Germans make very good cars; so I'll give an analogy of a car. Say, in a car we have got a brake and an accelerator. Now the left side is the brake, and the right side is the accelerator. And the driver is the Spirit. Now the driver is a person, personality, I, is the driver. Now, when you go too much to the left you cannot move. Supposing you have all the time brake the car, you'll not move. And when you have too much of acceleration, God knows what will happen. I saw recently a vehicle which runs for 250 kilometers. I got a fright of my life. I said, Where are they running? It's so fast. So this kind of accelerator, if you have all the time and no brake, God knows what is going to happen to this world. Already there in [GW: therein?] we are on the way to destruction. So, when a new driver starts learning, he first of all puts the brake, sometimes he puts jerkily the accelerator, and he learns that he is making mistakes. And then he comes to a balance. That is what it should be, that we should have a balanced life. In our day-to-day life we live unbalanced. We cannot have a car with only two wheels on one side. We have to have four wheels on both the sides. So we live in imbalances. And any kind of imbalance can give you physical, mental or emotional problems of a very serious nature. Now when this driver learns how to drive, then the owner, who is the Spirit, just becomes the driver or say, we can say the driver becomes the owner. And when the driver becomes the owner, he sees the driver within himself " that is the parasympathetic " and the left sympathetic and the right sympathetic and he sits comfortably, not bothered about it. Now he becomes the master of the driver, of the brake and of the accelerator. In the same way, first balance first has to be established in our lives, and that's how many prophets came on this Earth to tell us that we must have balance. But then an intellectual like a little child will ask, Why? The balance has to be there for us to ascend.

And that's what Christ was, said was His resurrection that we must ascend. In the tradition of spirituality all these great prophets and incarnations like Rama, Krishna and Christ ? all came on this Earth ? to Buddha, Mahavira, just to take us in the right line for our ascent. But another capacity human beings have ? to make a mess of everything. And such a quarreling stuff it is to talk

about these people.

So now the time is a special time which is called as the blossom time. You have been seekers of ages, not of today. This blossom time has come and that's how a mass realization has to take place, and it is taking place all over the world. You get it in your right, this ascent. But by this ascent, you feel you're [GW: your?] wholesomeness. The first thing that happens to you that you become, again I say become, collectively conscious, that you can start feeling your own centers and centers of other people on your finger tips. Mohammed Sahib had said clearly, At the time of resurrection, your hands will speak.

It's not difficult to talk to Indian people who have any Indian background that they know all this; I don't have to explain much to them about Sahaja Yoga. But Westernized Indians are like a new sort of people who just want to overdo everything that you have done, like they like now the plastics and things like that, nylons. They have to still go through all that vicious circle. And then they'll become hippies and all that, and then they'll come to Sahaja Yoga.

But you are seekers, and seekers of truth which is described by a great poet, William Blake, in England about two hundred years back: that the men of God will become prophets and they will have powers to make others prophets. This is the criteria by which you should judge that you have become the Spirit: if you have the power to make others prophets.

But what does the prophet do? Prophet is a higher being who has achieved his ascent into a new dimension of collective consciousness. He becomes a witness of the whole game. He doesn't get disturbed. He sees the whole game going on like a play. He's a powerful person because he's not afraid of anyone and he can only talk of truth. He can never compromise on that. Because you have seen people compromising all the time. You cannot believe what sort of personalities these are. They are not Realized souls; so forgive them. But this power is that of compassion. It just flows, emits. It doesn't say anything. It just works. Such a person achieves his innocence. His eyes become innocent. Even a glance of such a person can change the lives of people and can bring peace in their lives. Such a person is above temptations and cruelties. It's such a great personality. You have heard about, say, Mahatma Gandhi and all these people who are Realized souls. In your country itself, Mozart was a Realized soul. Your Queen, Maria Teresa, was a Realized soul. But how will you know that they were Realized or not? Two Indians who came with Me who were Realized souls went down to the castle of Maria Teresa and came back and told Me, Mother, was she a Realized soul?

I said, How do you know?

They said, Tremendous vibrations from her photograph, from her statue, were coming.

But not only that to reach your wholesomeness, but you become absolute. You know the absolute. There is no compromise. Even a little child of five years who is a Realized soul is on the point of absolute. My grandchild, she is, she was only five years of age when her parents went to Ladakh and my daughter and my son-in-law were not Realized souls, but she was born Realized. And when she saw these people all touching the feet of a lama, she couldn't bear it when her parents also touched the feet of this lama. At that small age, she put her hands back and looked at him and asserted, What do you mean by making everybody touch your feet? You are not even a Realized soul.

With these vibrations we can ask all fundamental questions. The way the church has been, the way the all the religions have been, everybody has been such a money makers, that people have lost faith in church, but God exists. You can ask a fundamental question when you are Realized, Is there God? and tremendous vibrations come to you.

There was a big controversy recently on a book written by someone who was an intellectual, that Paul has denied all the miracles of Christ, even his Immaculate Conception. But anybody who is a Realized soul will know that Paul had nothing to do with Christ. To me, he's a strange man. Kahlil Gibran has written about it in a book. He said that, This strange man Paul I can't understand. Why does he talk of Christ? He's not sure of what he's talking. He had a supra-conscious experience and he was epileptic and an intellectual and he tried to dominate Peter, who was really the disciple of Christ. He gave a very wrong idea about the disciples also. When the Holy Ghost descended on the disciples, they started feeling the Cool Breeze on their hands, and they started

speaking the language of the centers, and also they started moving their hands, because hands have got the power. But to say they started speaking German or English is wrong. Or in the Bible it is also written that they looked like mad people. In a madhouse, a sane man always looks a mad. So these disciples, whatever they have written is the truth.

But now you can prove it through your vibrations. You can ask the vibrations, Was Christ an Immaculate Conception? You can ask about Buddha, you can ask about Mahavira, about any one of them, what they were. You'll be amazed: they were all true people. Later on in the Kundalini when you rise higher you will know where they stand within us as milestones of our evolution. They are all in complete concord and congenial and they are absolutely in rapport with each other. There is no problem between them.

We, in our ignorance, have plucked these flowers, okay, on the Tree of Life, and now we are saying, This is mine, this is mine, and that is all dead. But they are all living beings within us, settled in different centers, and we have to just awaken them through ascent of the Kundalini. And unless and until this has happened, we cannot explain them because we have to have the light to see the truth.

When we get the light, if there's a snake, we think it to be a rope; then we just leave it. And when there is a rope and we think it to be snake, we catch hold of it. So when you become the Spirit, the light of the Spirit comes into our attention. Sitting down here I you can feel the vibrations of anyone. Like the ether has a subtler side which acts on the Divine power in the subtler side of ether, you can say. It is the subtler side of the vibratory movement in the atoms. We have to become subtler. If you become that, we can handle it ourselves. That is what one has to achieve. But with this a person becomes extremely peaceful, within and without.

1984-0908, Shri Mahalakshmi Puja: She connects you to God

View [online](#).

8 September 1984

She Connects You To God

Mahalakshmi Puja

Munich (Germany)

Talk Language: English | Transcript (English) – Draft

Shri Mahalakshmi Puja. Munich (Germany), 8 September 1984

Today is a great day of Mahalakshmi Puja. Mahalakshmi is an incarnation of the Lakshmi, the power of Vishnu. She only incarnated. This Mahalakshmi principle is born out of the Lakshmi, who is the power of Sri Vishnu. When in a human being the desire to rise higher comes in, the Lakshmi principle becomes the Mahalakshmi principle. Like in the West, we can say, people have affluence of Lakshmi, so they wanted to rise above that principle and become Mahalakshmi. In the awareness it acts on the matter like aesthetics. People worry more about aesthetics than about possessions.

And when they start growing higher and higher in their awareness of seeking, then they find that the attention should be such, that they should pay more importance to the aesthetics of things than to the gross values. Now when this desire becomes evident in human beings, then only Lakshmi incarnates as Mahalakshmi. So, she incarnated as Mahalakshmi when Rama came on this earth, first time. And also, she incarnated as Radha when Shri Krishna came on this earth. And when she came as Mary, it was Mahalakshmi who bore the child that is Lord Jesus Christ. So, the child she bore was the great personality of Mahavishnu. This Mahavishnu tattwa is also represented, or we can say, has an aspect of others which incarnated on this earth as two children of Sita. They incarnated as Mahavira and Buddha, as Hassan and Hussein.

Also, at the time of the prophets, Mahalakshmi incarnates as a pure relationship with them. Like Raja Janaka's daughter was Janaki, means Sita; then she came on this earth as the daughter of Mohammed Sahib; and then she came on this earth as Nanaki, the sister of Nanaka. So, she resides as a pure relationship of these gurus.

Thus the Mahalakshmi's greatness is that, through her power only, the sushumna is covered by Kundalini. She is the power of our evolution. And by her power only, we have risen to be human beings. And by her son's power, we are going to become higher people. Thus, the importance of Mahalakshmi is very great for all the Sahaja Yogis. Because she guides our Vishnu tattwa to its culmination, to its completion, which is the principle of our evolution. Thus, she is a giver of dharma. She gives us the dharma and she is the giver of the truth. She is the one who relates us to our brain, the whole brain's system is Mahalakshmi's system. So, it is she who exposes the whole of the knowledge as truth to us, on our central nervous system.

But at the state of Virata, when Vishnu becomes the Virata, the great primordial being, then she is called as Viratangana, as his power. So these are the incarnations of Mahalakshmi about which I have told. There's so much can be said about this Mahalakshmi-tattwa; you are all blessed so much by that.

And so today we remember Her great incarnation as Maria, who was very great because she had to bear terrible pain in Her heart with all Her powers that she had, she was a tremendously powerful Lady. But despite that, she bore all the tortures of Christ upon Her heart. And it was her order and her desire that Christ had to crucify Himself so that people could be resurrected. And sometimes Indians ask Me, "What did she do to be a Mahalakshmi, what did she achieve?" I said: "With all her powers to bear it. To play the drama it must be too much."

So, she connects you to God, in the sense she is the bridge. And the Kundalini rises over the bridge. And Kundalini is the Mahakali. Now we have a temple in India which you have visited of Mahalakshmi, in Kolhapur; and there, when they sing, when they worship Mahalakshmi at that time they say, "Udho, udho, Ambe". That time they say: "O Ambe, the Kundalini, you rise". But

Kundalini is the potential of all the three powers: Mahakali, Mahalakshmi, Mahasaraswati, because it is the primordial desire, because she is the Holy Ghost, you see. So, she contains all these three powers in it, like Adi Shakti has all the three powers of Mahakali, Mahalakshmi, Mahasaraswati.

So now today is a great day for us because Mahalakshmi has helped us so much, her blessings are much. She looks after all our well-being. She is the one who looks after all our problems of redemption. She is the one who gives us all the possible help in our chakras and correction of them. And she is the one who gives us all that is material or physical well being. So, we have to be very very thankful to Her today. You have to be grateful. And also today is Gregoire's birthday. So, I would like to congratulate him for making Me come to Munich because we had such a tremendous programme.

May God bless you all.

Before we start the Puja must say that Hugo has been very very helpful, very active. He came all the way from Australia with his wife. And I must say because of him I came here. As a token of my love and my complete appreciation of their hard work I would like to give them a dinner set with a platinum line on it, because platinum is the colour of the Mahalakshmi. Because Mahalakshmi is also Annapurna. She supplies food to people. You can say Mahalakshmi is the grandest Gruha Laxshmi. So may God bless you all.

1984-0916, Shri Ekadasha Rudra Puja: Rudra is the destructive power of Shiva

View [online](#).

16 September 1984

Rudra Is The Destructive Power Of Shiva

Ekadasha Rudra Puja

Como (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ekadasha Rudra Puja. Faggeto Lario, Como (Italy), 16 September 1984.

Today, we are doing a special type of puja which is performed in the glory of Ekadasha Rudra. Rudra is the destructive power of Shiva, of the Spirit.

Now one power, which is His nature, is forgiveness. He forgives, because we are human beings, we commit mistakes, we do wrong things, we get tempted, our attention is disturbed - so he forgives us. He also forgives us when we spoil our chastity, we do immoral things, we do thieving, and we do things that are against God, talk against Him. He also forgives our superficialities, jealousies, our lust, our anger. Also He forgives our attachments, petty jealousies, vanities and also possessiveness. He forgives our egoistical behaviour and also our subordination to wrong things. But every action has a reaction, and when He forgives, He thinks that He has given you a big grace-mark, and that reaction builds up within Him as a wrath, against those who are forgiven, [who] try to do greater mistakes. Especially, after Realisation, because such a big blessing there is of the Realisation - you've got the light and, in the light, if you are holding onto a snake then His wrath goes up because he sees how stupid you have been.

[Italian translator is confused. Shri Mataji re-iterates] What I am saying is that after Realisation, especially, He is much more sensitive that, people who are forgiven and have been given such a big thing like Self-realisation, still they do wrong things then he is much more wrathful. So, in the balance, the forgiveness starts reducing and the wrathfulness starts increasing.

But when He forgives and, as a result of that forgiveness you feel the gratitude, then His blessings start flowing towards you. He gives you tremendous capacity to forgive others. He pacifies your anger, He pacifies your lust, He pacifies your greed. Like beautiful dew drop His blessings come on our being and we become really beautiful flowers, and we start shining in the sunshine of His blessings. Now He uses His wrath or His destructive power to destroy all that tries to trouble us. He protects Realised souls at every point, in every way. Negative forces try to attack a Sahaja Yogi but they are all neutralised by His tremendous power of protection. Through his vibratory awareness we are guided into right path. All the beautiful blessings of His are described in the Psalm 23 isn't it? That's the 23 Psalm, "The Lord is my Shepherd". It's all described how he looks after you as a shepherd.

But He does not look after the evil people. He destroys them. Those who enter into Sahaja Yoga [and] are still carrying on with their evil nature are destroyed. Those who come to Sahaja Yoga and do not meditate and do not rise He destroys, or they are thrown out of Sahaja Yoga. Those who murmur against God and live in a way that is not behaving a sahaja yogi, He removes them from [it]. So by one force, He protects, by another force, He throws away. But His destructive forces when they are built up too much, then we call it - now the Ekadasha Rudra is active.

Now, this Ekadasha Rudra will be expressed when the Kalki itself will start acting, means the destructive power which will destroy all that is negative on this earth and save all that is positive. So it is very necessary for sahaja yogis to expedite their ascent, not to be satisfied with the social life or married life or with all the blessings that God has bestowed upon you. We always see, what God has done for us, how He has been miraculous to us, but we have to see what we have done to ourselves, what are we doing about our own ascent and growth.

Now the- out of the eleven centres -ekadasha, means eleven- the five come from the right side of your Void, and five from the left

side of your Void.

The first five on the left hand side come from: if you have bowed yourself to wrong gurus, or if you have read wrong books, or if you have been in the company of wrong people, or if you have been sympathetic towards people who have been following wrong paths, or you have been yourself one of the agents or guru of these wrong people. Now these five problems can be solved, if we completely give up whatever wrong we have been doing. As Mohammed Sahib has said that you have to beat the Shaitan, means the Satan, with shoes; but that has to be done not mechanically but from your heart. Like many people who come to Sahaja Yoga will tell me, "My father is following this guru; that father is following that guru," and get involved with their father, mother, sister, this, that and try to take them out from those gurus, also get entangled.

Or some of them yield to others' forces. Like I know of Maureen, who was with me, and her parents and parents-in-law said that the child must be baptised, and I told her, you cannot get this child baptised because it's a realised soul. But she could not, that way, stand up to that, and she took the child for baptism and the child became very funny - it was really like a mad child. Now then she gave up all that and so she has saved. But supposing she had another child and she would have done the same thing, the second child would have been something very, very bad.

Now, the trouble with Sahaja Yogis is that anybody who comes to Sahaja Yoga programme thinks he is a sahaja yogi - is not so. Either you should have very strong sensitivity, or you should feel it in your body, or with your intelligence you should understand what is Sahaja Yoga. A person who is still negative always gets attracted towards another one who is a very, very powerfully negative and does not understand that the other person is so powerfully negative, but gets impressed. Under such circumstances, such a person is hit by that negative person and Shiva cannot protect.

One should not have sympathy with anyone who is negative, whether he is mad, whether there is something wrong with him, whether he is your relation, or anything. No sympathy of any kind, on the contrary a kind of a anger should be there for that person, a kind of a detachment, angry detachment. And this angry detachment is the only time when you have to be angry. But I have seen people who have anger for very good sahaja yogis but not for their own husbands or wives who are extremely negative.

So when the Ekadasha Rudra starts acting on these five sides on the, we should say, on the right side it moves, because it comes from the left and moves to the right side, then a person starts becoming also negative but acting with his ego. Such a person may take up a situation into hands and say that, "I am such and such Sahaja Yogi and I am so, we should do like this and we should behave like this", and start dictating people. [They] can do anything. And some mediocres or some half-baked Sahaja Yogis may try to understand [him], but most of them will know that, "This fellow is going out, now he's on his way out!"

So, all these things lead to this left-side development, or we can call it on the head, on the right hand side of your medha, this plate, brain-plate is called as 'medha' in Sanskrit language.

Now, the right sided one comes from the idea people have that, "I am myself a big guru." They start preaching about Sahaja Yoga also, as if they have become great gurus. We have known some people who give big lectures in any programme and never allow my tape to be played or anything. They think they have now become experts. Then some of them say that now we have become so great that we need not do any footsoaking or anything, there's no need to do meditation - there are some like that also. And then there are some who say that sin can never touch us, now we are Sahaja Yogis, we are very great evolved souls. But the worst of all are those who just take my name saying that, "Mother has said so and I am telling you because Mother has said" - when I have never said such a thing, is all falsehood.

Now there are some people who use Sahaja Yoga money and exploit Sahaja Yoga in such a way, exploit them, sahaja yogis also sometimes. And such people become very inauspicious. Anyone who tries such things will go out of Sahaja Yoga with disgrace. But one should never go near such a person, have nothing to do with such a person, have no sympathies. Because this inauspiciousness will hurt anyone to any extent, so better keep out of such people.

When these ten Ekadashas are developed within a person, then definitely such a person gets diseases like cancer and incurable horrible diseases. Specially, when the eleventh one which is actually here, which is the Virata's chakra, which is the collectivity - when it is affected as well, then such a person cannot get out of this disease.

But these- out of these even five are combined, supposing, with Mooladhara or with Agnya, then they get into very serious types of dirty diseases. That's why, I always say that be careful about your Agnya chakra, because that is one of the worst things, that, once it starts getting combined with these Ekadashas, part of the Ekadashas, then anything can happen to a person, he can meet with a horrible accident, he can suddenly be hit by someone, could be murdered by someone, anything can happen to such a person who has got the right Agnya and also any one of the Ekadashas, right or left.

That means, the five of these, if they, any one of the five, if they combine with Agnya Chakra, the protective powers of God are minimum. So, to keep your Agnya chakra all right, say now I am speaking, now you should watch Me constantly, so that there is thoughtless awareness and the Agnya chakra is soothed out. But, don't pay attention here and there all the time. Then you will find that, gradually, your attention will neutralise into thoughtless awareness, and your attention would be fixed in such a manner that you don't have to worry about anything.

In thoughtless awareness, nobody can touch you, that's your fortress. By meditation, one must establish thoughtless awareness, that is the sign that you are rising higher. Many people do meditation and say, "Alright, Mother we are doing." Mechanically, they do and say, "I did this, I did this, and I did this!" But did you achieve your thoughtless awareness, minimum of minimum? Have you felt your cool breeze coming out of your head? Otherwise, if you are doing something mechanically, it is not going to help; help you or help anyone.

So, after Realisation, as you are very well protected, you have all the blessings and a great future, you also have a great possibility of a complete annihilation. I would say, to give an analogy, you are climbing, and everybody is supporting you to climb, holding your hand, and there are so many things by which you are protected, to be taken upward, there's no possibility of falling off by mistake also, but if you try to remove your bondages with truth and love and all the time try to hit the people who are trying to support you, then you fall from a great height, greater height. I mean, the greater height you rise, the greater you fall, and with a greater force also, much more deeper.

But every effort is made by the Divine, every support is given to you, every care is taken - despite that, if you want to fall, then from that height, is very dangerous. But Ekadasha Rudra, at that time, at such a time when somebody tries to harm the cause of Sahaja Yoga, after being in Sahaja Yoga, then hits you so badly that the whole attack is very widespread. But the whole family can be protected if there are few people of that family doing Sahaja Yoga work; could be protected. But in case the family that is against all the time of Sahaja Yogis and try to trouble them, can be completely destroyed, in a very bad way.

Now these Ekadasha Rudras come out of, as I told you, from the Void. So, we can say that the destruction part of it comes from the Void mainly. But these are the powers, all are given in one person that is the Mahavishnu, that is Lord Jesus Christ. Because He's the support of the whole Universe, He's the personification of Omkara, he's the Personification of vibrations. So when He gets angry then the whole Universe starts breaking. As He personifies the power of the Mother which is penetrating into every atom, into every molecule, and to every human being, into every [thing] that is living and non-living: once it gets disturbed the whole thing gets into a jeopardy. So the pleasing of Christ is very important.

Now Christ has said, "You have to be like small children" That is, the innocence, the purity of the heart is the best way you can please Him. As in the West, specially, people have developed their brains too much, they try to play about with words and think that nobody knows what they are doing. All such people must know that everything you do is known to God.

If you are not clean in the heart, it is very dangerous for anybody to pose as if he's a very good sahaja yogi. Such people are not possessed, nor they are conditioned, nor they are egoistical, but they are very cunning clever people and they are quite aware, as to what they are doing. But, there are people who get possessed also and then they, in that, they try to destroy themselves or cry

and weep and do all kinds of things.

There are some who think that if they hurt themselves or do some sort of an extreme thing, then God will be happy, are sadly mistaken. If you cannot enjoy in Sahaja Yoga, then you should know that something is wrong with you. If you cannot feel happy in Sahaja Yoga then you must know that there's something definitely wrong with you. If you cannot enjoy the company of sahaja yogis, then be sure something is wrong with you. If you cannot laugh and appreciate the greatness of God, then there's something wrong with you. If you are still worried about negative people and their problems then know that there's something wrong with you. If you have sympathies with negative people, then also there's something wrong with you.

But if you have anger for negative and all that is negative that is against Sahaja Yoga, then you are there. When this thing gets matured then you become the power of Ekadasha Rudra yourself. Anybody who will try to insult you or to do any harm, will collapse. It has happened with many people who tried to be insulting to me or tried to harm me or anyway.... sometimes I am quite worried about them.

So one has to be in such a way that they become the Ekadasha. Nobody can touch such people. But such a person is full of compassion and forgiveness. As a result, Ekadasha acts much faster. The more compassionate you are the more powerful Ekadasha becomes. The more collective you become, the more Ekadasha acts.

Many people have a habit of receding back into their exclusion and saying, "Oh we better be at home and it's all right," but they don't know what they are missing. Whatever may be your experience with others, you should stick-on together, always attend programmes, take leadership, go ahead with it, work it out and you will be blessed thousand- fold.

Ekadasha Rudra are all the powers, I would say, of destruction, together. It's the power, destructive power of Shri Ganesha. It is the destructive power of Brahma, Vishnu, Mahesha. It is the destructive power of the Mother. Is the destructive power of the Ganesha...and four of these are Bhairava and Hanumana, Kartikeya and Ganesha. Also the powers of Sadashiva and of the Adi Shakti. All the destructive powers of all the incarnations are Ekadashas. Now the last but not the least, is the destructive power of Hiranyagarbha which is the Collective Brahmadeva. And this power when it acts, every atom explodes, the whole atomic energy goes into a destructive power.

So, thus, the complete total destructive power is Ekadasha Rudra. It's extremely powerful, explosive, but it's not blind. It's very discriminative and extremely delicately woven. It avoids all the good points and attacks the wrong things and it hits at the right time, at the right point, direct, without hitting anything that is good in between.

Now the glance of Ekadasha Rudra falls upon someone, say, for example, and there is something in between which is divine or which is a positive thing [then] it penetrates through positive, without harming the positive and hits the negative. It cools down somebody and burns another. Not freezing, it doesn't freeze, it cools down. (Laughter.)

So that is how it works with such care and such delicacy. And it is tremendously sharp also. And it's very painful. It's not like cutting the neck in one shot, it goes on slowly, slowly. All the horrible tortures that you have learnt or heard about are expressions of Ekadasha only. For example, take the case of cancer. In the cancer thing, you see, the nose is removed, the tongues are removed, then the gullet is removed, then everything goes on, one after [another], being removed with terrible pain, you see. Take leprosy for example, the lepers cannot feel their fingers, they cannot feel it, so the...any rat or anything eats their fingers they can't feel it, so they start losing their fingers, that is how Ekadasha eats up people, devours.

But this wrathfulness of the Father can be very gentle and could be very sweet, when it comes to His own children. The story is about the Mother - once She got very angry, the Primordial Mother. And She was so angry, She wanted to destroy the whole world with Her Ekadasha power and She tried to destroy the whole world. When She went into that mood, the Father Himself felt that She is being [a] bit too much angry. So when She started destroying, and She was going right and left, He did not know what to do, so He took Her child, that means representing sahaja yogi, you can say, representing Christ or representing anyone of these great children of Her's, that he put the child under Her feet. So, when She was stamping, suddenly She saw Her own child

under Her feet and Her such a big tongue came out. She just stopped. Balancing. But this has happened only once. (laughter) So, after the Ekadasha Rudra, ultimately the complete destruction comes through the anger of Sadashiva. When the final total destruction takes place.

So thus we have seen how Ekadasha Rudra acts and how Sahaja Yogis have to become themselves Ekadasha Rudra. Now to develop this power one has to develop a tremendous power of detachment, power of detachment, detachment from negative. For example, negativity can come from very near people, like brother, mother, sister, could come from friends, could come from relatives. It could come from a country, it could come from your political ideas, economic ideas, anything like that. Any misidentification can destroy your power of Ekadasha Rudra.

So it is not only sufficient to say that, "I am surrendered to Sahaja Yoga and I am a Sahaja Yogi," but you must know mentally also what is Sahaja Yoga. So that, intelligently, you understand what is Sahaja Yoga. Because in the West specially, people are over-intelligent and if the light of Sahaja Yoga does not enter into their intelligence you can never overcome your attachments. That doesn't mean you talk too much about Sahaja Yoga or you give lectures on that, but mentally you should also understand what is Sahaja Yoga.

Today is a special day when it has been asked that we should have Ekadasha Rudra puja, and is for all kinds of false religious sects and false gurus and false religions, which are followed in the name of God, or any religion that does not say about Self-realisation and does not achieve Self-realisation and does not get connected with God, is false.

So any such thing that is just faith and talks of God but has no connection with God cannot be a true religion. Of course, it gives a balance to people, but in giving that balance, if people live on that money and try to enjoy a wealth out of that money, then it is not even at the very lower level is the religion.

Like a balance, you, see, religion has to give you a balance to begin with, but in that balancing when they tell, "You have to be balanced, but give me money for that, you must give me money, give me all your purse, give me everything," then that cannot be balanced. It does not even have a slightest thing of the blessings of God. Or any religion that makes you bow to anybody else but the incarnation, is no religion. That's another one which is absolutely false.

The real religion will give you a balance and will always talk about the ascent. But they will not ask for money or make one man something great as venerated. Thus, we should learn to discriminate between falsehood, negative things and real things. Once you develop that discrimination through vibratory awareness, or through your intelligence, you are in the control of yourself. And then you become that power of Ekadasha, when you establish your maturity.

Today, I bless you all, that you all become the power of Ekadasha Rudra and you develop that sincerity which takes you to that state.

May God Bless you.

Psalms Chapter 23

: , .1 A Psalm of David. The LORD is my shepherd; I shall not want. ,
;- .2 He maketh me to lie down in green pastures; He leadeth me beside the still waters.
; -, .3 He restoreth my soul; He guideth me in straight paths for His
name's sake. - , --- ;
, .4 Yea, though I walk through the valley of the shadow of death, I will fear no evil, for
Thou art with me; {N}
Thy rod and Thy staff, they comfort me. , -- ;
, .5 Thou preparest a table before me in the presence of mine enemies; {N}
Thou hast anointed my head with oil; my cup runneth over. , -- - ;

-, .6 Surely goodness and mercy shall follow me all the days of my life; {N}
and I shall dwell in the house of the LORD for ever. {P}

1984-0917, When we are seeking the truth, we have to know also what is the truth

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17 September 1984

When We Are Seeking The Truth, We Have To Know Also What Is The Truth

Public Program

Milan (Italy)

Talk Language: English | Transcript (English) – Draft

Public Programme, Milan, 17 September 1984.

I bow to all the seekers of truth. It gives Me tremendous pleasure to be among the people of Milan, which means the middle, the middle path. The people who are in the middle path are the best suited for their ascent because those who go to extremes go away from reality. But those who lead a moderate life, a balanced life, a sensible life are very well suited for their ascent.

Now when we are seeking the truth, we have to know also what is the truth. The truth is that we are the Spirit. We are not this body, this physical being, this mental being, but we are the Spirit, the spiritual being. In the process of our evolutionary ascent we have come to this stage where we are called as human beings. But we have not found yet our absolute. We live in a very relative world. That is why we are so restless, there are problems of wars, there are problems of disintegration. Now whatever I'm going to tell you is the knowledge of the roots. We know the tree but not the roots. Italy is a country of traditions. In the same way India is a country of tradition but traditions of spirituality. There have been people seeking in that country since ages, and they have been able to find out something so great about ourselves.

But there is no doubt there are many fake people who have come abroad to make money. One thing we must understand that we have become human beings, we have evolved to this state without paying any money for it. Anybody who takes money in the name of God or Divine or any other power is a person who is absolutely fake.

Secondly we have become human beings without any effort so it has to be effortless. If it is a living process, it has to be absolutely effortless. If our evolution is done by some living process, it has to be spontaneous. You cannot force a seed to sprout out of the Mother Earth, can you?

So now people may say, "Then how do we become the Spirit?" Sahaja words means: "Saha" means "with" and "ja" means "born." It's born with you. The right to become the Spirit is born with you. That is you have a right to be the Spirit. You have the mechanism within yourself to be the Spirit, and that you are going to be the Spirit. As you have been told about the centers within us, these seven centers are nothing but the milestones of our evolutionary state. And this evolutionary state is to be expressed now at its highest point where you become the Spirit.

But it is not any kind of an external behavior that is going to make that. Some people believe that if they change their dress or if they jump or then they shout or stand on their heads, they will become the Spirits - is absolutely not possible. Or some people believe that becoming abnormal personalities you will achieve something, is absolutely absurd. You have to be a very normal person.

So the truth is that will happen to you is in your awareness, in your central nervous system. We must accept the truth as it is and we should not force ourselves or force the truth to be like us. Now when you become the Spirit then what happens that we should see. Like Christ, He said that, "You have to be born again." So Nicodemus said, "Do you mean to say that I have to enter into my mother's womb again?" So He said, "No, you are to be born of the Holy Ghost. The Spirit is born of the Spirit. And whatever is born of the Spirit is the Spirit."

But many people are self-certified. They call themselves "born-again," all kinds of thing, and they believe that they are perfectly all

right. And that is the reason why today the modern people don't want to believe in anything that is Divine because they see the people who are professing religion and God are horrible people. There is no connection with the Divine. When there is no connection, how can you have the power to be that which is Divine? Like this instrument, if it is not connected to the mains, is useless. In this way we all should be connected to the Divine, which is the all pervading power of God.

Now this power exists whether you believe it or not. It pulsates into the atoms and molecules. It pulsates in your heart. It is everywhere working out so many things which are living. We in our ego think we can do so many things. But what do we do? We do dead work - from dead to dead.

We cannot produce one living flower, and we cannot transform it into a fruit, not even one. So who does this living work? There must be some sort of a power that does this work. Now the people may say that, "This is nature." Whatever you may call, but this nature thinks, understands. Because at different times of seasons, different types of flowers come. What a tremendous task it is.

Now to become Spirit is your right. And to become Spirit is the way you have to be that has to be. Otherwise the problems of this world cannot be solved. So when the Kundalini, which is the true desire within you, manifests itself and you start feeling the cool breeze of the Holy Ghost coming out of your head, then first thing that happens to you that in your awareness you become collectively conscious. I'm saying, "You be-come." It is not a certificate. It is not that you just feel like that or you mentally think like that. It happens to you.

You can feel it, the cool breeze on top of your head coming out. Cool breeze on top of your head is the real baptism and not an artificial one. Now also you start feeling cool breeze in your hand. You start feeling this power all around, this subtle, the subtlest of the power. As it is ether all spread, you start feeling it on your finger tips. It is not an artificial belief that you start feeling. You just feel it nicely on your finger tips.

Mohammed Sahib has said in Koran - at length He has described the time of resurrection - that, "At the time of resurrection your hands will speak." But in the Islam people don't talk of the resurrection day. Even in the Christian religion people don't talk of The Comforter to come. They talk of the doomsday to come. People, they are very powerful by that frightening stuff.

This all pervading power is the power of compassion, of love. It is the most powerful power that you could think of. It is neutralizing power of all that is ugly, of all that is grotesque, of all that is immoral. When the Kundalini rises She integrates you, all your chakras. By that She integrates all your beings within you. For example if you are doing something, we feel that we should not have done it, that's wrong.

We are not sure of whatever we have done is good or bad. That means we live in the world of relativity not of absolute. But when you start feeling these vibrations on your hand of the Divine, you do not anymore live with relative world. It is fantastic to know how fantastic you are. How glorious you are within yourself when you get your realization. You become a new personality. Like an egg becoming a bird. And you start feeling that absoluteness. You ask any questions. You can ask a question, "Is there God?": You start getting tremendous cool breeze. "Was Christ the son of God?": You get tremendous breeze.

But if you ask about a man who is not a good person, then immediately your hand starts burning. Because the Spirit is the collective being, your attention becomes collective. You can pay attention to anyone sitting down here. Just like ether you can feel another person, you can know about another person and you can cure another person - any far away.

And such a person develops his innocence back like a child. And his eyes become so innocent that the power of eyes is so great that only looking at a person he can cure that person. The lust and greed drops out of your eyes, and you become innocent and powerful. Then the person who gets realization can suddenly become extremely dynamic and extremely creative because of the blessings of the second center which is the center of creativity.

That, I have known somebody who had never seen any wood or anything, and he has now become a rich man just doing interior decoration after realization. Such a person becomes extremely aware of the aesthetics of a personality, of the buildings, of

everything. The aesthetics, the deeper sense of aesthetics starts bubbling through his awareness.

And the last of all he becomes adept. He becomes expert in handling this power and in giving realization to others and curing others and helping others.

Through the blessings of the center of the Nabhi, which we call as the Manipur Chakra, you get the power by which you become a person absolutely upright, righteous and virtuous. I have seen people dropping all their bad habits in one night sometimes, in one night. Forgetting about the past completely and becoming very different people of complete beauty and divinity after realization.

As the blessing of the Heart Chakra, you become a person completely secured with yourself, absolutely settled with yourself. You neither aggress others nor take aggression upon yourself. You feel so happy with yourself and you give happiness to others and security to others. And others feel nice in your company. You can see in the life of Christ this has happened that when people were throwing stones at Mary Magdalene, He came and stood up before them fearlessly. He was fearless and He said, "Those who have not committed any sin may throw the stone at Me." You are not afraid to talk, tell the truth. You are not afraid to tell what is wrong. You are not afraid of anyone. But just you are always in a blissful state of self-assurance.

In My work for the last 15 years I've been flouting at all the fake gurus, right from the very beginning, taking their names and telling them what sort of horrible people they are. But nobody has dared to put Me to any trouble whatsoever. Because they know they are wrong; they know they are doing harm to people. They are trying to make money. They are befooling and they are nasty people. They know it. And once they know it they dare not face the reality. So one develops that sense of security within yourself because you are the Spirit.

At the center of your Vishuddhi, which is placed here, you develop a personality which is very balanced and a personality which is very collective. Now I would say that I have so many powers supposing. I have powers so I am a capitalist. But I'm communist, because I cannot live without distributing it to others. By God's grace I'm happily married. I have a nice family, I have grandchildren. But I can't live without giving what they are having their own. I have to give it. I have to do it. But this is the greatest joy-giving thing that you receive what is yours. Because I know you have this and I must give you what is yours.

As the blessing of this chakra, which is actually placed in the optic chiasma, a very subtle chakra, which is called as Agnya, that you get a tremendous blessings of Christ because this is the center of Christ. Now they say that He died for our sins. One must listen to it very carefully. They say He died for our sins. So what does He do when He's awakened? What does He do for us? When He's awakened at this point then what He does He sucks in from both the sides.

You can see the yellow and the ... it's a very small thing for you to see. But we have two big pouches in our head called ego and superego. He sucks them in. So the conditioning we have from the superego and the aggression we have from the ego both are sucked in.

So that a gap is made here for the Kundalini to rise in the fontanelle bone area. So now we don't have to suffer anymore. He has suffered for us sufficiently.

If you ask for sufferings, it would be dangerous. I do not know from where this idea, suffering, has come. Because Jews believed in sufferings and they suffered. There is no need to suffer. Only if you awaken Christ here, then the whole problem of our past deeds, which are called as sins or anything or whatever is our aggressiveness, everything is sucked in. And at that point we become thoughtlessly aware, there is no thought. Thought is the biggest problem these days. One doctor told Me that, "You can cut my throat, do what you like Mother, but take away this thinking mind. It's all the time thinking."

Now, one thought rises and falls off, another thought rises and falls off; We live on the cusp of the thoughts. And that's why we are jumping, our attention is very much restless. So in between these two thoughts of the past and the future we have in the center a place where the Kundalini pierces through. And when that happens, then you become thoughtlessly aware. Then all the

petty thoughts of possessions, petty thoughts of jealousy, of lust and greed and all these petty things just drop out. Then you become in command of yourself, absolutely in command. If you want, you'll think, otherwise you will not think. But now the thoughts that come to you, come to you as true knowledge.

Mostly I work in the villages of India. And one day I was going on a bullock cart with a gentleman who is a sahaja yogi. And I was amazed: He was talking like a great saint. He's not educated. He has never seen the world. He lives in a village, but he talks like a saint. What university Christ went to? What university Nanaka went into? Where do they go to study? Socrates? Nothing. They had all the knowledge within themselves. They sometimes ask Me, "Mother, are your disciples all scholars?" I said, "No, they are very ordinary people."

But they are connected with the true knowledge which is fantastic. And whatever they want to know, they know it. Because Spirit is connected with the true source of knowledge.

Above that when you enter into the limbic area that is the Kingdom of God, that is promised to you long time back. And when you pierce through this and you establish yourself then you become doubtlessly aware, called as Nirvikalpa. Powers of such a person are tremendous. He's forgiveness personified, he's compassion personified and he is extremely powerful. Mahatma Gandhi said once that, "Non-violence can be only practiced by the powerful." What is the non-violence of the weak? It has no meaning. In the same way all the great saints, all the great prophets, all of them has promised these days that you have to have your realization.

About 200 years back a great saint was born in England called as William Blake. You too had Dante such a great saint in Italy. In the same way there was a great saint born as William Blake in England, who has described in details about Sahaja Yoga. He has prophesized about Sahaja Yoga in such details and has told that, "The men of God will become prophets. And they'll have powers to make others prophets." That time has come today. And we have to work out in a way that you all get your realization. It cannot be guaranteed. But it can be guaranteed that if not today, tomorrow or day after you'll get your realization in any case. But after realization you have to respect your realization and you have to lead a life according to the understanding of this divine power. At the most you need about a month, about a month. People who got realization in Milan only three weeks back are now great Sahaja yogis.

So it is not so difficult as people think. Nothing is difficult. It is sahaja: "Sahaj" also means "very easy." Because it is vital. Anything that is vital has to be easy. Like our breathing: For our breathing if you have to go to the library and find out how to breath, how many will exist? Even children get their realization in no time and they are experts. It is so innate. It is so beautiful that we all should have it.

I'm very much thankful to you, to all the people of Milan who have taken trouble to come today and I hope you'll come again tomorrow. I'll explain to you more things about the three channels that are within us and hope today we'll be able to work out the Kundalini-awakening. Now we will have, first of all, some questions if you have. And then we'll start giving you this experience, which is very simple, very easy to manifest.

Shri Mataji: They can ask some questions. Few question they can ask. Shri Mataji: All right. Let them ask. One by one. All right.

Shri Mataji: He is saying that something has happened to him two years back, and he doesn't know what has happened. And I told him that I work it out. Don't you worry. He feels the pressure on his head. So he'll be fine now.

Shri Mataji: She is asking that, "How are we to continue with it?" I have to say that luckily we have a very good center here in Milan. And everybody will help you out, tell you all about it. And you don't have to pay anything whatsoever.

Now, there's a lady who asked Me how she can get rid of evil forces upon herself. All people who are suffering from such troubles or who are suffering from other diseases, anything, can come to Sahaja Yoga center. And they will be told how to work it out and everybody will help you. It is a very simple method, very simple.

Shri Mataji: What is it?

Sahaja yogi: The relation between the Divine and evil force in our Spirit. The relation between the Divine and the evil?

Shri Mataji: I don't understand the question. It says, "What is the relationship between evil and the Divine?" There is no relationship. It's inimical.

Sahaja yogi: No. The question is: "Within us how do divine and demonic forces work?"

Shri Mataji: Oh, it's a big question. It is as simple as this that when you have the light, the darkness runs away. It is as simple as that.

Sahaja yogi: When it happens that there is a calcification of the brahmarandra there is an [UNCLEAR] of the spiritual growing, an impediment.

Shri Mataji: Why?

Sahaja yogi: She is asking.

Shri Mataji: No, no. No, no. When it opens out that's the beginning, that's the beginning of the sprouting. As the primule comes out of the seed, you see.

Sahaja yogi: There is a very good question, Shri Mataji: "Why Jesus Christ and different incarnations had to pass through the crucifixion?"

Shri Mataji: Oh, is a question of why Christ had to pass through crucifixion. From Bible we cannot understand Christ so well because only His short life of about four years is really there. But actually He is Omkara. He is the Alpha and Omega as said. He is that. And He took His form as an embodiment of innocence.

The original mistake we committed when it was the question of Adam and Eve. Now at that time we made a mistake. If we had listen to what was to be, we would have been realized souls long time back.

But we wanted to know everything ourselves so we developed a terrible ego.

As a result of that we crossed over within ourselves. When we raised our heads as human beings we crossed over our attention, and there was a big cross through which nothing could pass through.

So the man, the human being, was lost between the cross-roads of the conditioning and the ego. And to pass the Kundalini through that chakra was an impossibility. So before Christ, it was believed in India that we have to repent for our misdeeds and we have to become very humble to get over our ego. But it was prophesized that Mahavishnu will come, and He will do the needful for you for Agnya Chakra. So when Christ came, people did not understand Him in the West or in Israel and all these places. They never understood Him, what sort of a personality He was. So Indians still believed that Mahavishnu still has to come who will suck our ego and superego.

Krishna has said before Christ that the eternal life cannot be killed, cannot be crucified, cannot be destroyed. So Christ came, who was the embodiment of eternal life, who was the embodiment of innocence, who could not be killed. And that's why His resurrection had to take place. That's why He was to be crucified to show that eternal life can be resurrected. So He was placed at that cross as the symbol of resurrection. The message of Christ is resurrection. All right, it was a long question. But if you ask such questions ...

There I have spoken in London - I don't know, two thousand lectures are there. There are so many lectures I have given all over the world. And if you come to Sahaja Yoga, they'll give you all these tapes and you can understand about everything through them. Though every day I'm traveling, traveling, traveling in Europe, still it's so unfortunate that I'm here only for one day. Next time I'll come for three days, I promise you.

Sahaja yogi: Oh, thank you.

Shri Mataji: I'll start the realization. All the people who are standing can come here and sit here. It's all right. Everybody, if you people can move, you can sit here. You can sit in front. It's better to be seated, would be easier for realization. You could move inside, you could move also here in front. We take out our shoes because we have to be in contact with the Mother Earth. That's important. And also they can remove spectacles because they have to keep their eyes shut. So there is no need to have spectacles. On the contrary it's helpful to the eyes.

Now, you have to just sit very comfortably, very comfortably with both the hands on your lap, just like this. And the left hand is the one that suggests your desire, desire. So you put your left hand all the time on your lap. And the right hand is for your action, which is to be used to nourish your different centers. One has to be in a very cheerful mood, not to be in a very melancholy way because Italians get into that mood sometimes.

Now, put the left hand just like this all the time, and the right hand has to go to different centers: One on the heart, one here above on the stomach, one below, and then you retrace it back again up to heart. Then bring it back here and then here and here and maybe here. So that's all you have to do which I'll tell you one after another. But please don't open your eyes at all, till I tell you.

Please don't open your eyes. It's the most joyous experience and the highest moment of your life. So you should not be frightened of anything. Be in a very happy mood. Nothing will happen to you as some people have told that Kundalini gives this trouble and that trouble. I have seen nobody suffers from this. Because She is your individual mother. So She is not going to trouble you at the time of your second birth. She takes up all the trouble upon Herself.

At the very outset forget the past and forget the future. Be in the present. And three times I say, "Please don't feel guilty. Please don't feel guilty. Please don't feel guilty." Otherwise I cannot achieve the results. So before starting you better tell in your heart all the time, three times that, "I'm not guilty. I'm not guilty. I'm not guilty." You can address Me as Mother or as Shri Mataji, whatever you think proper.

Shri Mataji: All right. So now please close your eyes. If there is anything tight you can loosen it a little bit, anything tight. But please be comfortable and close your eyes and keep the left hand like this. You should not slouch back nor you should be very straight but sit comfortably and without putting your head back or forward but in a comfortable normal erect position. Now please close your eyes.

Just close your eyes. And say three times in your heart: "Mother, I'm not guilty. Mother, I'm not guilty. Mother, I'm not guilty." Now please put your right hand on your heart. Please don't open your eyes. Now, in the heart resides your Spirit. In the heart the Spirit is there. So you have to ask Me a question inside, not loudly: "Mother, am I the Spirit?" Ask the question three times, with full confidence in yourself. Have full confidence in yourself. Ask three times.

Now take this right hand down onto the upper part of your abdomen, of your stomach on the left hand side. We are working on the left hand side. This is the center of the Primordial Master. And as you are the Spirit, logically you are also your own master. So now you have to ask a logical question: "Mother, am I my own master?" Ask this question three times. Three times.

Now take this hand, right hand, keeping left hand as it is. Take the right hand down in the lower part of the abdomen on the left

hand side. This is the center of true knowledge of the technique of the divine instrument. So now, at this point you have to ask Me, I cannot cross your freedom, you have to say: "Mother, I want to have my realization, so give me true knowledge. Please give me pure knowledge," please say it six times because this center has got six petals.

Now raise this right hand again back to the upper part of your abdomen. This is the center of Primordial Master. And now the first truth you should know that you are your own master. And you have to say with full confidence: "Mother, I am my own master." And this you have to say ten times. Say it please ten times. Say it with full confidence. You are your own master. You don't need anyone.

Now please raise your hand to your heart where resides the Spirit. Here now again you have to assert and assume your power as Spirit by saying twelve times: "Mother, I am the Spirit." Now you have to know that the Divine is the ocean of love, is the ocean of compassion. Above all it is the ocean of forgiveness. So please don't feel guilty. And raise your hand now, right hand, at the base of your neck, taking it backwards, from the front. This is the center which gets caught up when we feel guilty. Now at this point you have to say sixteen times: "Mother, I am not guilty."

1984-0917, Milan/Rome Events, Conversations, Interview

View [online](#).

17 September 1984

Conversation

Rome (Italy)

Talk Language: English | Transcript (English) – Draft

1984-09-17, Milan/Rome Events, Conversations

Introduction

Shri Mataji: "Now, it's too loud".

Sahaja Yogi: "Shri Mataji take to Milan Her message. This is the title, the great....".

Shri Mataji: "I didn't hear, again;"

Sahaja Yogi: Shri Mataji take to Milan Her message, and the title, the big title is – "The Great Mother leads to discover the seed of the Spirit".

Shri Mataji: The seat of the...

Sahaja Yogi: The seed, Seed, seed.

Second Sahaja Yogi: The seed.

Shri Mataji: The seed...lead, lead.

Sahaja Yogi: is leading? Is leading us to discover the seed of the Spirit. This is fundamentally a call for a man of today, because he has to discover the Spirit within, and this mostly is the message of Shri Mataji Nirmala Devi, that She gave to the person She met.

And also She has a great disponibility on helping him to reach the Self-Realization and teaching him the way to enter in connection with the Divine. And get from that the vital energy. And yesterday She brought Her message to the people in Milan, in that meeting in the "Sala de Congressi", of the Provincia.

"The rationality has led the men too far away and he forgot his own inner spirituality and his natural tendency for the ascent", that's what Shri Mataji said. But the most of all in the Western World, we have always neglected the knowledge of the roots and we gave the privilege of the knowledge of the trees. And this has grown too far, and risk to get destroyed without any roots.

Anyone of us has got within the seed of the Spirit, which is the Kundalini. Which is a source of a vital energy without any limit, and very often we are not aware of this? So my mission in the world is that of awake that energy, awake that fire in the Self of the men. So he can reach the Self-Realization and the complete integration between body and Spirit. And this leads us in a state of well-being psychical and physical, in a positive behaviour and a positive attitude in front of the life.

The mission of Shri Mataji started in 1970, She was born in India from the Imperial Dynasty of the Shalivahans, She studied medicine and psychology, and She is the wife of the General Secretary for the Maritime Affairs in the ONU (United Nations).

After teaching in India, where She is very famous as The Great Mother, She takes to Iran Her message and Europe, America and Australia. She is doing Her work, you can say, without any money, because as She says, with a great smile, God does not understand money. She is a very extraordinary woman and we can add we can not be not fascinated by Her simplicity, strength, intuitive capacity and coherence. Those who have been Realized by Shri Mataji, are themselves on disposal to bring this message to the others. And also here, in Milan, is growing now, in Piazza "Sant Eustorgio" a new centre for meetings for those who like to have this experience.

Cristina Retlizz.

Shri Mataji: Now, it is so evident that in Milano there are people who are of a very high calibre. I've never had such a program

anywhere in the whole of Europe, or even in England or America. So the Sahaja Yogis of Milano especially have a great responsibility. So three basic things you must remember, first, that you have to be alright. If you find anything wrong with you, or if your leader says that this is wrong with you do not feel bad try to correct it, because it is all outside you are the Spirit. That means you have to be alright in your sensitivity, in your vibrations, in your Realization. And once you are alright yourself you will be amazed that you will enjoy Sahaja Yoga. And you won't have to -[Laughter]

(What is this, all right seat down. you don't sit on the ground, sit on that, please. So sweet!) But you have to be so good that compared to other people, you should know about vibrations, you must be sensitive.

You should know it mentally what Sahaja Yoga is, it should not be that if somebody asks you a question, you say all right go and ask to other. you should all train up yourself, educate yourself completely! So you form an inner circle which knows each and everything about Sahaja Yoga, for any problem you have got my tapes, any problem you write to me, anybody has any questions you write to me, we can organize, we can manage it.

Now you should be in complete collectivity, despite the fact you will know quite a lot about Sahaja Yoga, everybody will be expert. But now as Dulio is the leader here, you all have to be in a way, coordinating with him completely, understanding him, being one with him. And not to find his faults, not to find something wrong with him, because I know what is he. I know each and every moment how he is. As soon as I'll find something very wrong with him, I'll correct him. You don't bother your heads about it. In the presence of others, you should look like one body. You should support each other and don't support other people because they are negative and the negativity will jump on you. For example, some people may look very miserable, unhappy or something like that, don't sympathize. Not does anyone tries to dominate you or dominate him, you all stand by it.

So collectively you must meditate, collectively you must meditate, that's very important. Also individually as I've told you before. Every day you must meditate. About 15 to 20 minutes. Every day, just as you eat your food. First use your left side, try to see your left side how it is. Now for the left side, whether the left side is alright or not, what do you do, you put your left hand towards the photograph and right hand on the Mother Earth. And to find out the right side if it is alright or not put your right hand towards the light, I'm sorry, left hand towards the light when you are finding out the left hand and put your right hand on the Mother Earth, with a light, left hand. Vibrations are melting out and they melt, vibrations. Then they emit heat. What you call potential heat is emitted when they are melting.

Sahaja Yogi: This fellow, Carlo, asks about the heat, about the fire, because someone said that the fire, the heat is good and we say actually it's a kind of fire...

Shri Mataji: "Cool fire".

Sahaja Yogi: as a cool fire, it doesn't burn, it's refreshing fire.

Shri Mataji: It's a cool fire, it is a fire which is absolutely cool but now you see when the vibrations are just like what you call the ice, so when ice melts you see it emits heat, latent heat it is called. In the same way they emit heat, when they melt. See now...(inaudible)...but vibrations are tremendous.

Sahaja Yogi: Where do you prefer now? Where I have to rub? Here?

Shri Mataji: Rub it all over, it is. You are all right, little bit of Nabhi, you have a little problem here, you see just Right Nabhi, otherwise, you are all right. You had Left Nabhi, but now, no more. We have a nice time, having lunch together (Inaudible). But this country requires now Sahaja Yoga very much, the way we were discussing, you see the kind of violence and wrong things people are doing, see, it requires peace, it's very important to have peace.

Then we don't know what happened about that case.

Sahaja Yogi: Which case Shri Mataji?

Shri Mataji: That Mafia and Vatican, what happened?

Sahaja Yogi: There is still an enquiry going on, but nothing possible...

Shri Mataji: Till one year have passed!

Sahaja Yogi: Yeah, and maybe ten more years will pass but (laughing) nothing happened, you know.

Shri Mataji: Who is doing the inquiry? Yogi: I don't know. Shri Mataji: The police.

Sahaja Yogi: The police, with Scotland Yard.

Shri Mataji: The Government is entrusted or not?

Sahaja Yogi: Government is entrusted but, I mean I think there are some people involved in that case, so, as usual they don't have any interest in appearing and make dust on that.

Shri Mataji: So, I do think that even Switzerland will be involved in this very badly.

Sahaja Yogi: I think so, because, I mean, all this black money coming from Italy is going into those banks in Switzerland and Luxembourg. And this fellow from the P2, Gelli, the one of the Masonry.

Shri Mataji: Masonry, ha?

Sahaja Yogi: Yeah, they don't know where it is, they say in Paraguay, Licio Gelli.

Shri Mataji: He was Italian.

Sahaja Yogi: He is the great master of the Masonry of that sect P2.

Shri Mataji: But do you know, the owners of the Swiss Bank mostly are Masonry? The Swiss Bank started by Masonic Lodge.

Sahaja Yogi: really?

Shri Mataji: You don't know?

Sahaja Yogi: No I didn't know.

Shri Mataji: Masonic Lodge started this idea.

Sahaja Yogi: My goodness.

2nd Sahaja Yogi: Yes, all these Rothschild, these people (inaudible), they are all Masons.

Shri Mataji: This is told to me by Arnaud, that they are all relations and this Masonic Lodge is the real thing they (inaudible).

Sahaja Yogi: Yes, there are many different Masonic Lodges, but this one in particular, The P2, is the worst. The worst, because they have very domination-oriented attitude.

Shri Mataji: I mean you have another one here, in Italy.

Sahaja Yogi: Yes, we have the classical Masonry, which is recognized by the Government, or whatsoever.

Shri Mataji: But they are just the same.

Sahaja Yogi: And inside of that there is another one called P2, it was, it seems very bad Shri Mataji: inner circle...

Sahaja Yogi: and looking for the power and looking to dominate all this field.

Shri Mataji: And the head of that was this fellow.

Sahaja Yogi: Yes.

Sahaja Yogini: He was the brain of that.

Sahaja Yogi: And they found a list of thousand people, very important people all involved in that...

Shri Mataji: In Italy?

Sahaja Yogi: Yes, in Italy.

2nd Sahaja Yogi: And a minister too, Mother, was involved, (Inaudible) of the Government now.

Shri Mataji: Is he still a minister?

Sahaja Yogi: Yes (Inaudible) is he still a minister now? I mean it is pretty Italian (laughter) He was in jail in Switzerland...

Shri Mataji: General?

Sahaja Yogi: No, he was in jail, jail. they put him in jail in Switzerland, this chief, and then he escaped from Switzerland.

Shri Mataji: When was he in jail?

Sahaja Yogi: also the other one.

2nd Sahaja Yogi: Last year Mother, he was in Jail.

Shri Mataji: Because of this.

Sahaja Yogi: Because of this. But you know he has so much power in Switzerland, that he escaped.

Shri Mataji: And now he is the minister.

Sahaja Yogi: No. no. Gelli, the chief.

Shri Mataji: He ran away.

Sahaja Yogi: he ran away. No one knows where he is.

Sahaja Yogini: He has disappeared somewhere, maybe in South America. And he is publishing memorials, he is publishing things

through his own lawyer.

Shri Mataji: And no one knows actually where he is.

Sahaja Yogini: No, of course.

Shri Mataji: He is very powerful.

Sahaja Yogi: Very, very powerful. He accumulated lots of money, lots of power, also corrupting all politicians, members of the Government, and all top people, the people that have power in Italy.

Shri Mataji: What is his name?

Sahaja Yogini: Licio Gelli.

Shri Mataji: Licio?

Sahaja Yogini: Yes Shri Mataji, Gelli.

Shri Mataji: Gelli...

Sahaja Yogini: Yes, like "Gelli".

Shri Mataji: "Licio Gelli".

Sahaja Yogi: "G", "E", double "L", "I", "Gelli".

Shri Mataji: Must be the jelly of litchis.

[Laughter]

Sahaja Yogi: Do you know (Inaudible name) the Bolivian one, he was a Masonic. He was a Masonic. He said there are many, many kinds of masonry, many leagues and lodges, usually, masonic is just an esoteric that looks for the Spirit, looks for God and sometimes they look for political power but usually in Italy all the masonic look just for Spirit and for God. And in fact he was masonic.

Shri Mataji: All over the world Masonic people are very funny, in India also. They have secret meetings and they help each other, it's a horrible organization.

Sahaja Yogi: Ana was in Masonry.

Shri Mataji: You were? And what do they do?

Sahaja Yogi: She said she has nothing to do with Licio Gelli.

Sahaja Yogi: (Yogini Name) Mother said if you could ask her, what do they do.

Sahaja Yogi: Every week, they meet all together to do a ritual, a ritual meditation. They do meditation as a ritual and they use symbolism to come to the absolute, to come to Divine, to come to God, through the Symbolism.

Shri Mataji: They become bhoots.

Sahaja Yogi: And Xavier said that they use all the symbols that we use in Sahaja Yoga and all the numbers, the seven, the twenty-one, all these things they use.

Shri Mataji: Really?

Sahaja Yogi: Yes. They said that the Masonry started Esoteric...Esoterism starts from the Egyptian, from the Ancient Egyptian religion, and that was a very symbolic religion, so they try to come to God through the symbolism.

Shri Mataji: It's like tantric. Without Realization, nothing has meaning, without the connection, if you move without the connection, if you move the telephone it gets spoiled. So without the connection, if you do anything like that, then your instrument is spoiled. You go in the wrong direction.

Sahaja Yogi: They understood that. When they entered in Sahaja Yoga they understood that, they have understood that.

Shri Mataji: There is one book I read, this Sherlock Holmes. He was just imaginary. But in his book, he has described the Masonic Lodge, as very secretive and criminal by nature. He has described. I was amazed, he describes so many things there, of course Sherlock Holmes is a fictitious name, but Sherlock Holmes writes about Masonic lodge in the book. Really surprising!

Sahaja Yogi: Xavier said that there are so many, but so many Masonries in all Italy, it is an incredible number, we can't imagine it. and they are centre powered and a lot of different lodges, masonic lodges. and every lodge is quite independent and can choose the kind of meditation, the kind of way to follow.

Shri Mataji: But Sahaja Yoga will change them. Once they take to Sahaja Yoga they will realize, don't you think so?

Sahaja Yogi [translating what Ana says]: They invited a lot of Masonry, of really true seekers, masonry, and yesterday a lot of

them came to see you Mother and it is true, also today I saw two of them, of this Masonry at Santa Place. Today they came. Xavier has invited them. And because they are looking for truth.

Shri Mataji: In which place did you see them?

Sahaja Yogi: This morning, in the Hall of (Inaudible). At that meeting.

Shri Mataji: Really?

Sahaja Yogi: Yes, it was two-three of them. And also the wife of Savier was to Indian Masonry, the one You treated this morning, the sad one. She was doing Masonry.

2nd Sahaja Yogi: Aha, that's it!

Sahaja Yogi: Every week they meet to...

Shri Mataji: Every day?

Sahaja Yogi: Every week.

Shri Mataji: That's very bad. You see, I have seen you should do everything to the extremes, without connection you get into problems, anything. Now there is a cult, not cult but cast who believe in Shiva, and they pray to Shiva, they make the Shiva linga on the hand and keeping on the hand they worship. They fast on Shivaratri and they put a linga here, and all of them die of a heart attack.

Sahaja Yogini: Here is our expert, Shri Mataji. (laughter)

Sahaja Yogi: He can tell you everything about it. All details about Masonry. he is the expert. he can tell you all the details about Masonry, he knows everything about it.

2nd Sahaja Yogi: He can tell you all the details.

Shri Mataji: All right. All right. Tell me!

Sahaja Yogi: I entered into Masonry eight years ago, just because I was reading a book about Chakras, Kundalini, Ida and Pingala. Of course, from Oriental point of view.

3

Sahaja Yogi: Similar to do that was the Masonry. They explain that in the first degree you work in the Ida and the second degree in the Pingala and in the third degree in Sushumna.

Shri Mataji: They talk of Kundalini in Masonry?

Sahaja Yogi: Of course. The Ida they call in another... The words are different. They utilize not the Sanskrit but they utilize the Hebrew.

Shri Mataji: But they talk of Kundalini?

Sahaja Yogi: Of course. The Kundalini, the Ida, the Pingala, all these things.

Shri Mataji: Must be this Annie Besant, she must have brought it.

Sahaja Yogi: It's much older than that, Shri Mataji.

Shri Mataji: (Inaudible).

Sahaja Yogi: Masonry, they...we studied that it has started, originally from the time of Ancient Egypt, in Egypt, many thousand years ago.

Shri Mataji: But this is a new thing.

Sahaja Yogi: Now they call it new because they are all lodges linked together. In England in the 17th century, in England they decided just to unify these different, they were not called as Masonry, they were called Carbonari were called the Templars, the constructors of cathedrals, in Europa, for instance, the most important cathedrals (inaudible). These people have been killed by the Catholic Church during the Middle Age, for instance Giordano Bruno was just burnt because he played with fire. Giordano Bruno was one of our greatest philosophers of the Middle Ages.

2nd Sahaja Yogi: He is Realized Shri Mataji.

Shri Mataji: What year?

Sahaja Yogini: Sorry Mother, would you like some chicken soup?

Shri Mataji: All right!

Sahaja Yogini: And would you like to eat in your room?

Shri Mataji: I can eat here.

Sahaja Yogini: OK.

Shri Mataji: No problem.

Sahaja Yogi: But, Masonry of course will never give you the Realization, they never say that, they say just that they give Initiation. It is a Preparation for Realization. It means you start knowing the Spiritual things in a way not mystical of course, laic [secular], it means not religious, just to know the laws of the universe.

2nd Sahaja Yogi: But I think the attitude is completely different, in the meaning that they want to have the knowledge but something like very particular, something very exclusive.

Shri Mataji: Academic.

Sahaja Yogini: They want power.

Sahaja Yogi: In the sense of domination.

Shri Mataji: Deep secretive.

Sahaja Yogi: Yes, after it becomes that, but usually it's very difficult to become a Mason. They just want to know why you want to be initiated in this kind of knowledge but are these people knowledgeable [unclear] Because they have just symbols, Ida, Pingala, Sushumna, the seven levels, the four elements (inaudible)

Shri Mataji: Really?

Sahaja Yogi: You make initialization for each of the individuals, you must pass the proofs, find proofs, waterproofs, all these kinds of things to be in. Then usually it usually starts, if you are really a person that closed-minded, you start looking around that this universe really is well organized. Of course maybe you can develop some siddhis, some powers and then... Shri Mataji: That's are of Supra conscious.

Sahaja Yogi: Yes, but now in this century, the Masonry are people who are going just for economic power, to be with very important people, to have these kinds of siddhis.

Shri Mataji: It's a liaison office.

Sahaja Yogi: Yes, they are VIP. At the beginning was and still, the rituals, the symbols, and all this knowledge are from Ancient Egypt. It has good things of course. But I knew that there are many, many people now in Occidental countries who are entering just for power. Not spiritual power.

Shri Mataji: What power-political.

Sahaja Yogi: Political, material power. In Italy has been a big case, well-known, P2.

Shri Mataji: What sort?

Sahaja Yogi: I think at the beginning this could be a good thing, I mean all these philosophers were looking for the truth, but they couldn't look outside the Catholic Church, because the Catholic Church was so strong, I mean during the Middle Age. For this reason, they had to hide themselves, they had to do everything secretly, because of the persecutions, they maintained this form of secret. But perhaps the base is quite right because they were seeking, seekers of the truth.

2nd Sahaja Yogi: They are seekers, not all, not all people of course. Not all the people that got into Masonry are true seekers, no.

Shri Mataji: But I think that this idea of chakras and knowledge must have come by Annie Besant because she tried some tricks like these with the Theosophical Society, Annie Besant. Sahaja Yogi: Annie Besant, yes.

Shri Mataji: And what happened, That when you try to meditate through your sympathetic nervous system, a sympathetic nervous system is that Left and Right and the chakras, so you enter through these and pass over the chakras and pass out. Attention goes out. Of course you get problems after that, she had a very bad life, very hot-tempered woman. But while going down this, what happens? That you can see the chakras, you can see the colour of the chakra, because they are going around it but not from inside, you see.

But your Kundalini has come out from your inside absolutely. So you don't see anything.

Sahaja Yogi: I said Mother, have read and know theoretically all about chakras seven years ago, but this is the first time I start feeling it.

Shri Mataji: So it passes through that. But what happens? These people use to go from outside, see the size of the chakra, see the colour of the chakra, all these...But they did not know how to penetrate. You see that they are going around the thing. But from inside you do. Because if you do anything like that in extremes. You develop the supraconscious powers, by which you can

go around the chakras and come.

Like in Bolivia or Peru or another place we can say...

Sahaja Yogi: Colombia...

Shri Mataji: Colombia, we can say, Colombia also. They used to take a kind of a drug long time back, a drug. That drug used to make them supraconscious, it was something like LSD. And they used to go to the Right side they used to see all the things, they could see all the Gods, Indra and this and that, they even saw Garuda, and they saw even Vishnu coming on the Garuda. That's why in Colombia they use the Condor as their emblem. This is seeing, but seeing is not being. Can you tell them?

[Sahaja Yogi translates in Italian]

They are finding it difficult.

Sahaja Yogi: I have read Annie Besant, I know Annie Besant.

Shri Mataji: Very hot-tempered woman.[Sahaja Yogis speak in Italian]

Shri Mataji: So much you have caught, you feel in your hands now the vibrations.

Sahaja Yogi: In Bolivia, at Ganesha Puja, we use to play the songs of the mountains.

Shri Mataji: What did I?

Sahaja Yogi: In Ganesha Puja, you speak that as Realized Souls, we should see the mountains, see the Divinity, give flowers, respect not climb. No?

Shri Mataji: (Inaudible)

Sahaja Yogi: In all the countries, in Bolivia, in the hights of the Andes, all Andios, the local people, when they are forced to go, to climb a mountain or to be at the top of a little mountain, they all take stones and put them to be higher always than themselves, like to say: I will be never higher than you.

Shri Mataji: Climb.

Sahaja Yogi: And this is (Inaudible) if you see in the Andes (inaudible) top of the mountains have a lot of stones.

Shri Mataji: What is it? On top of the mountain?

Sahaja Yogi: They put a lot of stones, just in respect of the mountains (Inaudible) So that no person's body will be higher than the highest point of the earth. They respect the mountain in the sense of the Divinity.

Shri Mataji: We never believe in climbing them. Never. If we are to cross the mountain we use the... what you call like we have Bolan pass. passes.

Sahaja Yogi: Yes, Mother.

Shri Mataji: Pass through. But we do never go and climb, this is something funny. We don't do.

Sahaja Yogi: It was the same in Nepal, where there are a lot of sacred mountains as Amadablam, there are a lot of them. And nobody can climb it, nobody even now, because they are sacred. Nobody can go.

Shri Mataji: They don't want to do it.

Sahaja Yogi: No, no, not at all. But not only that they don't do but they don't permit to anybody to go up this mountain. The Westerners can not go up. As Amadablam is a sacred mountain, nobody can go up.

4 [TV Interview]

Sahaja Yogini translation the interviewer: Shri Mataji what is Kundalini?

Shri Mataji: Kundalini is the power within us of true desire, all other desires are false because they do not give us satisfaction.

Sahaja Yogini Shri Mataji can it be dangerous to awaken Kundalini without spiritual culture and spiritual education?

Shri Mataji: Not at all, not at all, because Kundalini is your own Mother, it's an individual Mother and she takes all the care when she rises and awakens herself. Those people who do not have a pure life have no authority from God, they should not rise these things.

Sahaja Yogini: Shri Mataji, he is asking if everybody can practice Sahaja Yoga.

Shri Mataji: It is meant for everybody, everybody may not practice but it's meant for everyone.

Sahaja Yogini He is saying that now he feels not at ease, he feels a little embarrassed and he would like to know if You also feel a little embarrassed in front of a big mass of people, many people together.

Shri Mataji: Not at all, I don't feel embarrassed... (Laughing) from my childhood.

Sahaja Yogini: He said that a few days ago a friend of his that is a Sahaja Yogi, Placido Scandura, said that when somebody is in Your presence, they feel something, some cool breeze, some cool wind around them. And so he says that in this present moment he is feeling this breeze, this cool wind and he is asking what is this, what's happening to him now.

Shri Mataji: Now, at this time all of those who are watching Me also they can feel it if they put their hands towards Me, just now, while on top, and if he is feeling, I have explained - first you tell them to put the hands towards Me like this, so that let them also feel and I will tell him what it is.

Sahaja Yogini: He would like to touch Your hand, Shri Mataji.

Shri Mataji: Yes. You feel the energy flowing through you when I'm touching you? When I'm touching you, you feel the energy flowing into you? And also you will not have any thoughts in your mind, you can watch Me without thinking, you can do that now. And you'll feel the joy, there is no thought in his mind. Because the Spirit is the source of joy. And what you are feeling is the All-Pervading Power of God's Love, which is very subtle.

Sahaja Yogini: Shri Mataji, he is asking what do you think about love?

Shri Mataji: Love is, love is the source of everything and God's love is such like it does not get attached to anything, it is like the sap of the tree, which goes to the whole tree, nourishes the whole tree and goes back. If this sap gets attached to any part of the tree then the whole tree will be dead.

Sahaja Yogini: The question is this: "Did you ever succeed in making bad men to become good at least for one hour?"

Shri Mataji: "He is permanently all right. He becomes permanently all right, thousands and one, they told me that they were very bad people, they were sinful, that themselves confessed or somebody else told me, they all have become beautiful people."

Sahaja Yogini: "Shri Mataji, we told to the people who are looking at TV to put the hands towards You and to watch you and to be in peace, then we give the..."

Shri Mataji: Yes, and then they should come to your centre, to know what it is, how to manoeuvre it, how to become your own masters and how to grow into a huge, big tree which can give the Realization to others also.

Sahaja Yogini: Shri Mataji since how many years you have this power of awakening Kundalini?

Shri Mataji: I had this one from the very early childhood but I did not know how to do it a mass, because I didn't know what human beings were suffering from. So I had to study them for some years and from 1970 I started my work of giving a-mass Realization.

Sahaja Yogini: Shri Mataji he would like to know from you if this interview, if You are satisfied with his interview.

Shri Mataji: Of course, very much, very much.

Thank you very much! Thank you very much!

5

Interviewer: The Childhood is suffering very much, because they...

Shri Mataji: And there is an attack on innocence, actually so many things they are doing to children which nobody could even think of it, absolutely horrible things.

Interviewer: I am sure that some... they can destroy some, but most of them are so strong.

They know what is good and what is bad, they know.

Shri Mataji: They know definitely and they will come out. After 10 years we'll see that we'll have a big army of...

Interviewer: No, they will not fight...

Shri Mataji: No, no, army means not necessarily with swords, with hands we can fight (Laughter). You have to fight the evil, evil has to be fought. We have to fight, otherwise it can never subside. You don't fight with swords.

Interviewer: But is there is a possibility for the evil to win? I don't think so.

Shri Mataji: They never win.

Interviewer: Never.

Shri Mataji: They never win. It harms, it tortures the children, it tortures innocent people, it is an attack on innocence you see, attack on it. Because innocence they are afraid of. Innocence is a powerful thing so they are afraid of innocence.

Interviewer: I wanted to write, that day I wanted to make an article about these miracles of these new people, these new generation that is coming and I wrote it and I sent it for the Child's year in the world, when celebrating the childhood, and my manager said no, we don't publish that. That was so, I cannot understand, because it was a good article, all the people, all the stuff said that it was a very good article, new thinking written with heart, with intelligence, with experience and he said no. So I understood that they do not want the innocence, they are frightened.

Shri Mataji: Newspapers only want to write something sensational, horrifying. Anything good they don't want to write.

Interviewer: They do not want. Therefore I don't like anymore to write for my paper.

Shri Mataji: You'll have another newspaper of your own now, giving them good messages. Interviewer: Very well.

Shri Mataji: But tell them about peace and love!

Interviewer: But these papers, they are read by people they know already that, they...

Shri Mataji: It is changed. Now many nice people are coming to Sahaja Yoga. Now the Secretary-General of UNESCO, the director of UNESCO, the president of this Hague Court, World High Court, such people start coming in, you see? Then we can change.

Interviewer: Yes, it must be powerful people, because they have the...

Shri Mataji: They have the control.

Interviewer: The control of the situation.

Shri Mataji: Among them the good people will start coming. And then we'll do, so things will change, don't you worry!

Interviewer: I want to speak, in some days I will meet Bertini and I will speak about you.

Shri Mataji: Bertini?

Sahaja Yogi: Bertini is the president of the Republic, Italian Republic.

Shri Mataji: Oh, please do! Please do because he has been very kind to give us this place free, he gave us this hall free in Milan. They gave us, the Government. This new Government is very sensible.

And they put our advertisement. Miracles are happening. [Laughter]

Not only, they printed my advertisements, put everywhere my photographs just seeing the photographs on these. They themselves printed them. yes, and my photograph, they signed there. All over they put it themselves.

Sahaja Yogi: Yes, it's a miracle!

Shri Mataji: This is happening, people are changing, you know!

Sahaja Yogi: She said that God uses also stupid people for His own goals.

[Laughter]

Shri Mataji: But you see now, because they see now that Fundamentalism is so wrong, if you become fundamentalist, if you become closed-minded, then you will become like (Inaudible). See, so it's all coming into their heads, even the Muslims are seeing a point. In Algeria, we have five hundred Sahaja Yogis.

Interviewer: I think what it's good of this time is that everybody is what he is, it appears what he is. There is no hypocrisy. there is mask anymore, no mask. Everybody is what he is.

Shri Mataji: What he is he tries to show that he is that. I saw clearly and also the whole happening is such that he is exposed, they are all exposed. Do you see the point?

Interviewer: Yes.

Shri Mataji: Even all the fake gurus, I talked about them by name one, two, three, four, about 1970. And none of them...

Interviewer: Disappeared.

Shri Mataji: Disappeared, and none of them prosecuted Me. They disappeared.

Interviewer: It's the time of truth.

Shri Mataji: The time of truth, absolutely.

Interviewer: That's very interesting.

Shri Mataji: You see, I will tell you, there were some cases on our Sahaja Yogis also, unnecessarily false cases, everything

dropped out.

Interviewer: They disappeared, yes. Very strange, that's something very great, magnificent, it's coming.

Shri Mataji: And it is attacked also. They attack also but they fall out, because it is so magnificent. See the power is so much of innocence that it just neutralizes everything. You shouldn't worry, we are going to win over, victory is for us! (Laughter)

Interviewer: I am so happy today.

Shri Mataji: And all these things will turn back because after Realization you can give vibrations to the trees, you can give vibrations to these things and they again are coming back to life, so no need to worry, all imbalances will cure. Imbalances will be cured. We can give back to the nature now, the time has come to give back to the nature.

Interviewer: In June I was a candidate to the

Shri Mataji: I know that. I know candidate.

Interviewer: Everybody spoke about politics and I spoke of nature, of trees, of the air and all people didn't look anymore to the others, they all applauded to me, this because people love ..., now people love nature, they know that there is a big danger about the destruction of nature. Only the people who govern, they don't understand. They saw that I spoke and people listened to me, they tried to ...

Shri Mataji: To shut down.

Interviewer: Yes. They paid.

Shri Mataji: You see how long they can go on, they will be all right, these are all very old, old bureaucrats. They'll change. They will all change.

Interviewer: The last thing I want to tell You that I don't want to keep You all for me, I want but there are others, many. Don't you think, You remember the Sistine Chapel, Michelangelo? Shri Mataji: Yes, yes.

Interviewer: There are, that God very big and serious...very far.

Shri Mataji: Mother, Father?

Interviewer: No, no. Christ. They go down, they fall down or...and the pure soul (inaudible). Shri Mataji: That's what it is. [Laughter]

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Interviewer: Oh what a day, what a day, my god!

Shri Mataji: This is tremendous, this is tremendous!

Interviewer: And we, we are the angels.

Shri Mataji: Yes, yes it's true! these are the selected ones and you are among them. Absolutely that, it is. But the way they show Christ, you see, Michaelangelo was a Realized soul so he showed him as a powerful man. And then these Popes and all that they show him to be bones, skeleton. Because they want to make him look miserable. How you can have Christ that miserable who had to carry a cross? These Popes cannot carry the cross.

Interviewer: They fear him, therefore they try to make it....

Shri Mataji: No, they want to tell people that you must suffer. They, all these people are saying that you must suffer. And they show Christ suffer so you suffer. But because Christ has suffered we don't have to suffer at all.

Interviewer: Most beautiful thing I've heard about you. Because we were all convinced that we must suffer.

Shri Mataji: Why? Then what about Christ? No, no but when Christ, see, settled down here and if you turn it round He gets awakened. That's a screw, you see? He just gets awakened. Little lower, see? Now you can feel it. See that's a soft bone here, it's down, can you see? It's going down like a child.

Interviewer: Yes.

Shri Mataji: That's it! He sucks in! He sucks in all our ego, all our karmas, our sins, everything He sucks in. You don't have to suffer. And not to be guilty at all.

Terrible Swadhistan.

She is all right! She's been thinking too much.

Interviewer: I must, for earning my (Inaudible).

Shri Mataji: Now you'll get the inspiration. Now you'll get the inspiration. And whatever you write they'll have to accept you.

Interviewer: My God! I am old you know, I'm not young anymore. I told you in the morning I was to (Inaudible), I told to the General Secretary I am becoming ugly, you must let me speak on the television before I am old and ugly. I have no time anymore.

Shri Mataji: You look much younger now, don't you worry! What is your age?

Shri Mataji: I am 61.

Interviewer: No, don't ask me, please! Don't ask me!

Shri Mataji: I'm not asking you, but I am 62, I will be 62.

Interviewer: I don't answer, because there are too many people, I do not want them to know. I will tell you in private.

Shri Mataji: You look much younger, don't you worry.

Interviewer: I need to appear young because I want still to fight, and they don't listen, old people they are put inside.

Shri Mataji: We should give her some ghee, as we saw she has Hamsa very hot. See Hamsa and Vishuddhi and she will be all right. These two Chakras are.

Shri Mataji: If these two are cured, you will be very different. We did this to this gentleman, Carlos.

Interviewer: You've just arrived and the next moment I found myself to the table, like dogs bit the dogs.

Shri Mataji: What?

Sahaja Yogi: She says that You've arrived at the right time that she was under a table like a dog, bit dog, you know...Oh my God, I'm a poor person, everybody helped me and what they do in the life...

Shri Mataji: No, no, they are not the people who will appreciate anyone. They cannot appreciate good, that's the point.

Interviewer: Now I want to return under the table, because I am ashamed of people.

Shri Mataji: They are all your brothers and sisters, younger to you and you should feel happy, they are all your own, they are all your own, you should see them. And all over the world you have so many brothers and sisters.

Interviewer: I've always been solitaire, always alone, all the lifelong.

Shri Mataji: Now you'll have such a big company.

Interviewer: Wonderful! I thought that was my destiny to be always alone, I said that I have to fight alone, I know that Christ and God, they don't leave alone.

Shri Mataji: No, you will find all of them fighting with you for the same thing. We are all doing the same thing. We are never left alone. But we do it at a higher level, so everything works out (Inaudible).

So all the blessings come down. It works in the politics, in economics, in psychology, everything it works into but let it come from

the top.

Interviewer: I have to grow. And for having this, one must grow.

Shri Mataji: Yes you will grow very easily, no problem. Are you getting the cold breeze now? Interviewer: I feel more on the face.

Shri Mataji: Now here you must forgive, you must forgive. Forgive everyone! You have not forgiven. Just say that! Just say!

Interviewer: I forgive everybody.

Shri Mataji: You say "Mother, I forgive everyone".

Sahaja Yogi: "Forgive the cruel world".

Shri Mataji: Again!

Interviewer: I forgive everybody. All the cruel world.

Shri Mataji: Forgive it, you just forgive God will punish them. You just punish them, you forgive them and God will punish them. Because Christ forgave those who crucified him.

Interviewer: Yes but I can forgive people who hurt me but not people who hurt little things. Shri Mataji: You don't forgive, you just forgive and God will punish them, you leave everything to God.

Interviewer: Yes, that is true.

Shri Mataji: What can we do ourselves?

Interviewer: I'm not sure that my heart tells what I tell, but I tell, I forgive cruel people.

Shri Mataji: All right!

Interviewer: I'm not sure if my heart does, but...

Shri Mataji: Again, again...

Interviewer: I will try, I forget cruel people.

Sahaja Yogi: I forgive the cruel world.

Interviewer: I forgive the cruel world. My god, it's difficult! I forgive the cruel world.

Shri Mataji: She's got it!

Interviewer: All the body. Here. Oh, it's so cold! I forgive the cruel world. I forgive the cruel world.

Shri Mataji: Done! All right?

Interviewer: Yes, all, I feel all breeze...

Shri Mataji: All over it is?

Interviewer: Yes!

Shri Mataji: You are sitting before me. It's the source of the cool breeze. All right? Interviewer: The pure source.

Shri Mataji: She is all surrounded by cool breeze.

Sahaja Yogi: Ask Mother if, "You are the one who is going to come to save the world?"

Interviewer: Are you the Holy Ghost, the Comforter? I must ask, I know you are.

Shri Mataji: Yes, yes! Just ask and see the vibrations.

Interviewer: (asks in Italian) – "Are you the Holy Ghost? The Comforter?". (Says in Italian) – You are the Holy Ghost, The Comforter. I know!

[Applause] You are! Oh my Lord, what a day! What a day, what a day...(Inaudible)

Shri Mataji: It will happen very fast, telescopically now. Everything will happen telescopically. One goes beyond time, just goes beyond time. Time becomes nothing. So fast. Great. There – you are all right. Do you want sugar? Sugar is good for you, you must take sugar. I will vibrate it.

Interviewer: Oh, I like sugar.

Shri Mataji: Sugar you must have, I will vibrate for you and give it to you.

Interviewer: Thank you.

Shri Mataji to Sahaja Yogis: Take this sugar I am vibrating, tell her to mix it up with her sugar and take it quite a lot. Because she has.. (Inaudible) her right...liver...

Interviewer: Is that for my liver? Like that? Demerara sugar, is it not good? Demerara sugar?

Sahaja Yogis: She uses brown sugar Mother.

Shri Mataji: No, no, brown is hot. This is cooler. Better to buy a whole sugar cane and finished.

[All drink tea]

Shri Mataji: I am going to vibrate in your house. I always mix it with a spoon not with the hand, with the spoon.

[After some time, referencing to a Sahaja Yogi] He will tell you all about it. (Inaudible talk). You see, anyone can see it very clearly (Inaudible)...

Now for that, they have to lead a collective life. You live collectively or you live separately?

Man: I do not live in an Ashram Shri Mataji. I live in my own home, which is in South Australia near Adelaide.

Shri Mataji: Why don't you shift to the ashram for some time? Develop your collectivity is very poor the whole thing (Inaudible) just you can feel it yourself. Can you feel it? The Holiness?

They can now sit, sit. So, better go there, otherwise, this will not go. This is very bad and is not good, may develop into Ekadesha. Better go and stay with them, be humble, try to be one with that, enjoy. There is nothing like the collective joy. All right? You try that with them, let's see how it works out. When are you going back?

Man: I am going back in about November.

Shri Mataji: So in Adelaide you write to somebody. Adelaide, we have a good Ashram. I selected that Ashram. It is beautiful, you can get grapes there and put in there. And it would be nice, you go with your wife and say there. And I am sure it will improve. It still has to go, I saw your, this thing all the time coming up. (Inaudible) It should be all right, and you will really enjoy.

Man: I must admit I haven't noticed at all (Inaudible).

Sahaja Yogi: There is a person from association about hypnosis and they invite us to give a talk there. Should we go?

Shri Mataji: Oh, this is wrong.

Sahaja Yogi: They invite us to give a talk there. Should we go?

Shri Mataji: Then you should tell them that this is wrong and be happy. Then you go and tell them this is all wrong, this is all bhoot. This is all, what you call them, possessions.

Sahaja Yogi: All right.

2nd Sahaja Yogi: Avidya, it's all Avidya.

Shri Mataji: You just tell them this all bad.

[Later on, referencing a to a Sahaja Yogi] I am leaving sugar with him, you can take it from him. It is very funny, you can just do anything you know? This lady has asked for it. It is very funny you can just do anything you know, all justice can be done to this. (Inaudible talk)

Shri Mataji: So, may God bless you all. I am going away tomorrow morning.

May God bless you, may God bless you. May God bless you all. Good! Excellent day for me also!

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Interviewer: What do you think about the present?

Shri Mataji: Present times are the best times in the traditional spirituality, in these present times - I call them "the blossom time". And many saints who are seeking God will receive their blessings.

Assistant: (translates to Italian).

Interviewer: ...The aggression and the fear.

Shri Mataji: Hmm...I don't trust about religion. better is I will tell you that.

Interviewer: Which religion do you preach?

Shri Mataji: The religion is very innate within ourselves. There is nothing outside about it. I preach about the religion that is within our being, which gives us a balance.

Interviewer: Why do you think the man is violent?

Shri Mataji: Why the man is violent? All right.

Interviewer: Why the man is violent?

Shri Mataji: The man is violent because of various reasons, he could be frustrated, he could be unhappy, he could be by nature violent. But, I say that you have to seek your Spirit. When you become the Spirit, the Spirit is joy and such a person only gives joy.

Interviewer: What do you mean by Realization?

Shri Mataji: Realization means you have to be born again. That means that you are like an egg and you become like a bird. So that you become the truth, the attention becomes collective and you become the source of joy.

Interviewer: What do the people need, to get this kind of Realization?

Shri Mataji: They can get this Realization if they have the true desire. Because the power which is called as Kundalini, which is the reflection of the Holy Ghost is the true desire within us. So, if you have the true desire to become the Spirit you will get it.

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Interviewer: what do you think, why it is not very well known this kind of a Holy Ghost, the Kundalini here in the west?

Shri Mataji: The reason is, the knowledge you have in the west...

Interviewer: Excuse me, can you repeat that? (prolonged technical explanation...)

Shri Mataji: The knowledge of the Kundalini is not very well known in the West, because you have the knowledge of the tree, while India has the knowledge of the roots. That is why it is not known this side. But, in the Bible it is said that, "I will appear before you like tongues of flames". And also in the early Christian eras, people knew about the centres and subtle centres. But later on it became a very organized religion so people lost touch with reality.

Interviewer: Do you think that East and West can stand each other and people from here and from there, can become the same person, the same human being?

Shri Mataji: They can all understand each other very well if they become the Spirit, because Spirit is the collective being, and the nature of the Spirit is the same.

Interviewer: I am sorry, can you repeat?

Shri Mataji to Assistant: You just see? I did not start with "Because"...did I start with "Because"?

Assistant: No (Proceeds to repeat Mother's words).

Interviewer: May I start the recording again?

Shri Mataji: People in the East and in the West are the same, they are all human beings. And they have the same kind of chakras and all the machinery within them is the same. Once they become the Spirit, the Spirit is the collective being. And it has the same nature in all the human beings. That's how they will understand each other very well.

Assistant: (Repeats Mother words then translates to Italian).

Interviewer: Shri Mataji, may I ask you, what do you think, why the man are afraid of dying? They have the fear of death? Afraid of dying.

Shri Mataji: The people are afraid of dying because they do not know about their future. It is an unknown land into which they have to enter. Moreover, the people have a fear they might go to Hell and they may be tortured.

But actually if you become the Spirit, all sins are forgiven and you just enter into the kingdom of God.

Interviewer: What do you think, what is the difference between the true guru and false gurus? Shri Mataji: What is the difference between the false guru and a true guru? Firstly, any guru who takes money from you is a false guru, to begin with. Then, a guru who diverts your attention from Spirit to other things, is a false guru. Like he makes some sort of a materialization and things like that. He takes some diamonds, it is a false guru. There are some who make you jump in the air, who say that we will make you fly and all that, are false. One should only ask for Self-Realization.

Interviewer: Is there any danger in Kundalini awakening?

Shri Mataji: No, there is none. because she is your mother. There is no danger in Kundalini awakening because she is your mother. She is your individual mother, and how can she trouble you? Because people have a really irreligious life and un-righteous life that's why when they try raising the kundalini they cause trouble.

Interviewer: What are the advantages of achieving the Self-Realization?

Shri Mataji: The advantage of Self-Realization is that you become completely integrated. You have physical perfection, mental perfection, emotional perfection and you are in complete harmony with the Divine. And the divine Power starts flowing through you. So, you become dynamic.

Interviewer: What is the divine Power [Cut].

Shri Mataji: The divine Power is the subtle power that permeates into every power, is the love and compassion of God, that is his

will. And that acts like a very subtle ether in every molecule, in every human being and in everything that exists.

Assistant: (translates to Italian).

Shri Mataji: Material progress will definitely destroy the man. But, if it is spiritual progress, it will save and construct the whole atmosphere into a beautiful land of God's divine love. Assistant: (translates to Italian).

Shri Mataji: To become pure or Self-Realized you do not have to give up anything, it is a myth. That you believe that you have these things. Actually, this myth breaks up and you get completely detached. You don't have to give up anything when you are not attached to it. Assistant: (translates to Italian).

Shri Mataji: It is very wrong to believe that you have to suffer to achieve your Self-Realization. Christ has already suffered for you, what more can you suffer? Only thing, you have to awaken Christ within yourself.

There is a subtle centre "Agya Chakra". When the Kundalini rises she enlightens him, and he sucks in all your conditioning and all your ego. And you don't have to suffer at all, it is a very wrong idea people give you.

Assistant: (translates to Italian).

Shri Mataji: That we have to become the Spirit. In our evolutionary process now the time has come for us to become the Spirit which is our fourth dimension. Which you must achieve and that is how we can solve all the problems of this confused world.

Assistant: (translates to Italian).

Shri Mataji: Morality is the inner religion in human beings. These Ten Commandments that were given to us by Moses represent those ten valencies within us. As Carbon has got four valencies, we have got ten valencies. And when we fall from those ten valencies, then there is an imbalance and it is difficult to ascend.

Assistant: (translates to Italian).

Shri Mataji: The sin is to lose one of the valencies. Then, when you lose them on the right side, you get connected with some sort of aggressiveness of the right side. If you lose them on the left side, you get the slyness of the left side. You get diseases by this, you get all problems by this.

But if you keep in the centre, with all your ten valencies intact, respecting yourself. You will never get into trouble, and you will be very good for your ascent will be good. And you will achieve your highest spiritual growth very fast.

Assistant: (translates to Italian).

Shri Mataji: To keep the balance before the Realization, one should keep a moderate life. Not to go to extremes of anything. That is how you maintain yourself in the centre. To commit sin you have to go all out to do it. But to be good you do not have to do anything about it, you are born good.

Assistant: (translates to Italian).

Shri Mataji: Sahaja Yoga means spontaneous union with the Divine. Now, Sahaja: "Sa" means "with" and "ja" means "born". It's natural, born with you, is your right to be in union with the Divine. 'Yoga' also means the deftness or the trick we can say of the knowledge of the Divine. How to handle the Divine Power.

Assistant: (translates to Italian).

Shri Mataji: In the modern times, we can say Sahaja Yoga has become a Maha Yoga in a sense, a great yoga, because people are getting Realization a-mass and it is working collectively.

Assistant: (translates to Italian).

Shri Mataji: I must say it is of no use just talking about it. You should all come to Sahaja Yoga centres, get your Realization. Because that actualization that should happen. It's no use just talking about it.

[End of recording]

1984-0918, Talk to Sahaja Yogis: The Time of Destruction

View [online](#).

18 September 1984

Talk to Sahaja Yogis

Milan (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Talk to Sahaja Yogis, Italy, 1984, September, the 18th

Shri Mataji: Fumes. Like Fumes.

Sahaja Yogi: "Fumo".

Shri Mataji: And it is such an absurd place. And there is, also very surprising that, every 28 minutes, in a place, water comes out of the Mother Earth, every 28 minutes. It shoots off, exactly after 28 minutes. It's a very funny place and lot of sulphur, lot of sulphur there. Sulphur just bubbling out of, you find suddenly from somewhere there's a hot water coming out like just pouring out water. Can you imagine such a place?

Now, Andes is another site. Andes is a kind that will give tremors, earthquakes. It will give lots of earthquakes and it has lots of gold also because it's a right-sided, lot of gold and it will be giving lots of earthquakes. When it will come to destruction, it will be used as earthquakes. They will, it will act as earthquakes.

America is that whole portion, it is all Andes from top to bottom. And all that will be shattered by. So, these two forces will act more at the time of destruction. So, one has to be careful about it. Because, you see, Bolivia, say Peru and all these places, these people went from here. They killed so many of these people. So many of these races were killed completely. Then dead bodies were there. Killing is very bad because when you kill a person, that person cannot take birth and hangs in the air and becomes a bhoot. So, they have overpowered America. That's why Americans are like that. You see, they killed all the people from New York to the whole of America, was all people who were aboriginals.

So, they have possessed them also. And in the same way in the South it's happening. So, it is all, again, though it is right-sided but it's supraconscious, all supraconscious things. So, they have to be very careful now. They have to take to Sahaja Yoga. And those who will be taking to Sahaja Yoga will be only saved. The rest will be destroyed. Because Andes will act as a supraconscious thing for destruction. And Fujiyama and all that, will have, not, they will have those, what you call? The volcanoes coming out.

Sahaja Yogi: Mother, I'm terribly sorry, but the tape, we're running out of tape. Would You just explain again the left side, the right side and the Himalayas? I'm sorry to do this to You.

Shri Mataji: Of what?

Sahaja Yogi: Just as You described just a moment ago, how the Himalayas is this and the two columns.

Shri Mataji: You see, you think of Himalaya as the central part, Kailasha,

Sahaja Yogi: Yes, Sahasrara.

Shri Mataji: Yes, fontanelle bone. And this is the plate of the Ekadesha, all right? Now all the, even this [unclear] and these Alpes and all that is in the same.

Guido: In the same line?

Shri Mataji: On the right and left side, both sides. Kashia, Argentina we have all these on that, so it's all Ekadesha. But, on both the sides, we have got Andes, and this side, we have got Fujiyama on this. Out of these two, the left-sided one is the Andes. I've treated the Andes as left-sided actually. Because the sun rises from this side. And the right-sided one should be the Japanese according to Sahaja Yoga style. But in the thing, if you see, this is right and this is left.

Now, what has happened is that the right-sided people like Spanish and all that, went down there and killed so many of these people who were all right-sided too. So the whole thing we should call it as right-sided now. The Andes as right-sided. Because right-sided people will be punished by the right-sided defects and left will be punished by the left-sided defects. So, because the right-sided people have gone there and have killed the right-sided people, the right-sided people there have overpowered these people. That's why the speed is there, and the Americans are, you see, like this all very violent all these things, because of that. Now all these things put together forms these, the Andes, you see, is there, standing, waiting for its chance. And when the things will be horrible absolutely, there won't be any atomic bomb blast or anything. These, themselves will have earthquakes. Now, earthquake is the quality of Mother Earth. And she will assert through these. And on the right-hand side... Actually, it is actually not on the right-hand side, but now it's the left-hand side of these Japanese what will happen... Because they were made into left-hand sided, because they were given these drugs, opium, this thing, that thing. So they became left-sided. Now, these left-handed people will be finished with volcanoes. There will be volcanoes. There will be typhoons, they'll be finished. While on this side, the people who have been following these all wrong things will be finished with earthquakes. And all these places like, you can say, the west coast. The west coast of America is very dangerous because there were so many atrocities done by Americans. They cannot get away with it, so themselves they'll be finished because they'll become lunatics, mad and apart from that, the Mother Earth itself will finish them, part of it.

Now on the right-hand side, I think volcanoes will be finished this way, at the destruction time they'll be used.... But just now as far as now is concerned we have to see how many people we can bring out. If the number of Sahaja yogis increases in those areas, then maybe, that Mother will be pacified.

Sahaja Yogi: The same is written in the Bible, when God wants to come and kill the [unclear] Abraham perhaps asked to God, "but God if there is ten good people, what will you do?", and God said "I will save them all", and then Abraham asked, "but if there are 9 good people", and God said, "ok I will save them". And if it's one good people, then God said: "Ok, I will save that town".

Shri Mataji: Now we have thousands. But in the Bible, it is written only how many?

Sahaja Yogi: Hundred and forty-four thousand.

Shri Mataji: We're about reaching that number one hundred and forty-four thousand. Only. It is written in the Bible.

Sahaja Yogini: Shri Mataji, does it mean that the Last Judgement at the time of destruction will manifest in these forms, earthquake and volcanoes?

Shri Mataji: Of course, that will be there. So many things will happen and people will be killed and destroyed. Then they'll be put to the last thing, they will go to hell. People will be sent to the hell. You see, what will happen on this Earth only, people will become mad, they'll start eating feces, naraka, they'll be creating for themselves. Now only the way they are following Rajnish, what are they doing? It's Naraka. That's how they'll be punished. But those who are described now one hundred and forty-four thousand is a very small number.

Sahaja Yogini: Can I ask a question about those people who get killed, Mother? They become bhoots. Is there never any chance...

Shri Mataji: Difficult. Those who are killed might be, but those who are possessed. You see, what has happened that those who get killed are reborn again. And those who have been killing are also reborn. So there is a chance for such people. But those who are killed are possessing people who killed them. Why did they kill? They had no business. "Thou shall not kill". I mean after all, if you do not follow one rule and regulation of your hopeless government, you are punished. What about God? He said "thou shall not kill" and you have killed. So, they should not be punished?

Sahaja Yogini: I was thinking of those that got killed, those who were killed, the victims.

Shri Mataji: If they are reborn they will not, but if they are taking revenge, then how to save?

Sahaja Yogi: And they can choose.

Shri Mataji: They can choose. If they want, they should take their birth, get realization. But they are trying to become bhoots. The idea of revenge should not be there. Now, you see, Indians have only this sense. How much Britishers have tortured Indians, you have no idea. I mean, I cannot tell you how much they have tortured. I can only tell you about my own family, that my father's all houses, everything was taken away. We were living in palaces, we started living in huts. Cars, everything, all ornaments, everything of my mother was taken away. Only we had one big, mother had a big family gold thing we called [unclear], that's the only thing that she had hidden, which she pawned and on that she educated us. To me, they have beaten, they have given electric shocks. They put me on the ice slabs. I was a young girl of 18-19 years, you see. To so many people they have tortured like this. Oh, they have tortured and tortured to such an extent, you have no idea. But raping, prostitution, everything they did to Indians. But Indians don't hate them. They don't hate them. They are very kind. If English go there, some English barristers went to India and the holiday was given to the high court. They are so respectful, but when English now, when the Indians, because they misbehaved and they brought so many Indians with them. Now they were given British passports and sent as slaves to East Africa to work there. But when East Africa became independent they had British passports so they came as Britishers. Now they are treated as immigrants in England. Think of it. Actually, they have only British passport, they have no other passport. And 80% of Indians are like that. 10% are students and 10% may be Pakistanis. Can you imagine? And see the condition of Indians in England, the way this English feel about them. So, naturally, one would feel very embittered with them. Isn't it? But I have never seen any Indian criticizing English people. My husband says it is Indians who are responsible, they behave in such a manner, they wash their clothes, they hang them outside. He will always blame the Indians, they don't know how to eat on a table, they use their hands, this that. Indians. Not embittered at all. They are the only people who have really forgiven. There is no embitterment and you know, in India it's a law, unwritten law. I was on the censor board, that no film can be made against the English. Nothing. No film is made about our freedom, independence or about Gandhi. This is an Englishmen who made it. We were not allowed to do that.

Sahaja Yogini: ... There was a big series, very popular series showing how awful British had been to Indians, which was on in England.

Shri Mataji: They always tried to debase Indians, to make fun of them.

Sahaja Yogini: Everybody's horrified, because we don't know. We just read in the books.

Shri Mataji: What is the name of the series?

Sahaja Yogini: It's called "The Jewel in the Crown". It is about the last days of the British Raj. And it is horrible.

Shri Mataji: I mean, what do they show there.

Sahaja Yogini: They show bestiality, they show absolute cruelty, beating some boy with sticks, accusing him of raping a girl that he never did. English, they show the English in a very bad light. Very surprising.

Sahaja Yogi: Good, its being at least exposed.

Shri Mataji: Somebody must have talked about it.

Sahaja Yogi: When we watched the film of Gandhi, in Delhi, when you took us to see that movie, at the half time, everybody walked out. About forty of the British sahaja yogis were just absolutely like stunned [unclear], they couldn't move.

Shri Mataji: That is nothing, they have shown nothing, compared to what people have seen.

Sahaja Yogini: This series is much more brutal than that. Watching it was so hard. Horrible.

Sahaja Yogi: I heard about it.

Shri Mataji: And you see now, as they were saying there were no arches or bridges. Now, the British must have removed everything that was there. They never respected anything. Even now they have no respect for our culture, for our music, for anything. They haven't got brains to understand. In such ego.

Sahaja Yogi: Shri Mataji, you were saying this afternoon that a lot of the culture, history and architecture and so of India pre-dates so much a lot of the west.

Shri Mataji: [Unclear] I mean, I told them that these people say they [unclear], but they have not seen what in India, we have something called as Ajanta Caves. Caves mean like palaces, huge and one stone, huge, for miles like that. I said, if we have learned from the Greeks why don't the Greeks have something like that. They don't have anything. The kind of art we have in our country, you don't find it anywhere in the whole world, I think. This is how [unclear] but it is built from down upwards. It is the cave, you see, from the top down in ten centuries.

Sahaja Yogi, Excuse me, Mother, do you want me to translate for the people that doesn't understand?

Shri Mataji: [Unclear] I'm sorry.

Sahaja Yogi: All the engineering, everything had to be calculated from...

Sahaja Yogi: She's explained that, what you explained today that we started from the root and then we go down...

Sahaja Yogi: Like you were explaining today to this fellow.

Sahaja Yogi: You explained today to [unclear] today that we start from the root and then we go down, not from fundamentals we go up, it's just the same. It's a India style. It's a very clever.

Sahaja Yogis speaking Italian.

Sahaja Yogi: Yes, Mother, but she would just like to ask a question about Masonry, but you were talking about Ajanta, and perhaps it's better You finish... You finish Your talk.

Shri Mataji: ... No, I am just saying that the Indians have got something about them, that they are very forgiving. There is no embitterness in them, they're very forgiving. They don't carry any embitterness in their mind. And secondly, they are very anonymous. You will never find [unclear] You will never find an Indian writing the name or anything. This is all modern. Of course, modern people, they are westernised. But even now, go anywhere and ask them who has done it. Somebody, someone must

have done. Very anonymous people and that is only because it is a very spiritual country. The whole tradition is of spirituality. That's why people are very spiritual, they are not so materially equipped because they never paid much attention to material advancement.

Sahaja Yogi: Perhaps Mother, I know that Kumarashwami [?]. Kumarashwami is the greatest Indian critic and now everybody has set him as a master in Indian art. I read all his whole book and he is an excellent man, I think. Perhaps, he is also realized, I don't know.

Shri Mataji: What's his name?

Sahaja Yogi: Kumarashwami [?]

Shri Mataji: Kumarashwami. I have not read it.

Sahaja Yogi: I think he is a good man. He said also that they didn't write their name on the [unclear] just because they see him just as an instrument of God, he was just a channel of God. He was nothing, just a channel. In fact, a man who worked in Ellora just wrote on the walls of Ellora, "Oh God, how I made it". Just meaning that...

Shri Mataji: I am the instrument.

Sahaja Yogi: "I am just an instrument, God. Because, I couldn't do it, You have done it". It is very beautiful. We could not understand it in our culture and we think we do "I do, I do, I do", but they say "God, You do, I am just a channel".

Shri Mataji: That's the reason, but you see, but we had a very bad invasion of the tantrikas with the same kind of thing, you see, that those people who started practicing meditation. And perhaps they saw Ganesha at Mooladhara and they thought this is the Kundalini. They started taking to sexual things and all that, and did all wrong things. Then they found out that they went into the realm of the subconscious, collective subconscious. Then, they got the bhoots in their heads. They got ideas that, if you can destroy the purity of a temple, then you can get all the bhoots there. So, they tried to destroy all the temples with their horrible tantric things. Erotics they put in, to insult the Goddess. If you insult the Goddess, she goes away from there. Supposing, say before me, somebody is misbehaving, I'll go away. Like that, to remove the attention. And the tantrism started. But, you know, we had no idea that tantrism is like that. We never see these things. I, myself went to Nepal with my children, my daughters, my husband and we saw all the temples. We never saw anything erotic. Never saw. Then when I went to Gregoire, went to write the book he said Mother its everywhere. I said where? There were some Japanese with some zoom lenses, with these...

Sahaja Yogi: Tripod.

Shri Mataji: What you call? These ladders. They had brought all the ladders from Japan, you see? In India, you don't get this kind of ladder. Ladders with zoom lenses, standing and somebody falling. I said what are they doing? They are taking photographs of these erotics. I said, at that point what is [unclear] [laughing].... These Japanese, I tell you, even somebody was doing work on Sistine Chapel. Some Japanese, and he enlarged all the private parts of all the things, everybody's. Can you believe these dirty people? So, this is what it is. You see, we had an attack, we would not say no. But, these tantrikas came in, in the Advent it is given these [unclear]. These tantrikas did come in and they did attack us. But we are innocent, we never knew these things at all. And in India, we don't know many things, I tell you. I did not know what was homosexual, I had no idea and when, you see, somebody explained to me I really didn't eat my food for 8 days. I couldn't believe there could be such people. Many people don't know there are such people. In India, I think at least 90% of people don't know. At least.

Sahaja Yogi speaking in Italian.

Sahaja Yogi: Mother, just another thing, You know that in all Italy is impossible to find books about the Indian art. It is really impossible. But you can find a book about all the erotics out of India, about all the erotics out of China.

Shri Mataji: [unclear] Because we did not know anything existed, we did not know anything existed like this. We had no idea anything was there. It is only in the west when we came, this is Kaama, what is this?

Sahaja Yogi: Kamasutra.

Shri Mataji: Kamasutra. How many Indians have read this book, even heard about it? What is that? I mean its pornography. How can you have pornography? But here people are, I mean, I don't know what sort of people they are. Educated, uneducated, everybody read pornography. What is the level? I had never known there were books written like Kamasutra. This must be some tantrika must have written long time back.

Sahaja Yogi: During the Gupta age, Mother.

Shri Mataji: Is it?

Sahaja Yogi: Yes, Mother

Shri Mataji: Gupta age?

Sahaja Yogi : A little before the Gupta age. Because you know Gupta, [unclear] capitalism in India.

Shri Mataji: Gupta, it cannot be, because in the 7th century, the tantrism [unclear] 6th century, after the the birth of Adi Shankaracharya. It took roots, real roots. But could be other. It really took a complete form in a very big way, Tantrism, after the 6th century. Just to oust Shankaracharya. And then the buddhist, they went into tantrism. And these masonics are another tantrics in the occident. [unclear] is Tantrism. But still, Indian people are very innocent. You won't find such people anywhere. Even Africans are not like that, nor Russians are not like that. They are very innocent, they don't understand. Such a big man like Modi was a stupid fool, he doesn't understand anything. [laughing] He is worse than Me.

Sahaja Yogi: Complete innocence.

Shri Mataji: [laughing] Absolutely. [unclear] they die, because they are so innocent. This is all bathroom culture. Khajuraho [village in Madhya Pradesh with erotic statues on temples] all that, I mean. We never even saw all these things. I am surprised. Khajuraho is the worst, because the architect himself was a Tantrik. That is the worst, Khajuraho. No, not Khajuraho, Konark [village in Odisha, erotic statues on the Sun's temple], Konark is the worst. But Khajuraho, the king was a very bad man. And his disciples, his ministers were Jains. They wanted to have Jain temples. So, to please the king they said alright, we'll have erotics outside. But they had to tell all kinds of stories to the artists. They had competition. Artists were very clever, you see, they made very thin erotic pictures, and Gods & Goddesses are very healthy, fat. And in one corner, I did not know where it was. I went throughout Khajuraho without saying anything. So, I told one lady "I have read there are erotics, what is that? I would like to see". So she came around, "in this corner, that corner." And one could not see because all the Europeans and all were so busy there [laughing].

Sahaja Yogi: If you open [unclear] and ask book about India, you just see this picture. All right, only Khajuraho. Indian art on books is only Khajuraho.

Shri Mataji: Can you imagine?

Sahaja Yogi : Like Konark, Khajuraho and Konark.

Shri Mataji: And we didn't even see these things. You know, we went with our daughters. Can you imagine? My husband, they

won't even see a film together with my daughters, he's so shy and we went to Nepal, we never knew. My son-in-law who has been so many days in Nepal, he did not know. Can you imagine? This is [unclear], who seems to be a very intelligent man. He didn't know anything. But it is very far-fetched you know. You have to really zoom lenses to see.

Sahaja Yogi: Yes Mother, on the roof.

Shri Mataji: I mean, can't understand. Of course, it entered into our sculpture and all that in the 10th century, but not so visible. But they went to another limit of things, these Kings, some of them, were very bad Kings, but they were after the 7th century, and they did it. But we Indians don't know. I've read lots of Sanskrit, I should say. My mother was a Sanskrit scholar. My father was a Sanskrit scholar, but they never knew there was a book called Kamasutra. We never knew, I mean, it was like pornography. You don't bring pornography for an educated man, do you? I mean, do you study pornography? Is it done here for research? [laughing]

Sahaja Yogi: They have big art exhibitions of pornography and erotica.

Shri Mataji: For what?

Sahaja Yogi: Art exhibitions, in big public galleries.

Shri Mataji: Really? You have PhD's on that, do you?

Sahaja Yogi : Probably. [unclear]

Sahaja Yogi: In Spain

Shri Mataji: [laughing]. They have one big, they have that red rat for the bull and they have this erotic. Stupid people. What can I do with them, tell me? Now I have to go to Spain.

Sahaja Yogi: I have been in Spain two months ago.

Shri Mataji: Why don't you go and see our Sahaja Yogis.

Sahaja Yogi: I will, Mother.

Shri Mataji: Poor, this Don. I went with his wife. She is now in Barcelona. But now we have a centre also in Madrid and we have Spanish people there.

Sahaja Yogi: I met them, Mother and I convinced them to come for the Guru Puja, they come.

Shri Mataji: Very good. Very nice, poor things, but, you see, the majority is nonsensical like that. They're so stupid. My husband went to Spain, they gave him a present of an erotic thing, you see? I said what is this [laughing] I said, "who gave you?" He said, there's something special for you. Very secretly they gave you." I said "This is erotics." He said, "throw it away." These stupid people wanted to insult me. Same in Greece. In Greece, they gave him erotic stuff, you see? To me, they gave me Mary's face. [laughing] He said "what do they think me to be?" and he threw it away.

Sahaja Yogi: They think it is intellectual. They show freedom, perhaps.

Shri Mataji: Freedom is what? Bathroom? Bathroom freedom. [laughing]

Sahaja Yogi: I think, in all Spain, they said that now is a reaction of the Catholic church with the previous government.

Sahaja Yogi: Franco

Sahaja Yogi: Is worse [unclear]. Oppressing them, in all sense. Now is the reaction, they say, to the Catholic church.

Shri Mataji: But that means you have no personality.

Sahaja Yogi: Liberation, drugs, it's published, even the ministry said why not to smoke marijuana. Public. In every bar you have [unclear].

Shri Mataji: Now supposing you have a problem because of Catholic church, say they oppressed you. So, must you become stupid? I mean, you must have some personality of your own, isn't it? And whatever Catholic church preached, there was nothing wrong with it. I don't think there anything wrong, what they said was correct. But they did not give you the power to do that. Catholic church themselves did not have the power, nor did they give you the power to do that. After Sahaja Yoga, you see it is very easy. You enjoy it, being virtuous. Isn't it?

Sahaja Yogi speaking Italian.

Shri Mataji: I mean, human beings have become nothing but sex points. Even dogs and monkeys and donkeys have it. What is so special about it? You see, people talk about sex here and in India, those, you see, what we call the [unclear] people. The people who are third person. Hermaphrodites. You see, and [unclear] talk about having a child, that's how human being talk here. Sex is so natural what is so great about it? I just don't understand, really. I think these are impotent people. To them, it is great thing, to talk about sex, perhaps. What is there to talk and to educate, what is there? It is so natural. First of all, you all become unnatural and then behave like unnatural people. It's all unnaturalness, that's why you are like this. Horrible it is. Absolutely horrifying. Despite all that, we produce more children than you do. We have potent men and women. We have very good married lives. And we enjoy everything that we have. What have you achieved out of your sex? Nothing. Divorce, rapist, this, that, prostitution.

Sahaja Yogi speaking Italian.

Sahaja Yogi: Without Sahaja Yoga, there is no solution, Shri Mataji.

Shri Mataji: There is no solution. They are all going in a mass way to hell, straight. Direct to hell. I mean what are they becoming, just think of it. Sensational, this that, nonsense, as if dead bodies, you see they need sensations all the time.

Sahaja Yogi: Mother, We are sublime, we couldn't see what we had lost. It is so much. How can we try to explain to the people what we have lost? It is too much.

Shri Mataji: It will happen, gradually they will. You don't have to talk about their past. Forget the past. Gradually, because you develop innocence, you see? Innocence comes into your eyes. The relationships are so pure. No complications. Nothing. So beautiful.

Sahaja Yogi speaking Italian.

Shri Mataji: And with the purity of relationship, only your married lives will be alright. Otherwise, every man, his wife is running with another man. And the man is running with another woman. What sort of morality is that? Complete confusion, it is nonsense. I can't understand this. I tell you, there's a gentleman, he became my rakhi brother. Once I just tied a rakhi, because he had no sister. He must be now about 70 years of age, or something like this. Once I was going to Bombay, uh, to Delhi. So my husband said alright, you better go with him because he is going by train. So he booked a coupe for both of us. And we went together. I mean he is my brother. [unclear]. And we went by a coupe. When we reached there my husband came to receive me with some foreigners. Then, they were quite surprised. They said "are you divorced, Mr Shrivastava?" He said "why?" She is

coming out with another man. "That's her brother". "Oh brother. But doesn't look like her brother." He said, "That's her brother, she has accepted him as a brother." But brother cannot travel in the same coupe, under law. If there's a brother and a sister, they can't live in one room, under law. What a filth it is. Can you imagine? There is no purity between real brothers and sisters. Here is just a brother, sort of a Rakhi brother. Imagine, and never goes into our heads. Nothing, not even my husband's head. Or his wife's head or anything. This is something surprising that people don't understand. That, as you have rules and regulations for a good civic life, for good married life also there has to be certain rules and regulations which are to be respected. For your good married life, there has to be some rules and regulations.

Sahaja Yogi speaking Italian.

Shri Mataji: Otherwise, how can you have a good married life? That is not curbing yourself. Every freedom has to have certain rules and regulations so that freedom is preserved. For the preservation of freedom only. This is abandonment.

Sahaja Yogi: Maryada purushotham.

Shri Mataji: Yes, maryada purushotham. This is license. This is in no way freedom, it is license. This is abandonment. Do you see my point? This is in no way freedom. What is freedom? The husband is worried about the wife. Wife is worried about the husband. Actually, we are free people. Like my husband goes all over the world. I know for definite he is not going to look at any women. And he knows for me also, so we are free people moving everywhere, happily. It's true freedom. Supposing now, he is there, in my house he comes even if he sleeps in the same bed my husband won't doubt. He is like my son. My sons-in-law will come and sleep with me. They'll sleep on the same bed. "Just hug me, mummy, mummy." Nobody says anything. Nobody can even think, doesn't go into our heads. I can't understand. With all this thinking people have become mad, like just sex points. I mean you have reduced yourself to nothing but sex points. Think about it? What degradation.

Sahaja Yogi: We were like that before the Realization.

Shri Mataji: [Laughing] But now you have become Shri Ganeshas. You all have become Shri Ganeshas. You have all become such great people now.

Sahaja Yogi: But I think, still, I can't forgive the English for what they did to You.

Sahaja Yogi: English people now has, in South America, people are [unclear] against English people, just because of Malvinas.

Shri Mataji: The what?

Sahaja Yogi: The war, they did to Argentina. [unclear]

Shri Mataji: Argentina

Sahaja Yogi: Yes, [unclear]

Sahaja Yogi: I see in all South America, I usually go by job.

Shri Mataji: That was stupid of her. That was very stupid.

[Tape cuts out and resumes.]

Shri Mataji: ...Germans were teaching them and they had those goose steps. You know what is a goose step? Left right, left right, and I asked how is it that you know all this? They kept quite. This is German. Lots of Germans built up their bases there, horrible Germans. In a way, I agree, they should not have, but Argentina is saved now because these Germans would have really finished

them.

Sahaja Yogi: On Friday, I have been in Buenos Aires [unclear] I came to the Puja. And I feel now there is a group waiting for You and waiting for me to make the decision. I spoke about You and they are really waiting.

Shri Mataji: They'll get. They'll get it. Because, you see, their prestige has gone away. Argentina is in the UN, and all that. They have not lost much prestige. English has lost prestige more. But the Germans are finished. They were horrible people, Germans. And Germans were training all their military, all their navy, everything. They have built a huge big barricade. I have seen it Myself. And I was quite frightened. So, in a way its good,. In a way it's good, in a way Argentina has not lost prestige. Doesn't matter. In the war, though English has won the war, Argentina has not lost its face. People feel that Argentina was not wrong. Keeping Fawlkland. And still, there is a lot of reaction against Mrs Thatcher. The other day they were asking her "how did you bombard that ship"?

Sahaja Yogi: People detest Mrs Thatcher.

Sahaja Yogi: The truth of the real aggressiveness is coming out now in the war files. It is all being exposed, how they overdid the boundaries of normal defense.

Shri Mataji: [When she had changed the codes also, the ship went and bombarded and two hundred sixty-five [unclear]. So prestige wise they have not lost. But these Germans are reduced I am very happy about them. Because these Germans, if you allow them to grow like that.

Sahaja Yogi: They are still in Chile, Mother. [unclear]

Shri Mataji: They have moved in Chile?

Sahaja Yogi: They are now there, with Pinochet and all these people, doing the same.

Shri Mataji: But Chile people are also...Chile government is also a very very tough government.

Sahaja Yogi: Shri Mataji, they'd like to give you dinner now.

Shri Mataji: All right.

Sahaja Yogi: Thank You very much for talking to us.

Shri Mataji: I'm going to eat what you brought for me.

1984-0919, Experience the Spirit on your central nervous system

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19 September 1984

Experience The Spirit On Your Central Nervous System

Public Program

Rome (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Public Program Day 1

Teatro Aurora, Rome (Italy), 19 September 1984

I bow to all the seekers of truth.

In life, we must be thinking about the reality that we have not known so far.

We must have asked questions to ourselves, why we are on this earth? What is the purpose?

And what is the truth is a very important thing we should try to find out.

So far in the human awareness, whatever we know, is on our central nervous system. But we have not had the experience of the Spirit on our nervous system.

We have heard in many scriptures, Indian, Chinese, Bible, that there is a Spirit that guides us.

It is also said that you have to be the Spirit.

And when Christ said that, "You have to be born again to be the Spirit", Nicodemus asked him, 'Do you mean to say, I should enter into the womb of my Mother?' So Christ said, 'No, whatever is born of the flesh is flesh, but whatever is born of the Holy Ghost, of the Holy Spirit is the Spirit.'

That means clearly that so far in human awareness we have not reached our purpose. But this is not only said by Christ.

Thousands of years back, in India, so many people have been telling that you must get your 'Self Realisation'.

Actually the people were so much against Christ, that they did not allow Him to live long to explain much. And those who started preaching about Christ have no experience of the Spirit. But if all these great people and prophets have said something they cannot be wrong, because they did not want to make any money out of us.

So if the truth is 'the Spirit' we all have to become the Spirit.

Now whatever you have been told just now, is the knowledge of the roots.

We have the knowledge of the tree in the West especially but no knowledge about the roots. So we cannot discriminate, we do not know what is right and what is wrong.

Now in this room supposing there is darkness, you can't see anything, and you cannot relate to each other. But one can tell you that this is the switch, if you put on the switch you get the lights and you can see everything. But this little act of switching has

got a big organization behind it, a big theory and a big history.

In the same way, when I say that to get Realisation is not difficult, I must tell you that it is done in thousands and thousands of years within ourselves, the whole thing is just ready to be enlightened.

Now we have three types of people in this world. We can grossly divide them into three types and the permutations of these three types are existing on this earth.

There is one type of people who desire.

They think of God emotionally, they pray to God, they are very emotional, they blindly follow any faith. They live in the past and they don't want to see to the present. Also in everyday life, they just go on desiring for things and they do not want to do anything about it. Such people, we call them as left-sided people who are guided by the left side power of Ida Nadi, Ida channel. This is the power of desire within us.

The second one is the power on the right-hand side, is the power of action, by which we act.

For action, we use our mental being and physical being. In that also we go too far in acting, like we go on planning everything for hundred years ahead, whether we are going to live for five days or not, but we go on planning for hundred years, and we go on planning for all the future actions we are going to take.

And that is how we waste a lot of our energy just thinking about the future which doesn't exist.

But there are people who live in the centre, in the sense they neither too much run after the future nor are so much subdued by the past. These people do not go to extremes, they keep in the centre. They are wise people and they know how far to go with everything.

Now the people who have been very religious people, who say that we are very religious, even in India or Italy, or in England, they say we are very religious people, what we find that in their own life they are not very good people.

We see in the Islamic countries, some of the people, they claim to be very great admirers of God and they are very violent. So then there are some people who do not want to believe in God or anything, but they are no good either.

Now so we are in a dilemma. We don't understand that why is it that whatever we proclaim, whatever we say, we cannot do it? Why are we disintegrated?

If you want to do something from your heart, your head says it is not proper. If you want to do from your head the heart says it is not proper. That is how a great confusion is created in this world, even about God, religion, everything, politics, economics is a big confusion.

Because we live in a relative world. We do not live in a world where we know the 'Absolute'. As I said if it is a dark room we will be all in a chaos. So this chaos, this confusion is within us because we haven't got the light of the Spirit which is absolute.

Now, this Spirit lives in the heart and it witnesses every action that we do. When it finds that the personality is going too much to the left or to the right, it gets annoyed and sometimes it disappears and that is how we have problems of disintegration. Now, to bring this Spirit into our attention, there is a mechanism within us already placed very well, as if in a seed we have the primule placed nicely. Now this power which is called as the Kundalini rests in the triangular bone called as Sacrum.

Now, when this Kundalini rises, she passes through six Chakras, not seven Chakras, six Chakras, and pierces through Fontanelle bone area and you start feeling a cool breeze coming out of your own head.

Now Sacrum itself means Sacred. That means the Greeks knew the word Sacred that there was something in this bone and that is why they called it Sacrum.

Now, this Kundalini is actually the power of pure desire within us. Pure desire. All other desires are not pure, because whatever we desire it doesn't satisfy us. Today we ask for a house, then we ask for a car, then we ask for an aeroplane, there is no end to it.

That means the pure desire has not yet manifested in our attention. So this Kundalini is placed within us in such a way that people call it as 'sleeping Kundalini'.

So the God Almighty reflects in our heart as Spirit and the Kundalini is His 'Primordial Power'. Is the Primordial Mother which is the Holy Ghost. In the Bible, they have mentioned the Holy Ghost but they don't know anything about it. I asked a very high priest what do you mean by Holy Ghost. He said I am agnostic.

So I said what are you doing in the church. He said I am doing my job. I don't know what kind of job you are doing when you don't know what is the Holy Ghost.

Now, this Power Kundalini is there for our 'second birth'. She gives us our second birth.

So we have the power of God Almighty, the spirit within us and when the Kundalini rises because the seat of God is on the top of our head here when she touches that in a subtle way she makes us a person with the 'Spiritual powers'.

Now the powers of a spiritual man are much more, much, much more than an ordinary human being power.

First of all that happens to him, that he becomes, again I say he becomes, it is not a certificate, but he becomes 'collectively conscious', means he can feel others on his fingertips and himself also.

As we have got say ether. Ether is spread everywhere and if you put a set here you can get the radio from anywhere, in the way this is the subtler of the ether.

So if you are sitting here you can feel the vibrations of anyone. You can know about anyone and you can even help that person.

Like television is a fantastic thing for an ordinary villager in India because he cannot believe that suddenly you get the pictures from London, from America, how can you do it.

But when you become a 'Realised soul', then the power of the subtler element which is called as the Brahma Tattwa, or 'the all-pervading power of God' starts emitting through you. (55.05)

All Pervading power of God's love.

This power pulsates into all the atoms and molecules. It also works all your seasons when different flowers come in through the Mother Earth. So far human beings have not been able to do any living work whatsoever.

We have been excavating everything from the Mother Earth, we have not been able to give anything to the Mother Earth. Now, for example, they have experimented in Switzerland, that they used – some, of course Sahajayogi - used his fingers to vibrate the water and this water was given to plants and they were surprised without giving any additional thing the plants grew big and they have a tremendous amount of crops. This gentleman has got a doctorate in agriculture, is working with the UNO, and he was amazed at the results that only with his hands when he tried to vibrate the water, the water gave such tremendous results.

Now this is the vital power of all the vital powers. It is the integrated power of your emotions, it is the integrated power of 'Prana Shakti' which is action and is the integrated power of evolutionary process.

All these three powers are combined together and that is how, whenever, supposing, somebody is suffering from cancer, and such a man is given vibrations his cancer can be cured. You become such a powerful personality. You are so powerful that no habit can dominate you. All your habits drop out. The sense of security built in you so well that you are fearless, you are not afraid of anyone.

But this is the power of compassion and love, so you do not aggress anyone at all. But you nourish another person, and you are helpful to another person, not only that, but you can raise the Kundalini of another person. You can give Realisation to others. Like one light which is enlightened can enlighten another light. It is all within you. It is fantastic. It's all within you.

As I told you, you are higher than any instruments that human beings have created. But you have to be connected to the mains, that is important, otherwise, it doesn't work out.

Now, what is the difference between a realized soul or between a person like Christ? They had no temptations. At such a young age Christ did not know any compromises with wrong things and evildoers.

And there have been many other people who have been realized souls in different parts of the country at different times who have shown that they are something very superior people.

Now your hands start speaking. You don't speak. Your hands speak. Your deeds speak.

In Italy, Dante has written about this. He has written about the last rose, is (1.01.48) the Sahasrara, as the 'Divine Rose.' [To the translator: "As the Divine rose he calls it, as the Divine"] That same thing is within you and it has to just open out. Once it opens out, you get this opening of the Fontanelle bone area and you get your 'real baptism', not artificial.

It is the living process of the living energy of evolution. And for (the) living thing, you do not have to pay money. How much money do we pay to the Mother Earth for sprouting the seed? She changes the flowers into fruits. How much money do we pay her?

Also, you cannot put any effort for it. It is so spontaneous, 'Sahaja'.

Saha-ja: saha means 'with' and ja is 'born with you', is within you. Now, this 'Spontaneity' we do not understand. We think that we have to do something about it to become a spiritual personality. Many people in the West, I don't know why, they think that we must suffer to become a spiritual personality. But do you know that Christ resides in the centre here, on the Optic Chiasma, in the centre on the cross of the Optic Chiasma? That is the gate through which everybody has to pass. When the Kundalini rises she enlightens him, she awakens him and when he is awakened he sucks in your ego and superego as shown in the picture, completely. And the space is made here at the Fontanelle where you have a soft bone like a child, so that your Karmas, or your bad deeds, your so-called sins or your aggressiveness, everything is sucked in.

Because Christ suffered for you. Why should we suffer when He has already suffered for us. Are we going to suffer more than Him?

So one should not have the idea that you have to suffer, or stand on your heads, or do anything of that kind to become one with the God.

In the olden days, they used to try very slow methods of cleaning every Chakra and raising the Kundalini one by one in every

lifetime. But when I was born I felt that there should be an en-masse Realisation.

Many people must get Realisation, otherwise you cannot save Humanity.

So I studied the permutations and combinations of these three types of people and I have been able to find out a method by which you can give mass Realisation. Now this mass realization when it works out actually what happens, (is) that you get a little light within yourself.

Some people do get a tremendous experience of the Spirit but some get a little bit. But in that little light, they start seeing what is wrong with their lamp, and they themselves start cleaning it which they know how to clean it.

Say there is some sort of a spot here and I can see it, I can clean it also. In the same way, you become your own guide, you become your own guru, and you can cleanse yourself, I don't have to tell you. As you start cleansing yourself by your own understanding and wisdom, you start becoming more and more enlightened and there is more and more light and then you see it much more clearly.

The only thing you have to little bit know about the technique how to cleanse yourself.

Yoga does not mean standing on the head or doing exercises. It does not. Because we are a not only physical being, we are a physical being, emotional being as well as we are spiritual beings. So yoga means union with the Divine power, all-pervading power.

And the second meaning of Yoga means 'yukthi' means the trick, or you can say the expertise, how to handle this divine power.

I must confess that there have been lots of people in the market selling God, selling Yoga, selling this but they have been doing it for ages now.

Firstly you cannot pay for God, He does not understand money. And you cannot organize God. You have to be organised as He wants. And you cannot mentally project as to what God is, He is what He is, that is what we have to see.

So like a scientist we must keep our mind absolutely open. Not to deny but see for yourself what happens to yourself.

Lastly the other day, somebody asked me that they have read in the books that Kundalini rising is very dangerous. So I have to tell you there is nothing dangerous at all in Kundalini rising. Your Kundalini is your own individual Mother. She has been waiting for this moment to give you your second birth.

Why will She harm you?

Only those people who have no authority, divine authority try to raise it and they create problems because they are not clean people.

But if there is a divine personality that person can cleanse you, as well as raise your Kundalini, give you Realisation and power to do the same to others.

In Milano, we had more than a thousand people in my program and all of them got Realisation. I must say Milano must be a very powerfully Spiritual place.

It is very surprising how they all got Realisation so fast.

So I hope today also in Rome people from Rome will get their Realisation and respect it and grow into it in a proper way.

May God bless you all.

I would like to have any questions if you have, but sensible ones. There is no need to be aggressive with Me, because I have come to give you what you have within yourself.

Antonio, I will have some water, please.

It's alright. It's alright.

What is the question? There is a lady asking a question.

One by one, Madam. One by one. Let her ask and then I will ask you, alright?

Sahaja yogi: She wants to know, if You asked a priest what is the Holy Ghost, she is asking, 'What is for You the Holy Ghost?'

Shri Mataji: (Laughing). You better find out. I am not going to tell you anything (laughing). You see, Christ only said that He was the son of God, which He was. That was the truth, so they crucified him. I don't want to get Crucified. Especially in Rome. I have to be careful (laughing). Please stand up, I can't hear you, sir. Will you get up, please, if you don't mind, sir?

Sahaja yogi: He thinks that the Holy Ghost is the will of God.

Shri Mataji: Is the Will of God.

Yogi: The will.

Shri Mataji: It is true, it's the will of God, but you must understand what is his will.

See now, we have the God the Father, logically, we should move logically. You see, because we have no logic, people are losing faith in God. We must have logic. He is the God the Father. We have got God the son. Now what about, do you ever get a son without a mother?

In India, we believe in the mother more than in the father because the father is the one who is seeing the play of the mother.

And even in the Catholic Church, they did believe in the mother very much, but recently I mean I don't know what has happened to them.

Now the reflection of God Almighty is in the heart, is the Spirit, and the reflection of His will which is the Holy Ghost is in the Kundalini.

Now, what is the will of God? The will of God is the pure desire which is within us that we have to become one with Him.

Now the will of God is that His children which are human beings, which are the epitome of His creation, should enter into His kingdom and enjoy all the best that is available.

Because he is the kindest of kind Father and he wants you to enter into His Kingdom. That is His will. What else does He want? (Laughing).

What is he saying?

Interpreter: He wants to ask a question. He is asking, "Why in India they've got so many deities? There is Shiva and the Trimurtis. And how can the human being reach the Spirit, which is infinite and endless?"

Shri Mataji: You see, that is whatever you have seen about Indian Gods and Goddesses and all those things are, they are all placed within ourselves. Now when we think there is one God, we believe, also Indians believe there is one God only. There is not many gods. But you see God is not like Rock of Gibraltar. He has got his eyes, He's got his nose, He's got everything just like us. We are made in His image, you see. So these different deities, whatever are described in Indian scriptures, are actually the milestones of our evolutionary process. While Christ is here, called as Mahavishnu.

Now in Sahaja Yoga when you get the Spirit within yourself, you will see that everything is so related, so integrated, everything has a great meaning.

As Christ has said, "Those who are not against Me are with Me." But to understand Christ also, Bible is not sufficient. He is too great a personality, He is the complete Chaitanya, He is the Brahmashakti. So you cannot understand Him only through Bible. You have to read some other books to understand what He was before, then what became, then why He came on this earth.

You see, this knowledge is just from the Bible if you have, it is like a blinker of a horse, you see things. You must see the whole thing and then you will be amazed that Christ is much more described in those ancient scriptures than in the Bible, because in the Bible there were all foolish people. They murdered him in four years.

Now the Sahaja Yogis, who have become realized souls know much, much more than any priest can know about Christ.

You can prove the existence of God or of Christ that He was the son of God through Sahaja Yoga only. You can prove it scientifically.

Now, see when the Kundalini rises, if she gets stuck here, you have to take the name of our Lord Jesus Christ. If you don't take his name, the Kundalini won't rise.

Now we should logically also understand one thing that it is a traditional, spiritual is traditional and is also a tree which is living, which is growing. It is not something like just Christ came from somewhere. He is traditionally brought to this world for a particular purpose.

He was made before for a particular purpose.

He is not just an ordinary person, just born out of a virgin. But the worst thing we have done to Christ, is to rationalize Him. We have rationalized Him.

Now in England you will be surprised, there is a big controversy coming up and openly they are saying that there was no immaculate conception of Christ. They said that Christ never walked on the water, that His disciples were uneducated, useless people and they just talked out of their hats.

Now why, why it has happened? If I want to tell you, it was Paul, who was not a realized soul. Why was he in the Bible?

Ask the question. I ask the question, why Paul was put in the Bible. He was an epileptic, he was possessed.

Then this Augustine, who came, he rationalized it again. These intellectuals cannot understand Christ, they are not divine personalities.

Kahlil Gibran has written long time back that, "I don't understand this man, a strange man Paul, who is not a free man. He talks about some things, about which he does not know. " He said it clearly so they drove him out of the church.

Rationality is such a horrible thing that it can make Christ into something nothing.

And instead of understanding Christ, they start understanding this Paul or that Augustine or someone like that. So, you see, you must become the Spirit to understand Christ, otherwise you cannot understand Christ.

That is one thing very important, we must take from His life that He said that, "You are to be born again. You must have the experience of the Spirit." That is more essential than any dogmas, any theories or anything.

These are all intellectuals going with their mental projections like that. Christ was the son of God, it was an immaculate conception, His disciples were blessed by Holy Ghost.

Actually, when they got the cool breeze of the Holy Ghost, then they started talking about the chakras, which is the language of a realized soul.

So people said they started talking in strange languages. Now, also they said that they started moving their hands in such a way that people thought they were mad. Now you see, when you get your Realization, you will be surprised that you feel the cool breeze flowing from your hands and you try to manoeuvre the power with your hand by moving it in a different way, whichever way is needed. There is a technique. And even the Sahaja Yogis do the same thing, I do the same thing, but then people think they are mad.

So, one must first get the experience of the Spirit. Christ came on this earth to talk of Resurrection. And you all are to be resurrected. That is the message of Christianity.

And if you do not get your resurrection, you have failed Christ completely.

All right, now any other questions? There's one lady. Yes, please, Madam. In Milan nobody asked any questions, they just asked for Realization. It's a difference, I tell you.

Now, we shouldn't waste too much time, Madam. There are people who really want Realization also. What the question is?

Interpreter: She wants to thank You for Your presence, who gives so much joy to her.

Shri Mataji: And she wants it. She is a sweet thing. She is a real seeker.

You see, like that you have to be men of God. You should be seekers, ardent seekers. "Get me Realization, Mother", ask for it.

How many arguments we have had so far?

We have written so many books, we've fought, we've done everything nonsensical. Now have your Realization. All right? Should we now have it?

(Audience is making more questions)

Shri Mataji: All right. What she's saying? All right. She is anxious. Now, now we've done.

Sir, now please. Please be seated. No, no, no, no – I am sorry, I am sorry. Now, you write it down. You write it down. You write it

down and see. Tomorrow I will answer those who have still in their heads. You see, actually if you have too many questions you can't get realization also, I must tell you. Try to see, it is something beyond your mind. Here your mind works, you have to go beyond that. And if you do not have that desire, it is not going to help you, it is not going to help Me. You have to get what you have your own, your own wealth.

Now again, this is... what is she saying?

Yogi: One who doesn't believe in anybody.

Shri Mataji: Oh, it's all right. That's better sometimes. It's much better. Because you see sometimes they so blindly believe that they don't know what they are up to. It's a very extreme cases. You believe it or not, there is God. You believe it or not, you will get your Realization. It is like sunshine. You believe it into it, you have not seen it. You don't believe in it, you have not seen it. So both cases are just the same. It is just your mental projection.

You have not felt it. You better feel it and then be an open-minded person. Be a scientific person. And those who have questions...

(Shri Mataji talks to someone in Audience) Please sir, now sit down. We have wasted a lot of time now. Because it is ...

(The man in audience speaks aggressively)

He is getting violent. What is the problem?

Why are you so violent? Why are you so violent? I am not taking away anything from you. Why are you so violent? Why? Talk to Me slowly.

Interpreter: He said that he's got the right to say something, but...

Shri Mataji: No, you have, you have a right. No doubt, I'm saying. But they also have a right. Listen now, you are one person. If you have got something to say, you have a right, agreed. But also there is a right of other people. What you can do, is write down your question and I will answer it tomorrow. Is it all right now? All right, let him say. He is aggressive. You are aggressive.

(The man continues arguing...)

Shri Mataji: What is he saying?

Interpreter: He is doing politics, Mother.

Shri Mataji: What is he talking? It's very shameful.

Interpreter: He is really possessed.

Shri Mataji: What is he saying?

Interpreter: He is possessed.

Shri Mataji: He's possessed, oh, I see.

Interpreter: Completely. He wants to know about pranic energy.

Shri Mataji: All right, you want to know about pranic energy. Tomorrow I'll tell you. You write it down. You be a sensible man now here. You see, we are talking of wisdom. There's no use to, there is no need to aggress Me at all. Are you going to crucify Me? What did I say?

I said now let us have the Realization according to, as it is you people came late so we had to start the program late. I didn't say anything, did I? And now at least have wisdom, take your realization. And then whatever pranic things and all that, I will tell you everything.

I have given at least two thousand lectures in London. In this short period, how much can I cover? You must understand this. All right, if you are really curious, you just write down and let Me know. What is there to lose temper here?

Now, in Italy I have seen such wise people. The gentleman who came, what is his name, the yogi gentleman who came to see Me?

Interpreter: Carlo Patrian.

Shri Mataji: You know this gentleman is so learned, so humble. He said, "Mother, just give me realization, that's all I want." It is knowledge, it's like an ocean. I cannot give you in one day, so you should not be angry.

You write it down, I'll let you know. Now I will handle. You have to be good children. You should not get angry. You should not get angry at all, be quiet. Be quiet. What is there to be angry? It will work out. Everything will work out.

Alright. Now, very few things we have to do, that you have to just understand that you can raise your own Kundalini. (Shri Mataji to the interpreter) Just tell them that they can raise their own Kundalini, I'll tell them how to do it.

Now, those who want to sit for the experience should sit, otherwise you can leave. There is no force on you.

[While the yogi translates, Shri Mataji speaks aside: "He's suffering from... he got just possessed, I think"]

There are so many who are earnest people. So many. You all can sit wherever you feel like, makes no difference. Be comfortable. I beg of you to be quiet. It's the most important moment of your life. Be peaceful within yourself. Be peaceful. You must respect yourself. You are the Spirit, but you must respect.

Now, only simple things are to be done. There's nothing much. Left hand is the power, as I said, of desire. So you have to put it all the time on the left hand side. Like this on the, your lap.

You sit comfortably. Nobody has to be uncomfortable. Be comfortable. If you have anything tight here or here, you can loosen it.

Take out your spectacles also, because you have to close your eyes throughout.

There's no mesmerism, nothing. You close your eyes. Something happens within yourself, you won't even feel anything about it. You'll just ultimately feel the cool breeze coming out of your head. Is a very nice thing by which you'll get your health, you'll get your peace.

Everything that you have will be manifested.

All right.

(Shri Mataji laughing and talking aside) They are children, you know. Naughty children.

Left hand like this. Just what I say you just do it and you will achieve the results. It's very simple, just put left hand like this.

Be comfortable. First I have to comfort you. Please be comfortable.

Now right hand is to be used for different chakras to be given energy. Now, the first one will be on the heart, because you are the Spirit. Second one will be in the upper part of the abdomen, because you are your own guide. Third one will be at the lower part of your abdomen, all on the left hand side on the abdomen, because you have to know the true knowledge, so you have to ask for it. I will tell you one by one. And the fourth one will be again going back upward. You will have to come here where people feel guilty, you have this problem.

Then you have to go here on the Christ Chakra and at the behind of Christ here and then on top of your head you have to put your palm pressing here, moving your scalp like this.

It will take about fifteen minutes. That's all. It's very simple. Ask your mind to settle down first of all. Settle down, settle down.

[Yogi translates Shri Mataji's instructions and also that people should take out eyeglasses]

It's because it also improves eyesight. It also improves eyesight.

Now, put your right hand on your heart and keep your eyes shut till I tell you.

Is important, because if your eyes are not shut, the Kundalini may not rise. So the thing is, we must know that we have to get ourselves self-realized, that's our aim of life.

Now just put your hand on the left hand side on the heart just like this. Now close your eyes. Please close your eyes. Close them, slowly. Don't press them, just close them, as we close it (unsure). Please (1.46.58)

Now, at this time when you have put your hand in heart, you can ask Me a question, you can call Me "Shri Mataji" or you can call Me "Mother". It is easier, "Madre" you can call me. Saying that, "Mother. am I the Spirit?"

Ask this question three times inside your heart. Everything should be asked inside, not outside. Is a mantra, to say, "Mother, am I the Spirit?" three times.

Close your eyes and ask the question inside. (A lady speaks from the audience and the yogi then tells her to get out without disturbing)

What is she saying?

Interpreter: She is afraid.

Shri Mataji: No (Shri Mataji laughs) Are you afraid of your Mother? No, don't be afraid. Nothing will happen. Just take it. All right? I'm looking after you. Nothing will happen. What are you afraid of? Do I look frightening? Sit down. Sit there. Now do it. Don't be afraid. There is nothing is going to happen. It's going to be wonderful. Do I look so frightening?

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

Because you are the Spirit. And don't be afraid of asking that question, because you are the Spirit. Forget the past, forget the past, forget the past.

Because God Almighty is the ocean of love, ocean of compassion and ocean of forgiveness. And He loves you so much that you cannot love yourself that much. So trust in Him. Nothing will go wrong.

All right. Just say, "Mother, am I the Spirit?" Have confidence in yourself. You are all great people. Don't you worry.

[Shri Mataji asks aside to a yogi: "Use the light down. Keep it here. Keep it down".]

Now, take this hand down, keeping the left hand as it is. On the left hand side in the upper part of the abdomen. At this point, as you have asked Me the question whether you are the Spirit or not. If you are the Spirit, you are your own master. So logically you ask Me a question, "Mother, am I my own master? Am I my own guru? Am I my own guide?" Three times.

Now take this right hand down on the left hand side on your abdomen. Put it and press it hard. Now, at this point you ask a question or you have to say something, which is – I have to confess that I cannot force you to ask for true knowledge. You have to say, "Mother, please give me true knowledge." If you say six times, the Kundalini will start rising.

Just say that. In the lower part of the left abdomen. Press it hard and say it six times.

Hah. It's good. All right.

Now, with full confidence in yourself, because you have asked for it. I'll tell you the true knowledge is simple. To understand that, you put your right hand on the left hand side of the upper part of the abdomen again. Now with full confidence you have to say, which is a mantra, "Mother, I am my own master. Mother, I am my own guide. I am my own guru." Ten times. Hah, good. Now, say it ten times, please. These are the ten valences we have as human beings.

Hah, it's good. Now with the same faith in yourself and confidence, you put your right hand on your heart again. Forget about the past. Whatever you have done just forgive yourself. And now you please say twelve times, "Mother, I am the Spirit." You are the Spirit, just say, "Mother I am the Spirit."

Twelve times, assert.

Alright. (Yogi: "There is Swadhisthan") Now, raise your right hand onto the base of the neck on the shoulder and just place it hard. Press it hard. Take it at the back a little bit. From the front side. From the front side. From the front. Hold it tight. Now this is a center, which is affected when we feel guilty. As I have told you that God Almighty is the ocean of love, is the ocean of forgiveness. So you please forgive yourselves and say sixteen times with full confidence, "Mother, I am not guilty."

If you are too much seriously believing that you are guilty, you better punish yourself by saying 108 times. You have to be cheerful. You are entering into the Kingdom of God.

Alright. Good. Now raise your right hand on the forehead across. On your forehead across, fully. At this time you have to say, "Mother, I forgive everyone." From your heart.

Now, some may think that saying like that is not easy, but when you don't say, what do you do? You are harming yourself. Nobody else.

All right. (Yogi: "Left heart") Now take this hand at the back of your head and hold it tight, back of your head. Again without feeling guilty, you have to say that, "If I have done any mistakes, oh Lord, please forgive me," but don't feel guilty at all about it. (Aside to a yogi: "This gentleman must be corrected. This gentleman must be corrected how to do it"). From this side, back of the head. Ah, good. Don't open your eyes, just keep them closed. Kundalini is coming up, slowly, slowly, She is rising.

Now put your right hand please, on top of your head, on the fontanel bone area, pressing with the palm and moving it in a clockwise manner. Press it hard.

Press it hard. Now at this point again, I cannot cross your freedom. So you have to ask seven times, "Mother, please give me Realization. I want my Spirit."

(Mother blows into the microphone)

Now change your hand. Bring your right hand below and left hand on your head.

[Audio Interruption]

[Shri Mataji holds a candle next to Her left Vishuddhi]

First of all you'll feel very peaceful, thoughtless.

Change your hands, and see for yourself. This is your own.

Now put up both your hands like this, and ask a question: "Is this the breeze of the Holy Ghost? Is this the Chaitanya Shakti, is this the Brahma Shakti?". Ask a question. High like this.

Put back your head like that, and ask.

It's better. Now see on your hands if you are feeling it. Just put down your hands. Feeling it? Good. Put your hands like this and see: are you feeling it? Good. You can feel it, fresh.

You can feel it like this, you feel it like this (Shri Mataji puts Her hands close to each other and moves them).

Now to protect yourself, and to raise your Kundalini I'll tell you one simple exercise which you have to do. After Realization also, you have to come to the center to know how to maintain it. Once you have established yourself then you can be on your own, but you will take some time to establish. It should not be lost, because this is the germination that has taken place just now.

Now, just to protect yourself, you put your left hand in this way, just on the left hand like this. And protect your aura, by putting your hand around it, because there's a power flowing. Even if you don't feel it, there's a power flowing now. So just try to put your hand over your head – one, like that, to protect your aura. One – again, let's start.

We have to do it seven times for seven chakras. One, two – do it carefully. Three, four, five, six, and seven. This is the seven times you've given protection, now how to raise your own Kundalini you must know.

Even if you are not feeling, it has started, so you all can try yourself. Put the left hand in front of the Kundalini like this while you are sitting – that's why I'm sitting, so you can understand. And this is the right hand of action to be moved like this around it, in a clockwise manner.

Now, watching the left hand, you raise the Kundalini. Let us start. Once – start it like this. Let us do like this. Like this. Like this go up. Now push back your head, take it and give it a twist now, a big twist on top of your head. And then give it a nice knot. Another one. We have to do it three times. Now, again, Hm, better. Now push back your head and give it a twist. And tie it up. Third time we have to do three knots. Watch your hand. Go back.

Give it a twist, one – give it another, two – and give it the third one.

Now see in your hands, you'll feel better, much more fresh. Some may be feeling more on the left and less on the right. So, for such people who are feeling more on the left and less on the right, they should put their right hand towards Me like this. Those who are feeling on the right hand less, less or no, so they should put the right hand towards Me. And left hand like this.

Right hand, right hand towards Me, left hand...

Now, those who are feeling nothing on the left and more on the right, should put the left hand towards Me and right hand towards the Mother Earth. That's how you give the balance.

Those who are feeling nothing on the left should put the left hand towards Me and right hand on the Mother Earth, towards the Mother Earth. Now see in both the hands are you feeling the cool breeze or not. Yes, it's there, it's there. It's very subtle. Some may not be feeling, doesn't matter, but it has started, with most of you.

So you have to come to the center because it is not an individual ascent, it is a collective ascent. Within a month you become a master.

And again you don't have to pay for it. It's so full of joy, you'll enjoy yourself now. Now it's the first time you'll enjoy yourself and others.

You'll feel like a witness to the whole thing, drama is over, you will see now the drama is over.

May God bless you all.

I hope to see you tomorrow again and then I'll tell you for more things what is to be done, how to establish yourself. Bring more of your friends and people who want to have realization.

[Applause] [Aside] The gentleman got angry for nothing at all. He was all right, I mean, but you can't allow everyone to speak also, isn't it? There is no time for all that.

1984-0920, The Channels

View [online](#).

20 September 1984

The Channels

Public Program

Rome (Italy)

Talk Language: English | Transcript (English) - Reviewed

1984-09-20 Second Public Program in Rome

[An Italian speaker (Guido) gives an introduction in Italian before the arrival of Shri Mataji.]

Thank you, thank you [Shri Mataji thanks for the flowers received]. Sit down.

What has he said, so far what has he talked about? He talked about what?

Yogi: He's been talking principally about the Mother. [Shri Mataji laughs]

I bow to all the seekers of truth.

Yesterday I talked to you about the different centres, subtle centres within us, and also when a person reaches a higher state of awareness what happens to him.

At the human level, when we exist as normal human beings, there are three channels which work within us automatically.

They are called as autonomous nervous systems, but if you ask them who is this "auto" the medical science cannot say who is that. They just say that this is autonomous, [it's] a name given, but they do not explain. But whatever we achieve in our evolutionary process is expressed in our central nervous system, as I told you yesterday.

Now if you ask a dog to go through a dirty lane he can just walk through, he has no problems. But if you ask a human being to pass through a dirty lane he cannot do it, because in his awareness he has developed a sense of dirt, filth, colour, so many things, music. But for an animal, it is Greek and Latin.

In the same way, a person who is not a realized soul, who is not the Spirit, to teach him about righteousness, of goodness, everything, is only an outside conditioning. But to make it the nature of man, righteous and virtuous, one has to reach a state which we call as "Self-Realization".

Now we have within ourselves those three channels as you can see now: one on the left, another on the right and one in the centre. Now, these three channels are subtle channels, represent on the left and right the left and right sympathetic and in the centre the parasympathetic. Now when we want to increase the beat of our heart, we go into an emergency, we run or do anything, the heart starts beating fast, that is the work of the sympathetic nervous system. But when it stops and comes to normal is the work of the parasympathetic. So we have control over the sympathetic – for emergency we use it, but no control over the parasympathetic.

Now the left side of this channel deals with our past, it's the "psyche" as, we can say, Freud has called it, it's the psyche. But psyche is not everything, so I say that Freud was half-baked.

So this left side psyche is the conditioning within us, it also is the past within us.

And beyond it lies the past that is the collective, collective past that is called in Sahaja Yoga as the collective subconscious.

Now how is cancer caused? I saw a film of doctors about two years back in London.

They had researched it and the research thought was such that when we are vulnerable to cancer, means we have done overactivity, then the cancer is triggered by a protein called 58 or protein 52, that's what they give the name again, which enters into our awareness from the area that is built within us since our creation. So the one gets the cancer, if he too much goes to the collective subconscious area.

Now, what is this collective subconscious? It is all that is dead since our creation, means all the dead. But you may call it 52, 58 protein, whatever name you may give, but it is a dead soul. And that is the thing, that when cancer is caused, it is these dead souls' attack, at the attack of these dead souls we get cancer.

Now for example [Shri Mataji shows with her hands], this is the left side and this is the right side of energy flowing within us, and these are the vertebrae, and in the centre, we form a chakra here. Now what happens if you start using too much, this thing goes on using too much of the sympathetic energies, left or right, then the relationship is broken and an entity enters into your awareness which triggers your cancer, means there is no control with the whole.

So this thing is vulnerable and as soon as an attack comes from somewhere, these cells become ego-oriented and they start acting on their own, malignancy starts.

Now, what does the Kundalini do when she rises? I told you about Kundalini yesterday which is the true desire within us. When she rises, she comes up to this centre [Shri Mataji shows with her hands].

Now, this Kundalini knows, she cooperates, coordinates and nourishes, she is a very intelligent personality. You can see even a little root, which has got the end, the tip of the end is a small little cell which knows how to go down properly. But this Kundalini has thousand times, million times more intelligence and she comes and nourishes the centres, soothes them and awakens the deities there. And again the chakras come back to normal and thus cancer gets cured.

When you are in the central path, no disease can come to you. But if you move too much to the left or to the right, you get into troubles. Most of the incurable diseases that we have are from the left side because they are psychosomatic, and doctors who are medical people cannot handle it. And the psychologists who are one-sided cannot handle it, they have to know both the things. So the only problem is how to put the person in the centre.

Many diseases like Parkinson, then there are all the diseases of lethargic organs, then the diseases which are very serious these days, like AIDS, you must have heard, when people have become over-licentious and they develop those diseases, all these are the manifestation of the left side. Angina of the heart.

Then all the mental diseases come from the left side and all the habits that we have, like taking drugs, by which there are many drugs which only take you to the left side.

Now when the young people revolted they did not know, they were naïve, and they took to drugs and destroyed themselves. It is self-destruction, left-sided people do not destroy others, they destroy themselves. I've seen people overnight leaving all such habits, all such habits after Realization. All escape is come to the centre and face the reality, because reality is beautiful after Realization.

Now the right-sided people are the people who are futuristic. They are overactive, they are thinking too much and they can never reach the point because they always go ahead the point. They plan everything beforehand, and by the time the plan starts it all

fails.

So the futuristic people are the people who also aggress others, who can destroy others. It's the same, whether you destroy yourself or others, it's the same. In the eyes of the Divine, both are just the same because you have no right to destroy yourself nor the right to destroy others.

Those people who put in too much of physical effort, even Hatha Yoga they do indiscriminately, or those people who run too much, these days there is another madness is called – what do you call that? What? - “jogging”, “jogging”, all these nonsensical things those who do are suffering from the right-side problem. Such people become emotionally dry, very dry, and there will be divorce in the family, they'll be very hot-tempered, quarrelling, argumentative. If their ego is pampered they are happy, when it is punctured they are unhappy. But they haven't got joy, they cannot give joy. They are very, very boring people.

But they have also troubles of the physical side. For example, such people get diabetes, liver trouble, also they get paralysis, heart attacks.

The reason is there is a very important centre within us called “Swadhishtana”. Now, this centre has got two things to be done. Firstly, it supplies to all the organs of the viscera, of the abdomen, like liver, pancreas, spleen, kidneys. It supplies, looks after, gives the energy, this centre.

And the more important work is that it has to transform the fat for the use of the brain because the brain is made of fat. When a person thinks, thinks, thinks, his brain is used, his cells are used, then he needs more fat, more fat, so from where does he get it? He gets it through the work of this one poor chakra within us called Swadhishtana.

And also this can give you creativity if you remain in the centre. But if you are not spontaneous and not in the centre, what you know about everything, or you try to create it - just a mental projection like modern fashions.

The modern fashions come and go and come and go, and that's why they are very expensive in the market, because after one day they are finished.

So this poor centre gets tired, because if it has to work for the brain, then it neglects other organs which are very vital to us. So that's the reason pancreas, if it goes out, you get diabetes.

A villager may eat every day one kilo of sugar, he doesn't get diabetes.

But a bureaucrat, or say a businessman or a politician, even if he eats one spoon of sugar he gets diabetes, because he thinks too much, that is not needed, a wasteful thinking.

And like a machine, it's working all the time in the brain. That is the reason why the people who think too much get liver trouble, they have overactive liver and then they get into tension, so they drink, so they get more bad liver.

And the liver is responsible for our attention so our attention is like this all the time [Shri Mataji shakes both hands], nervous.

At the slightest touch, they jump on you like a frog, or bark at you like a dog - [Shri Mataji repeats to the translator – “They jump at you at the slightest thing you say”], because they are so nervous, their nerves are out, they cannot bear anymore anything.

On top of that, if they think they are great, even a policeman can think, anybody can think that he is very great, means he has a big Ego supposing on his head, like this sitting [Shri Mataji shows with her hands], then God save you from such person. Apart from Ego, you see, Ego ends up in stupidity, you will be surprised. It's the natural result of Ego is nothing but stupidity.

Now the other day I had come to Rome, last year there was a very nice exhibition, I was going along the river Tiber and I was

seeing all nice things that Italians had produced, and other countries had produced, in an international exhibition. And suddenly we came to the stall of UK. Because nowadays I live in London, so I feel I'm British, so I wanted to see the stall.

To my amazement, there were nobody else but punks. They had cut all their hair, brought out some hair from here like this [Shri Mataji shows with her hands], some of them had holes in their dresses, they had one colour on this side, another horrible colour on another side [Shri Mataji shows trousers' legs], so very stupid, you cannot imagine.

And all the Italians were laughing, so I asked, "Why the Italians are laughing?". So they said that Italians have a sense of ridicule. That means Italian Ego is not overdeveloped, I hope so (Shri Mataji laughs). But this is what happens that you go to ridiculous limits of stupidity.

I met one fellow who was a hairdresser. He said, "Why don't you come, Mother, I want to do your hair dressed". I said, "I don't do all that." But I said, "What are you doing these things, this pokey-like thing coming out? Why do you do like this?". So he said, "This is for mad and stupid. Don't you know these people are very mad and stupid, they don't have our wisdom."

I said why, because they put glue inside and with the glue they put all these things, it costs them five times more and after some time they'll all become bald. It is not naiveness, it is stupidity.

Otherwise, they will talk on politics, you see, they talk like a big great leaders as if... You see even a garbage cleaner talks in such a big way that you are surprised, the way he talks, but they have no sense in the head.

But Ego is very destructive. Hitler used it, he took help from lamas from Tibet and all these places and they taught him how to make people egoistical.

The extreme side of the right side is called as "collective supraconscious". There too reside people who are extremely ambitious type, and they are still not satisfied, and they are dead, so they want to manifest. And they capture people who are egoistical, they sit on the same horse and such an egoistical person can really make you run so fast that after some time you find you are dead with heart.

Maybe, in the beginning, they look very important and very impressive maybe, and also successful, but after some time they are flat.

So one has to understand this is not normal, this is not natural, this is abnormal behaviour. Because of this abnormalities only, we human beings have wars.

A normal human being is a peaceful person. He has peace in his heart, he is an affectionate, kindly person. He has compassion for others and there is no lust or greed or nothing, just he loves because another one is a human being.

The another problem comes in with us when we are too much attached to our children, to my family, my house, my country, my, my, my, then also there can be a very serious problem.

Some countries kill their children and some countries kill the country for the children.

But the compassion of God is like the sap in the tree which comes, gives nourishment to every part equally, whatever is needed and goes back. It does not get stuck on to one flower or one branch, otherwise the whole tree will die, and the branch will die too.

But this detached compassion you can only develop if you are the Spirit, because when the Kundalini crosses Agnya chakra, this centre [Shri Mataji shows with her hands] then the Ego and Superego both are sucked in, your conditioning and ego are sucked in.

So after Realization you say, "It is happening, it is working out, it is not working out". You don't say, "I do it", you don't say that way because you don't do it, you see the Kundalini is working out, it is happening.

So when you don't have this myth that you are doing it, you become absolutely light, there is no tension. Actually, what do we do, as I told you yesterday, we do dead work, we cannot do living work, like making a flower or a fruit out of a flower, we cannot do even one.

Ego is a very big myth. It is like some villagers have never seen an aeroplane and you tell them, "Now you should not take too much luggage because it will be too much for the aeroplane".

So they put the luggage on their heads. And you ask them, "Why are you putting it on the head?". They say, "We are trying to reduce the weight of the aeroplane."

The One who has created us, the One who has made us human beings, the One who has nourished us is going to make us superhuman beings too. Much more than human beings, He is anxious that you should come into His kingdom because the time has come. His earnest desire is that you enter into the Kingdom of God and become the citizens of that heavenly kingdom. As a result of that, first you become thoughtlessly aware, you go beyond thought, and then you become doubtlessly aware, you become without doubts, you know there is this power.

At that stage, the power starts flowing through you. You don't worry about things, your age doesn't show, you look extremely happy and a joyous person, you don't sit down and worry or cry and weep all the time.

At the same time, you are a fearless person.

You are not afraid of telling the truth. You stand with no compromise with evil, but you also have powers to fight the evil.

Evil cannot stand against a righteous personality [Shri Mataji repeats to the translator: "Before the righteous or self-realized personality"], because the power of Kundalini is such that anybody tries to harm a person who is a realized soul, he immediately starts shaking before that.

Now Christ was to be crucified, that drama was to be played, so He did it because that is a very special place [Shri Mataji points to her Agnya] on which He resides as only a detached great thing like Christ could enter into that because He is OM, He is Chaitanya, He is the Logos [Shri Mataji repeats to the translator: "He is the Logos, they call it"]. He is the vibrations that you feel, He is the power of innocence. So such a personality had to show that this body cannot die which is Chaitanya, which is Brahma.

So bodily though He died, he lived again in His resurrection to show what Krishna has said that this eternal life cannot be destroyed by anything. And this is being proved by His resurrection. So, to understand how fantastic you are, you have to become the Spirit, you must have your Resurrection otherwise you will have no value for yourself.

Because you have to be the Absolute to get out of this relative world and that is so simple, natural, so spontaneous. And it is so practical that after Realization you will write a book on its practicality. There is no end to it but to know this great magic you have to become the Spirit. This is the only condition which is very simple.

May God bless you!

Now I'll be going away back to London and I hope next year again I'll come and I'll see so many people settled down, with their Realization becoming big trees like the great saints of the ages.

A great poet called William Blake in England about 200 years back predicted everything about Sahaja Yoga. He's described all

the places where we'll have ashrams, he's even described my residence and my houses. But the greatest thing he has said is that the men of God, that is the seekers, will become prophets and they will have powers to make others prophets. Now the time has come to fulfil Dante's prophecies also. And the prophecies of Christ, and prophecies of John.

May God bless you all!

Now yesterday the gentleman was very angry with me because after asking all the questions he still wanted to ask some question. So I requested him to give me the question in writing. He never gave me the question. I don't know what to do. But one should not be here to obstruct or to put impediments for the people who have come here for their Realization, there is no political party here. He was very aggressive and nowhere I've seen people being that aggressive to me as he was yesterday, there is no need to be aggressive with me.

So none of you have given any questions to me in writing, I had asked you to give me some questions. So now if I ask you to ask me questions, I mean, a lot of time will be spent. So if you want to ask questions, you can ask, I've nothing to say, but we can do it for 15 minutes, not more than that. We cannot go on the whole night like the parliament goes on discussing.

So if you have some sensible questions which will help others also, please ask the question, with wisdom and not to show off your knowledge, because you have to achieve your Spirit which is beyond all knowledge.

And when you become the Spirit, then you really get connected to the source of knowledge. Now Antonio is a musician, but imagine how he has translated me well when I was using all medical terminology. [Shri Mataji says to the translator laughing: "He doesn't want to praise himself. You can say"]

Now, let's have the question, please. First of all ask them did they come yesterday because I don't know. [A man speaks. He was there the day before]

Yes, what happened, sir?

Seeker: If you are going to repeat it again, then no need asking. If you are not going to repeat it, then I would like to know the number of times each mantra has to be repeated.

Yogi (Warren): He is speaking about the procedure going through the awakening of the Kundalini, if You are going to repeat it, he has no questions.

Shri Mataji: Do you want to know how the chakras are made?

Seeker: No, how many times...

Yogi (Warren): And the mantras, and so on...

Shri Mataji: Yes, I will repeat, I definitely will. When we will do meditation, again I'll repeat, no doubt, I will repeat it, please, I will repeat. That's such a great seeker, just look at that.

Yogi (Guido): He is a friend of Carlo Patrian and he has a yoga school...

Yogi (Warren): He is a friend of Carlo's from Milan.

Shri Mataji: Really?

Yogi (Warren): He has a yoga school, too.

Shri Mataji: Ah, Carlo, he is great, he is a great man and he got his Realization and his, so his face changed completely, he is great. I will definitely repeat.

Seeker: Unfortunately I also have some problems due to this...

Shri Mataji: ... Imbalance. All right, doesn't matter, we'll correct it. He too had some problems and he had dried out completely. Now he looks ten years younger, in one day.

Alright, I will repeat it again, of course, no doubt, but what is, are there any other questions now?

Yogi translator (Antonio): When a man dies, where does his personality go?

Yogi (Warren): After Realization where does your personality go?

Shri Mataji: You see, it has a new dimension of collective consciousness, you become, you become collectively conscious.

That means your hands start speaking.

Here [Shri Mataji shows on her hands] you feel all the chakras, five, six and seven on the left, five, six and seven on the right and that's how you know your own problems, and others' problems. And then the personality becomes a collective personality, means you are part and parcel of the whole but you become aware of it, like the microcosm becoming the macrocosm.

Yogi (Guido): But he wanted to know after death what is happening.

Shri Mataji: No, no, that is what it happens, let us go step by step. Again futuristic.

Now you tell him like this: that when a candle becomes the light, then what is it? It becomes the light, it gives light, first it is wanting the light then it gives light. Then you sit here and talk to people, that's exactly what happens to you and you give energy.

Alright.

No, no, no, no. No, no, one by one, madam.

Who is saying? Then yes, yes, this lady.

Yogi (Guido): She is asking if we have to believe in the reincarnation.

Yogi (Warren): Do you have to believe in reincarnation for this?

Shri Mataji: You don't have to believe in anything because it's all mental projection. Whatever happens, you should see yourself, no use believing. Supposing I believe that this Rome is hanging in the air. I must come to Rome and see how it is, isn't it?

So you enter into the Kingdom of God and see for yourself. Before that, you don't believe in anything, but you also do not deny. You need not even believe in me, it's a hypothesis for you, but if it is proved then you accept it as law.

Yogi (Guido): She is thinking about what You said, that: "We have to be born again".

Shri Mataji: Yes, of course, that is what I'm saying, an egg has to become the bird. That's it. Yesterday I said so. Yesterday I

talked about it, Nicodemus and all. But in reality, not certificate “born again” [Shri Mataji shows her forehead], it is, in reality, a true baptism has to take place. The Kundalini has to come out of your head and you have to feel the cool breeze on top of your head, not just certifying that I’ve become a self-realized person or a twice-born.

... the letter writing, just take the paper [Shri Mataji speaks aside]. (1.14.23)

Yogi (Guido): He likes to know what is the exact meaning of the word “mother”, because You say that this is the period of the Mother, but someone say that “mother” means “earth, mother earth”.

Shri Mataji: Yes, yes, the mother is also your... There are many mothers we have.

First is the Primordial Mother, who is the will of God, and She goes into three forms within us, and one form of Her creates this Universe.

Then this mother earth, which we call “Mother Earth” is one of the elements which actually represents the Kundalini, represented as Kundalini, that is why she is called as Mother Earth.

Now, this Kundalini is the reflection of this Primordial Mother, the Holy Ghost, and that’s why mother earth is also called as “Mother Earth”. And I must tell you that this Mother Earth understands many things, she has her own unconscious. When the man grew his Ego, also she threw up Himalayas, at the same time Himalaya came up.

Himalaya is the Sahasrara, it’s represented as Sahasrara, it’s quite complicated, which you will know later. But I’m just saying she acts as if the Kundalini acts, mother earth herself.

But you will know all these things later on, like we can say that Italy is the pancreas of the Universe, and England is the heart of the Universe. And you will see why I say that, later on, you will understand all that.

Yogi (Warren): Do you believe that with meditation it’s possible to forget a person who makes you suffer?

Shri Mataji: Yes, of course, you forgive that person. You forgive that person and actually, that’s the best way to get rid of his troubles because you forgive that person and you absolutely become, absolutely become on top of the world. Just try. (Shri Mataji laughs)

Because when you don’t forgive what do you do? You play into the hands of that person who is making you suffer. And forgiveness is the greatest weapon Christ has given us and at Agnya chakra that is the mantra, that is the thing, chanting you have to say at Agnya chakra. Yesterday many people did not feel vibrations and I just put a cross on their hands and I said, “Forgive, forgive, forgive”, three times and they felt the cool breeze.

All right. Now, what is it? What does he want? This fellow has been standing.

Yogi (Guido): It’s a good question.

Shri Mataji: What he...

Yogi (Guido): He says that in Your presence he can feel very well the vibrations, he follows You very well, and he is very enthusiastic, but he wants to know if to get the Realization, the Self-Realization, one has to follow only Sahaja Yoga, only Your teaching and which is Your relationship in front of the other gurus.

Shri Mataji: Other what?

Yogi (Guido): Gurus. So-called gurus.

Shri Mataji: Oh, baba. Now, there is nothing difficult in Sahaja Yoga to follow, is all very simple. Now, if the gurus are real gurus, sat gurus, then they will also tell you the same thing. But those who have got marketing value they cannot be sat-gurus, so you have to give them up.

Whatever is false or evil has to be given up, simple thing. Because you are now washed and cleansed by your Kundalini, she won't accept them.

Now in the darkness, you were holding, supposing, a snake. But in the light you won't hold it also, you'll throw it away.

Because nobody has to gain out of it, you have to gain out of Sahaja Yoga.

So to have the maximum, maximum advantage of Sahaja Yoga they will give you the guidelines.

She is going away, what is the need? (1.22.51)

Alright. So now, it is for you to take advantage. Now what Sahaja Yoga is nothing but it is decoding everything, it is explaining. Supposing you are catching on this finger, alright, and you are catching all over here [Shri Mataji shows the Void on Her palm], that means your guru is a devil. Now if you get sensitive enough, then you will see with these gurus you might even get blisters on your hands, blisters.

There is nothing to be refused which is good and great, why? They are all the same, part and parcel of the same thing.

But as patients, one must understand what is bad for you, what is good for you.

In Sahaja Yoga you are free to do what you like, there is no compulsion on you. There is no organization, there is no membership, nothing. But if you are intelligent, you have to be intelligent, that's one point I have seen, not educated but intelligent.

If you have pure intelligence you immediately understand, even mentally, mentally you understand, even mentally. But otherwise, on vibrations, you can understand.

Like there were three people from a guru who was a very bad man, they came to see me. And I told them, "Don't come to the program because you are badly caught up." But they would not listen to me. I told them, "In the program, the vibrations are very strong, be careful."

They came and you'll be surprised, they were about two hundred feet away and they collapsed, absolutely, just like stones. But I had told them, but they thought, "Why should we not go? Who is she to say so, we'll go." Alright.

Then they were really taken up just like stones out, and I had to clear them out and then the program started.

Moreover, after Realization you are like a newly born child, just like a little sapling, you have to be careful, you must know how to protect yourself, protect, respect your Realization. When you become an expert, then you can go wherever you feel like, you can do what you like.

For example, first day, if one gets Realization, we tell them not to treat anyone, do not treat anybody here. You become alright, first of all you should be alright, you see. If you are not alright, then how can you cure other person? So you become an expert yourself, absolutely free, with love.

Alright.

Now I think the time is up, it is ten past eight. You see I was saying eight o'clock, now I've agreed that I should answer all your questions, throughout the night you have a right to ask me, everything I agree. But I would request you that others have right to get their Realization now, it's already 08:10 so I would request you that please write down your questions. And you can also write to me in London. If you have any problem you can write to me in London.

These people can send me the letter and I will send you answers, and everything duly signed, alright?

[A woman from the public starts speaking something, and interrupts Guido]

What is her question?

Woman: ... Since she has attended Sahaja Yoga, it's been three years, you have sort of brainwashed this girl and you have destroyed our family, for me, for my children and everyone.

Yogi (Guido): Madam, bring your daughter here and let her say these things to us.

Woman: You have destroyed our family.

Yogi (Guido): You are surely confusing things...

Shri Mataji: Don't talk to her, what is it - let her take out her bombardment.

Yogi (Guido): She said that three years ago she brought her daughter, came to Sahaja Yoga and we ruined her.

Shri Mataji: Ah, it's all nonsense, don't believe her. You see, must be, sometimes what happens is these people come to Sahaja Yoga and start making money, or something like that, then we have to ask them to get out.

You see, there are people who are very funny. Recently we had somebody, an Italian, he came to Sahaja Yoga and he did come (uncertain 1.30.02) with lot of money. They borrowed money from this person, that person and then they went away. And then when we asked them to get out, they tried to attack us. Now what are we to do? You see, they cannot take money of other Sahaja yogis, and all that.

She spoils the vibrations.

But I'll tell you such problems we have, like a mad girl from this Italy, I tell you, there was one girl who was absolutely mad from a lunatic asylum. Her mother brought her to Sahaja Yoga and just sent her away with me to London, with me, in the same plane. She came and stayed in my house, madwoman. And then one day she just ran away. We had to inform the police and this and that, and it was such a problem to us, you know. I didn't know what to do. My husband was very furious, "Why did you bring a madwoman?". But she came in the same plane. Yogi (Guido): I think it's the same person.

Shri Mataji: Is this the same person?

Yogi (Guido): Yes.

Shri Mataji: Maybe, oh, just tell her.

Woman: What lunatic anylum!

Shri Mataji: Yes, that is it. But the girl is alright. If you go and see, she is much better. I know, I've met her, she is much better now, she is not so bad. This woman is now mad(1.31.40), she should go to a lunatic asylum, she is mad.

Because you see, such people, coming - she stayed in my own house, can you imagine?

Free, free, absolutely free and she had no money, anything, can you imagine?

This is so aggressive of these people: put her in the same plane, she just followed me, came to my house, stayed with me, tortured my life and then ran away somewhere.

We didn't know where she had gone. We informed the police and it was such a big mad chase (1.32.17), you see, she had gone somewhere and she wanted to marry a particular man and all kinds of things. What do you say, she came from a lunatic asylum. And she told me that her mother is a very cruel woman, "And she has been so cruel to me, that's why I become mad", can you imagine.

She said, "She made me mad, that's why I was in a lunatic asylum". It is recorded she was in the lunatic asylum much before she came to Sahaja Yoga. So can you imagine, you send somebody who is from a lunatic asylum, bring it to the program, put it in the plane and just send it over on me and then come and shout here, imagine.

Shri Mataji: What is she saying? And this girl, Victoria, is alright now, I know she is alright; not only alright but she doesn't want to stay with this woman, that's why she is angry. She is alright. Where is she, ask her.

Unnecessarily troubling. You see, this is how negativity is acting and troubling us, all the time. We are trying to do good and that is how they are troubling, this is a new type of crucifixion I think, new type of crucifixion.

Recently also one boy from France came this way, just from lunatic asylum, can you imagine. But that he also says the same thing, I don't know. He says, "His father is like this, mother is like this", but what to do now, I can't understand.

May God bless you. [Shri Mataji salutes someone in the public].

That is the trouble.

No, let us have the Realization. Forget it. You see, these negative people are like this.

There are so many people who have suffered, have felt better with Sahaja Yoga. So many people have suffered and felt better. You better take your Realization.

She always comes to every program, while Victoria is so sweet. Last time she came and she said, "Mother, I want to give You some present, I am so much better." But she does not want to stay with this woman. That's it. You can go and find it out. And because of her she doesn't come to the program, otherwise she would come and show her face here, and tell you what she thinks about her.

How to get rid of such people?

Can come forward, some people.

You should tell the police now, that's the best way. Tell the whole story about this woman and should be published also. Because Victoria is alright, nothing wrong with her, but this woman is angry with me because she doesn't want to stay with her.

Sit down, you may be seated, all of you. Yes, yes, sit down, sit down. If you want you can come up. If you want, yes, yes. Come along, such earnest people are also there. Good, come along, come along, come on.

Next time you must call Victoria for program so that we can stop this woman from talking.

Yes, come, come each side. Yes, it's alright, you can sit, yes, some this side, some this side, so keep a little space. Yes, some this side, some this side, "ha" (yes). Yes, good idea.

You take out your shoes, shoes, better take out your shoes, yes. Some this side. Sit down, sit down, be comfortable, be comfortable, take out your shoes, will be better, to sit down. (1.37.36)

Such nice people also are there. Come this way, come this way. Be comfortable, be comfortable. Sit comfortably, be comfortable. You can take out your shoes.

On the sides, you can sit like this, on the sides, yes, on the sides, on the sides will be better. She'll be alright. Just tell her how to sit down. Tell her. She'll be comfortable. Let us sit like this, alright, putting feet that side. It's alright, it's alright, no need, need not take it out, yes, be comfortable.

Ah, good. Better - let her have a chair, this old lady. Alright. You take out your shoes, madam, alright, you'll be comfortable. Move this backward a little, yes, yes, please, please do. Yes, please do, please do. Remove this also, maybe it's better like that. Such nice things here.

So little bit settle down, because this lady has little bit spoiled the vibrations, doesn't matter, she'll be alright. Ekadasha she has. She doesn't understand, mad woman.

Yes, good. good.

Alright, now, very simple things you have to do(1.40.02), very simple thing.

Just say. You stand up and say.

Yogi (Warren): You see, there's a problem now, Mother. These people in the audience are complaining they can't see because of these people.

Shri Mataji: Nobody is going to see, you all have to close your eyes, all of you have to keep your eyes shut, nobody is going to see me in any (case?). Alright. You take out your spectacles also, because it helps your eyesight. And the vibrations are in this hall now, there is nothing to bother.

Now, sit with a comfortable mind and a cheerful attitude. Now you have to, yourself, raise your own Kundalini. In a very simple way I'll tell you how to nourish your own chakras first.

It's very simple.

First we have to put the left hand like this towards me because this is the power of desire within us. And we have a desire that we must have the experience of the Spirit.

There should be no fear about it, nothing, it is very simple because Kundalini is your individual mother and she looks after everything. Now, if you put the left hand on the lap just like this, all through, that is alright, and the right hand is to be used for the

chakras on the left hand side only.

That is you are going to put your right hand on different centers which I'll tell you now, and I'll repeat it one after another.

For example, on the heart, the upper part of the abdomen, lower part of the abdomen, base of the neck like this, on the forehead, and at the back of the head, and on top of the head, I will tell you every time, I will repeat very carefully.

Loudly, loudly. You told.

Now, first of all we should take out our shoes because the Mother Earth helps us a lot. Those who are sitting on the ground are alright, otherwise others should put their feet parallel. But you have to be comfortable. You can stand up and take out your shoes, and then you'll be (1.44.23) comfortable. Alright.

If there's anything tight anywhere you should loosen it a little bit. Now, you put your right hand on the heart first, and close your eyes.

And please don't open your eyes till I tell you, because Kundalini won't rise in that case, the Agnya will be too much working. Can you put off the lights, it's too much.

[Aside to a yogi: "Is the candle not there? Just look"] (1.45.29)

Now, after closing your eyes you put your hand on your heart, everything has to be worked on the left-hand side, so just put it on your heart and say, you have to ask a question three times, "Mother, am I the Spirit?", in your heart ask the question. On the heart, heart is little higher, three times. Close your eyes, please don't open your eyes, just keep it closed for about ten minutes, it will work out.

Now, logically the second question is to be asked when you put your right hand on the upper part of the abdomen which is the center of the Primordial Master. [To the translator: "Loudly"] Now, this hand should be put on the upper part of the abdomen and you have to ask again three times a question, logically. Now you can address me as "Mother" or "Shri Mataji", whatever way you like, "Mother, am I my own master? Am I my own guru?".

Because if you are the Spirit you are your own guide, you are your own guru, so ask this question three times. Ha, three times. [To the translator: "Loudly, I think they can't hear"].

Ask the question again.

Now, take this right hand on the lower part of your abdomen on the left-hand side. This is the center which works out the technique of the true knowledge.

Now at this center you have to say, because I cannot force you, you have to ask, "Mother, I want to have the knowledge, the true knowledge." Because I cannot cross your freedom, in your freedom you have to ask. Because you are free persons and you have to get ultimate freedom and nobody can force anything on you. This is the left Swadhisthana. Now the Kundalini starts rising, so you have to make way on the upper part of the stomach. Again on the left hand side you press, and there you say with full confidence, "Mother, I am my own master."

Alright. You have to say this ten times, with full confidence, "Mother, I am my own master."

Ten times, with complete confidence in yourself. Don't count your sins or anything and don't feel guilty. Forget the past, forget the past, forget the past. (Loudly)

Don't feel guilty.

(Aside: "Now. Hm, better")

Now raise this hand to your heart again and say with full confidence, "Mother, I am the Spirit." This is the true knowledge I'm giving you. Please say it. Everyone should say, will help everyone. Because you are, you are the Spirit, so you should just say and assert. You have a right to say, "Mother, I am the Spirit."

Nobody should have fear to say that.

Now, again I say, don't feel guilty for anything, no confessions needed in Sahaja Yoga.

God is anxious to forgive and He knows about you everything, so why worry? (Aside: "Ah, good")

Say it twelve times, "Mother, I am the Spirit." So many times because that is the sub-plexuses or sub-petals (1.55.01) those chakras have. Just say, "Mother, I am the Spirit." (Aside: "Ah, good") Now, twelve times.

Now, the right hand again you raise it to the base of your neck, hold it from the front. Now this center is caught up when you feel guilty, the left Vishuddhi as we call it.

Take it from the front side. At this point you have to say sixteen times with full confidence, "Mother, I am not guilty." Do it properly. "Mother, I am not guilty."

When this chakra is caught, you get angina and all these troubles, and spondylitis.

(Aside: Shri Mataji: "Right heart. Right heart")

Warren: "And Swadhisthana".

Shri Mataji: "On the right heart".)1.57.34

Ha, better now. Now sixteen times you have to say that "I am not guilty", because God is the ocean of forgiveness, ocean of compassion, ocean of love.

Is alright (1.58.18). Now, if you still feel guilty, you better say it 108 times to punish yourself. Say it, say it, (Shri Mataji laughs) good. [Shri Mataji says to the sahaja yogi who is working on Her with a candle: "Left Nabhi, Nabhi". Then Shri Mataji blows on Her left hand] Ah, better, left side is better, right is bad.

Now, raise this hand onto your forehead and hold it tight. Now, right hand, right hand, put your right hand and left hand towards me. Right hand. Now at this point you have to say from your heart that you forgive everyone, this is very important. From your heart.

Now. Take this hand at the back of your head. Again. And at this center, without feeling guilty, again I say – without feeling guilty, you may say that, "If I've done any mistakes against the Divine, oh Lord, please forgive me." But don't feel guilty, again I say. Just say it and push back your head.

Please don't feel guilty, please don't feel guilty, just say it without feeling guilty.

Don't feel guilty, that's one promise.

You shouldn't feel guilty at all. You don't know your glory, don't feel guilty.

[Shri Mataji speaks aside to yogi who is using the candle on Her back Agnya: "Ha, here still"]

Now, put this hand on top of your head, on the fontanel bone area where it was soft in the childhood. And now press it hard and move it clockwise and say seven times, "Mother, I want my Realization, please give me."

Because I cannot force it on you, I cannot forcibly do it, you have to ask for it, I cannot do it just by force, you have freedom.

[Shri Mataji blows into the microphone]

Now put the hand down and put the left hand on top of your head and see if there is a cool breeze coming in, about four inches above, feel it with the left hand, then with the right hand. (Aside: Shri Mataji: "Better". Warren: "Change it". Shri Mataji: "Change it" 2.05.02) Don't think about it. It is beyond thinking.

Got it... 2.05.28 You got? Good! Got it? Cool, cool, in the hands? And here? Ah, your eyes are also sparkling, good.

See now, again, this is your own, I've done nothing. [Guido translates a sentence by a seeker: "They say it's cool"] Now. Very beautiful, Beautiful. Now just you can put both your hands, let's see, like this and ask a question, "Is this the cool breeze of the Holy Ghost? Is this Chaitanya? Is it Brahmashakti?"

Push your head back. Alright. Now bring it down and see in your hands are you feeling it. Alright? Ah, that's it. It is very subtle, yes, very subtle, it is so.

Now you have to use this power and know what it is. (Aside: Good!) One more thing I must tell you: how to give yourself full protection to your centres and how to raise your Kundalini, which is a simple thing.

Now, you all hold your hand in front of your Kundalini like this and watch me without thinking. Now put the right hand around it like this, but before that, you have to give yourself a protection. So you can do one thing, is to raise your protection from this side to that side. Give it again, one – seven times for seven chakras. One, two, three, four, five, six and seven.

Now after protection, we have to raise the Kundalini. (Aside: "Vibrations are so much...") Now put the left hand like this and right hand around it.

Let's see, let's start. Start raising left hand, put back your head, and give it a twist, and give it a nice knot.

Now, do the second thing again please, three times. See now, it is going up, and now give a nice twist, put your head up.

Now third time, three times you have to do, throw back your head, say throw back your head: one, two, three. Now see, you will feel liberated.

Alright? Are you all feeling it? Then why are you so serious? (Shri Mataji laughs) Are you? No, not yet?

Good, tremendous.

But I have to make a very humble request, from the mother, that you should not waste this Realization. When is the follow-on?

Yogi (Guido): Monday and Tuesday.

Shri Mataji: Where?

Yogi (Guido): Sala Borromini.

Shri Mataji: We will have programs, follow-ons Monday and Tuesday. Please attend at least for a month and you will be surprised how much you will gain out of it, without paying anything, without any money, without anything you'll gain very fast. Don't have Ego. Some people are rich, some poor, some this, forget it. You must become the master.

Now when you will reach certain state – stabilization, then we'll start giving you books, because if you start reading books again you become bookworms.

But first only how to develop your attention in thoughtless awareness and how to make yourself grow, we'll see to that.

And they will tell you all the details about it. Every sort of thing you can write to me, we are available all the time at your service.

Even my photograph has got vibrations, luckily, but you should not do individual meditation, it doesn't help much, because this is a collective happening now.

Unless and until you become collective, it won't be progressing.

Thank you very much!

1984-0923, 1st Day of Navaratri, The Discipline

View [online](#).

23 September 1984

Navaratri Puja

Hampstead Town Hall Centre, Hampstead (England)

Talk Language: English | Transcript (English) – VERIFIED

Navaratri Puja, London Hampstead (UK), 23 September 1984.

[Conversation with a Yogi about the mike.]

Sahaja Yogi: They've gone out to get some batteries for the mike.

Shri Mataji: All of them should come and sit in front, all the children, the girls, or at the back in the chair.

[Cut in the video]

Today is a great day for all of us - Can you hear me there? - that we are celebrating Navaratri today and all of us are meeting after such a long time of My tour.

When in Italy, I said that England is the heart of the universe, they would not accept it. They were very shocked at this statement. They couldn't believe that England could be the heart of the universe. One of the reasons was that they felt that the English people were invaded once by Romans, and Romans at that time also had felt that English were very bumptious people. They would not even accept the defeat with the grace of a person who is lost. Even if they were lost, they used to be bumptious. So they could not believe how could it be that the English is the heart of the universe? If this is the heart, what's the situation of the universe? And then they described to Me at length the bumptiousness of the English, and then I felt I have known something like that Myself.

Now, when we are celebrating the greatest of greatest, this Navaratri, there must be something special about it, that we have to cleanse this heart completely, fully and make it so pure that it purifies all the blood that passes through the whole of the body. So the cells of this heart, which has made this great organ, has to be the best, because the cells of the heart within a human body are the best cells, the highest quality, the most sensitive. And it's the heart that expresses the Anahata, the sound that is without percussion. While we find that there are some people of calibre, there are, but others talk more, show off more, and do not have the caliber. Now to achieve that caliber should be possible because you are born on the special land of England. That possibility must be built within you.

But then what is lacking? Why is it, that with all the possibility, with all the great background, with all the merits to be here, why is it we find that Sahaja Yogis, for years together, do not come up to many others. What is the reason?

Heart, if you see, has a pulse rate and it moves with a certain sound, and you can even get it on to a graph and it is so systematic, it is so regularized, it is so disciplined, that even a slightest murmur, or slightest change shows on the graph. Is a very sensitive thing. And that is what is lacking here, is that discipline of the heart. It's an erratic, funny heart which goes, swells up in ego.

And whatever one may talk, this is another reading people have, that whatever you may tell them, that time seriously they listen to you and second moment it has no effect on them. So this is another thing we should see, that if it is within us, let us understand that what we lack is disciplining. And that disciplining has to come, otherwise our calibre cannot improve. But for all that, I think what we should have is innate intelligence. No education, innate intelligence. Innate intelligence to understand that our calibre has to improve.

Now here pulsates the Spirit. The Spirit and not the Power. The witness, the one that watches, that is the reflection of God, who is the Spectator of the Work of the Devi. Actually what happens that without rising up to that status, if we also say: "All right, we are also watching because we are the Spirit," then we do not achieve that caliber.

And with all the blessings, like seven auras of the heart, we have got seven ashrams.

We do not understand that we all have to discipline ourselves. Only to take advantage or to be in the Sahaja Yoga, to claim that you are a Sahaja Yogi, is not a sign of being a cell of the heart.

And warning has to be given now. Very important is at this juncture when Sahaja Yoga is now taking off, remember this, the

speed has been gained and it is taking off. Those who will be left behind, will be left behind. So don't get into bumptiousness. First is your character, as everybody says: "They are very bumptious." Try to be humble and then understand that you have to be in the plane and not left behind on the grounds. It is moving fast.

Now the most fortunate thing is that today is the Navaratri and that I should be in London and this Navaratri puja should be performed here. No other country is that privileged, because this is the highest puja, the greatest ritual, which you can attend. So why do we do Navaratri? In the heart, to do Navaratri is to accept the powers of the Shakti, to realize the power that all these chakras have got in themselves, and that when they are enlightened how you can express all these powers of these nine chakras within ourselves; the seven chakras plus the heart and the moon makes it nine. But I would say that seven of these and on top of that, we should say two more centers, which Blake* has described surprisingly as nine centers, clearly. Just now I cannot talk of the higher two centers, but let us at least talk of the seven centers. The power of these centers, have we been able to develop within ourselves? How can you do it? You have no time. You are all busy people, and bumptious.

So now to develop these powers we have to concentrate on these chakras. Everywhere I went, I was surprised, the questions they asked Me, the way they were. Nobody talked about their family, house, jobs or any other nonsensical things like unemployment and all that. They just asked Me: "Mother, how do we develop the power of this chakra, or that chakra or that chakra?" And I asked them: "How is it you are asking about a particular chakra?" They said: "Because we find this is missing in us, specially in me this one is not all right."

[Shri Mataji is coughing]: This is another negativity to make My throat all right.

Now for a Realized Soul there is no need for Me to discipline you or to tell you all these things, because I hate to talk in this tone to you today. But I have discovered that if I do not warn you now, tomorrow you will blame Me that I did not warn you. Take it as a serious warning. Now after Realization there is no need for Me to discipline you at all, because you have got the light, you have known what is Realization, you have known what it means to be Realized, and you have also known how much you have gained out of it, how much your personality has improved.

But there is something more that has to be done. Is to see for yourself, if you have really disciplined yourself or not. There is no need for any leader to tell you, there is no need for any ashram fellow to tell you, there is no need for anyone to tell you. It is you, who is a Realized Soul, you are your own master, you are your own guru. Imagine you are all gurus, great gurus and Satgurus, respected Saints where all the angels have to shower you with flowers. Think of it. And here you are bumptiously giving lectures, talking bumptiously. Very embarrassing even for the deities. They don't know what to do, whether to garland you or to shut your mouth. Here you are, who have been,

[Shri Mataji is speaking about a child]: All right, take them out. Who is crying? Katie's child.

Here you are in such a great position that you have got Realization. That only thing, you have to accept the beauty of this great Yoga, that you just enlighten your own powers which are on these seven chakras.

Now let us see the first chakra, belongs to the power of Gauri, the power of the Mother of Shri Ganesh. Gauri's power. Tremendous they are, aren't they? Because of Her power you have got your Realization. Now what have we done to enshrine that Power within ourselves? Today, if it is the first day of Navaratri, let us see what have we done? Have we been able to develop our innocence within ourselves? When people talk, they are so sharp. How can you be sharp if you are innocent? They are so bumptious. How can you be that if you are innocent? People play games. How can you do that if you are innocent? Harm each other. How can it be, if you are innocent? So first of all, you have to see yourself, that the power of innocence, if it has to live, all the rest of the nonsense has to go away. If you want to have the innocence, all that is anti-innocence has to be dropped out.

I can understand about people who are ignorant, who have ignorance. Then in ignorance, of course, how will they talk of innocence? But you are not ignorant people. You are knowledgeable, you've got your Enlightenment. And the power of innocence is so great. It makes you absolutely fearless, not bumptious but fearless. And the greatest thing of innocence is that you are respectful. The sense of respect, if it is not developed within you, if you cannot develop the sense of respect for other Sahaja Yogis, for other people, for the Ashrams, for the discipline and your own Self-respect, then it is of no use, even talking of Sahaja Yoga, because that is the very beginning of it. First you do not respect, all right, you are bumptious, all right, you are in a big fool's paradise, as they call it, riding a fast horse, all that is there is all right, is forgiven. But once you have seen the light, you must try to get rid of all the snakes that you have been holding on to. Is a simple thing.

In your childlike nature only, you can receive the blessings of Gauri, otherwise you cannot. You have to be really childlike,

otherwise it is absolutely useless, no use telling you anything, because you think you're too clever. To such a person, who thinks he is too clever, what's the use of talking to such a person? Because he already knows everything.

So the first power when you develop, you must learn to sit on the Mother Earth, first of all. You must respect the Mother Earth, because the first chakra is made out of the Mother Earth. Try to be more settled down with yourself on Mother Earth. And the respect, see the trees when they get their flowers, they are not so respectful, but when they are laden by the fruits, they bow down to Mother Earth. In the same way when you have got the fruits of Sahaja Yoga, you all must bow down.

And innocence has a special capacity to make a person extremely peaceful, extremely peaceful. All the anger, temper, violence. If a person doesn't have innocence, it cannot come in you, because a person who is not innocent is either sly or aggressive. He cannot have peace within his heart. But an innocent person is not bothered, innocently he lives, he enjoys everything in complete peace and harmony. But this violence comes when a person becomes clever. He thinks: "I am so clever, the another one is so stupid, I have a right to shout at that person." And the one who is not innocent is never wise. He may be, to look at, look sharp, but he is not wise. Wisdom comes only with innocence. And how much wisdom have you gathered? That is what one has to see.

22:58

When your power of innocence increases, wisdom is apparent. People say: "That fellow is very wise." For example if somebody is crying about his wife, a wise person will say: "Oh Baba ! just look at this, still busy with his wife." Another one is crying about his house or something. He will say: "Oh! look at this one still busy with the house." There is no end to it.

I've known people who get so swollen up that they think they must give a big lecture for one hour, on Sahaja Yoga. Unless and until, they have given one hour lecture, they do not think their ego has manifested itself fully. But a wise person, he doesn't have to talk or speak or do anything. He impresses his silence, his wisdom on others much more easily. That is what we have to see. Have we been able to discipline ourselves? Because our growth is very much in the beginning of it. We have to grow quite a lot. And people don't understand this point in an atmosphere of egoistical temperament that you have to grow, you have not yet grown. You have to grow a lot. And when you grow you find this wisdom really fragrant with compassion. Your wisdom is fragrant with compassion. Such beautiful compassion can emit through your being, that anybody who comes in contact with you, will feel your auspiciousness. But, again you must give due respect to your Self Realization and to your Self.

That is the first thing you have to do, is to meditate.

Somebody sent Me a letter and I saw the vibrations were horrid. I said: "What's the matter with this gentleman? His vibrations are so horrid, what is he doing?" Then I found out that he says he doesn't need any meditation. He has already reached the fourteenth heaven, so he doesn't need any meditation, doesn't have to do any meditation. It is easy to explain, but whom are you explaining? You have to explain to yourself, only yourself nobody else wants your explanation. It's like missing the plane. When you miss the plane whom are you going to explain the plane has left? So then you have to explain yourself only. You will tell the air, or to the gangway, or anything that: "Oh baba, it happened like that. There was this thing, I had no time, there was a jam, this." But the plane is gone. Whom are you explaining?

So everyone should meditate everyday. That is a very important thing, which people are doing in all the countries where I am not. Because I am in England, people take Me for granted: "Mother is doing everything." So I get up at 4 O'clock, take My bath, meditate for you all. I better start doing that again. Otherwise you have no time to meditate. So at least let Me meditate for your sake.

So everyone must today promise to Me that they will meditate everyday. Get up in the morning. "We can't get up in the morning." The whole world can get up, why not the English? But when it was the war of Waterloo, they were the first to arrive there. They won the war because they were so punctual. What has happened to their punctuality today? We are not drinking, we do not have hangovers, we don't sleep late, so why shouldn't we decide today that: "Every morning I'll get up and do my meditation. And while meditating I must concentrate on myself and not on others. And see for myself what is catching, where am I catching, which chakra I am catching, what have I to do?"

So on this day of Navaratri, today as the first day, the Gauri's power must be enlightened within us, and they must express and they are tremendous, I cannot describe them in one lecture. Think of the Primordial Kundalini. She acts in the Mother Earth, She acts in the universe, She acts in the animals, She acts in the matter, She acts in the human beings, and now She acts in you. She is the One who decides the face and the figure that you are going to have. She is the One who decides what child you should have. She is the One who gives you the particular type of a child that you need. She is the One who has got you all these beautiful children. She is the One who has given you these sparkling faces and sparkling eyes. All this She has done for you, but what

about the power that you have within yourself, how much have you manifested that?

The Primordial is working very hard, no doubt. But what about you, the individuals, who have got their own Kundalini awakened? How far you have opened Her out? And what is Kundalini? – is a simple thing as you know, is the true desire. So true desire to perfect yourself, to grow yourself, if it is really true desire nothing else is important.

All other desires are secondary and tertiary. The most important desire is to grow. And for whose advantage? Is the advantage of yours and in your advantage only the advantage of the whole world rests.

Sahaja Yogis today represent the growth of this universe, the growth of the human race. Do you follow this point that you are playing such an important role, role at such a crucial time when the world is about to collapse? And you have great seers like William Blake, you had such great people who have talked about this time. They have built it up, traditionally we have built up all this. Now in England, the work of ages that has brought this England to this state, now do you realize that the position of English Sahaja Yogis is very important?

But lack of wisdom and bumptiousness without understanding your Self, how can you talk so loud? How can you think of organizing everything when you yourself are so weak, so bumptious?

So today I am not going to take the count of the people, who meditate everyday or not. But I can tell you this much, next year those who do not meditate everyday, he will not be here anymore. Take it from Me, is a fact.

Everyday you must meditate. Discipline yourself. Now you have come to a new perspective. You have come to a new vision. Now when you see that vision, when you know the vision, you cannot just stand there. Get into it.

Everyone says, Damley was saying too, everybody says that: "Mother you have spent so much time for these English. Why so much time for them?" May be you might be thinking that because you are very great, that's why I have to serve you people. Think the way you like. But the most important thing is that you are on the land of Heart, and I have to cleanse you more, much more than others. But it's just the other way round. Others are going so fast. I am amazed, their vibrations, their sensitivity, their understanding. And they have just mastered it; every one of them. Here, it is becoming a very centralized stuff and everybody doesn't want to understand Sahaja Yoga, but everyone wants to give a lecture. There is no respect for elders. No respect who is older who is younger, and somebody who thinks that because they got Realization before others, they are higher, then remember one word of Christ, that: "First will be the last." So try to understand that it is you who has to grow, it is you who has to manifest these powers. Manifestation of the powers, I don't know how far you have understood.

When a person who has Gauri's power, as soon as he enters a hall or any place, everybody's Kundalini rises, just to salute. When you have Gauri's power then you stand out because you have that innocent, lustless, greedless, beautiful, sparkling eyes and wherever you turn your eyes, even one glance would raise the Kundalini immediately. People who suffer from cancer, suffer from this disease, that disease, all can be cured in no time if you have developed only one power of Gauri. All your problems can be solved. Negativity will go away and you will become like a lotus. Beautiful, fragrant, overpowering all kinds of negativity.

Here it is: "That fellow just touched me and now I have become egoistical." If there is one fellow who is egoistical, he just talks to another person, the person goes egoistical. I mean this is not the way to be sensitive. You have to be sensitive to God and not to bad things. But we are more akin, more vulnerable to bad than to good.

So the power, the power of assimilation of good, the power of emission of good, all these powers are just in your complete reach. But all this should not become a praise but should become a kind of a challenge, a kind of a beautiful curiosity and an advancement for you.

But we are going down, I must tell you, we are going down in England. Because we have some funny tags, funny people who are all the time with tags. Such people will have to be warned, and later on may be declared, as these people have decided, should be declared as black listed. It's a very sad day today for Me and that is why the whole place is filled with, I mean I had no mind to have the puja here, because I am really very sad. Because when I see the vibrations, when I see the way things are, people are just in a picnic way in England, I feel so unhappy, you don't know.

I have always been extremely enamoured, and I have already put up a big show of appreciating your efforts. But if you see in the substance of it; just see the substance, you watch within yourself. Each individual should see the substance that is within us. We are worried about a friend, a fiancée or a wife or a husband or this and that. That's not the calibre! The caliber is very low and is going down lower. That's not a good thing, is not good. If My love and compassion is spoiling you, I better pull you out of it. Because you are capable of your merits to be born in this country. You are capable of very great heights. I know that. Of very

great heights, which you can achieve, but not by talking about it or thinking about it, but by becoming that great power, to become that power. And see the collective blessings people have and I was amazed when they told Me, they have got this blessing, they have got that blessing. I mean unlimited blessings they have got.

And why can't we have that here? What's the problem with us? If we are not collective, if there is a problem between ourselves, that means there is some sort of an ego still in-between that is keeping us out.

So let us now, promise within our heart that this has to go into our heart, a very deep feeling for ourselves, that by God's grace we are born at such a juncture when this thing has happened, that we are the people who are beneficiaries of the blessings of God that we have got our Realization, that we have risen so high. But now let us spread our wings. But we are cutting them down. Don't become small minded people, worried about small, small things here and there. Nothing is important. If you see in your previous lives, you have had all kinds of foods, you have had all kinds of trips, you have done every kind of marriages, you have done every kind of other nonsensical thing that people waste time with. It is over now, finished. Now you do something new. How many people you have married in previous lives? And how many houses you had in previous lives? And how many pleasures you have had, finished now. Finish it.

This is a special time, the best time of Ritambhara where you have to grow, that's the point, is the season is that. In this season if you do not grow, you won't grow.

You have to take full advantage. With full intensity you have to do Sahaja Yoga. That doesn't mean that you give up your jobs, or anything. If you are intense in Sahaja Yoga, you will be intense in everything, but there is no intensity.

Munich I decided just- I don't know if Warren has told you, Munich-

Shri Mataji to Warren: You didn't tell them about Munich?

Warren: No

Shri Mataji: All right Munich, I decided at last minute, because there was a horrid one who had come from Munich and had told Me that Munich's seekers will ask such questions. I didn't like them at all. She was very arrogant. I said I'm not going to Munich. But in Vienna I just felt the vibrations of Munich. And I was amazed. I said, "All right, I am going to Munich." We had to run up and down to get My visa, this thing. Everything worked out as usual.

And in that short time, three days, four hundred people were there. And so intense I tell you, so intense, even children, so intense, and they were listening to every word I was saying, and picking up as pearls, precious as diamonds, every word they were noting it down.

And when they had their Realization they were just stunned people. Imagine the Germans, coming over you people, English. What will happen to you? They are people of determination. If they decide to do good, they'll do lot of good. They are not like this. And then when I left them, for one hour, they were in the hall, just stunned, discussing about Sahaja Yoga.

But here as soon as I go away, people start discussing something so nonsensical. I hear it. I know the vibrations and everything. We are not intense, we must increase our intensity, that is what is called as shraddha. Is important, very important. And I am sure this year you will make it a point to do intense understanding of Sahaja Yoga.

That intensity is lacking. May be there's something 's gone wrong with you in the past and you are conditioned about it, or you think about it: "How can I do it, it is too much."

You can do it, everything, you forget the past, forget the past. Past has no meaning whatsoever in Sahaja Yoga. You are being completely renovated but just use your mechanism. I have worked so hard with you people, that nothing wrong with your mechanism, only thing you have no faith in yourself. And those who do not have faith in themselves are always bumptious people.

So first of all station yourself within your Spirit, within your heart and try to develop your powers, inner powers, not of talking and showing off, but inner powers.

Still so many are possessed, you know that. It's a shameful thing that even now in the temple of God there are people who are possessed by horrible evil things. How can it be? You are the carrier of all these, even now, how can it be? So one has to be very intensively there, and those today who are looking to be, nothing will grow into something so great, that you'll be amazed at yourself: how is it [that] I have become so great? But the first and foremost thing is disciplining. Discipline yourself. When it comes to eating some people eat too much, when it comes to talking some people talk too much, or they do not talk at all or they

eat not at all. All this is indiscipline. But going higher to this spiritual life, best thing is to take the discipline from your Spirit and you are disciplined automatically. Let the Spirit rule you. It's possible. It's possible, because I have seen in such a short time and when I've been there for such a short time, I don't even know their names - here practically I know all of you, by your names, and by your vibrations also - and they have gone up so much.

So, today is a great day. Of course a great privilege. Always you are privileged people, like House of Lords. It's true, but may be, one day may come when this House of Lords may be banished completely. You have to behave like Lords. That is why My humble request is that you must learn to worship discipline. I don't say: "Do this, do that," you know what is to be done. And then on top of that, you should not tell Me: "I know, I should have, I know." When you know, why don't you do it? You are empowered. Today let us, with full confidence in ourselves and in our ascent, let us with full intensity attend this puja and in our hearts decide that: "I am going to discipline myself."

May God bless you all.

[Shri Mataji speaks in Marathi]

[Shri Mataji is rubbing Her right ring finger while speaking]

Navaratri is beginning with a big force.

But vibration-wise is good.

Vibrations are very strong today. Tremendous. And you take full advantage of them. If you want, you can use your left hand or right hand, whichever way you like.

Sahaja Yogi: If you wish, put your left hand towards Mother and right hand on the earth. Or, right hand towards Mother and left towards the air. So you take full advantage of this program.

I would say it is left hand mostly.

Even those who look egoistical are under the power of some sort of a possession. And they are even worse than people who are really egoistical because they are themselves not aware at all what they are talking about.

[Shri Mataji speaks in Marathi]

Indian Sahaja Yogi: Shri Mataji told me to start with the great mantras.

[Puja starts with the 3 great mantras.]

1984-0928, Talk to Sahaja Yogis, no problems

View [online](#).

28 September 1984

Talk to Sahaja Yogis

Marie Rouger's flat, Paris (France)

Talk Language: English | Transcript (English) – VERIFIED

Talk to Sahaja Yogis, Marie Rouger's flat, Paris, 1984

This is the reason; you are not connected that's why nothing is recorded!

Why the people are so insincere, this I have been trying to find out. Why they are not sincere with themselves? What is the reason?

The reason is very simple now I find that the inner being which is the genuine being which is ourselves, has got another covering perhaps, a very thin covering or in some people it doesn't exist, is the superficial, is the artificial being. And now when ego starts bloating, this artificial being starts separating from the genuine being and the more you have the sensations of the ego, then this buffer of the ego keeps you away from the genuine being.

So you believe in Sahaja Yoga, you believe in Mother, you believe in everything but you do not feel from within yourself that this is a part and parcel of your being. The reason is your superficial being is acting and your genuine being is lost in the weight with the weight of the ego. And the distance is so much that when you do something in Sahaja Yoga also, it is not from your heart. And that's why I have seen people, I ask them, "How are you?" and they will say, "I am still going up and down". I said, "Still going up and down means what?" Because they don't do it from their heart, because they have lost their heart. When you start playing games and when you say, "What's wrong?" Immediately there is one blow comes into the - one blow of air comes into the ego and then again you go away from yourself. Like that, you go and separating and the whole thing is a very artificial being within you which acts and the genuine being within you is lost.

So what you have to do is to pray through your heart. You have to say, "Mother, be in my heart". Do everything from your heart. If you start doing from your heart, then this cloud of ego will disappear. So, try to do everything from your heart, say mantras of the heart and try to open your heart and don't live on this artificial level. Because many people talk so much about Sahaja Yoga, they say that they are great Sahaja Yogis, they are so bumptious, they go on giving lectures on Sahaja Yoga, expressing themselves.

I used to think how this is possible once the Spirit is awakened? With the Spirit, they see within themselves that there are two beings: the superficial being and the real being. And they start wondering, "Why am I being superficial?" They can see that but they cannot identify with the real being. So, I would say that you must say the mantra of the heart saying that, "Mother, be in my heart." "Stay in my heart." "Let me love You from my heart."

When you look at the photograph, put all your heart on the photograph. Take the photograph to your heart. If you start doing like this then only you will reach that depth where your genuine being is. Otherwise, you are lost, you don't know why this thing is happening superficially. You can do it.

Then another thing could be that if you are very much conditioned, you have a superego, that's another balloon. That can also be covering your heart and you could be with something that is not your genuine being. It's an artificial being. And you may be talking like a bhoot or you may be talking like a person who is a not yourself. And then you will start thinking, "What is this? I didn't want to say this, but I did it. I should not have done this but I have done it." Because you are so conditioned with the bhoot-style of talking, that you will go on repeating the bhoot-style and you will go on repeating that wrong type of a thing which you should not talk. You may regret about it. But it will go on coming back to you and you will be shocked at yourself, "How did I do it. Why should have I done it?" But the reason is that you are not genuine, you are talking through something that is not

yourself.

So to overcome even the conditionings of those, of the styles you have learned of talking, the styles of living, the styles of your dealing with others should be given up completely. But how? Unless and until you do it from your heart, it cannot change. So, go back to your heart, become genuine then you will be surprised at that level that all human beings are the same. But the genuineness is very, very rare these days in the western minds.

The second thing, I have discovered to My shock that they are very disintegrated people. There is no integration. Like I heard of a great scientist who had one wife, who had love affair with another woman and he used to sleep with third woman. So, must be an absurd personality. But it is not absurd for a Western mind, it's quite common, they don't mind, "What's wrong?" in this kind of a thing. Because they are disintegrated, their heart is not with their mind, mind is not with their liver. So one lady cooks for their liver, another one sleeps with him, who looks after the physical pleasures and the third one is the one who gives him a mental, emotional feeling. Thus how he lives with three personalities. You can live with six personalities. You can live with any number of personalities, but then you are frittered away, you are broken.

And then, you ask them any question, they will say, "I am confused". It's the sign of a person who is not aware. But according to them that is the sign of a person who is very aware. So these absurd ideas of modern times must be given up and you must speak from your heart. You must do everything from your heart. Then you will be genuine. Because I have seen people who do not mean bad, but they do it because they are habituated like that. They have a habit to do like that so they go on. To overcome a habit, you must go to your heart. Because the Spirit has no habits, it's so genuine and it can only express itself fully through your genuine Self.

But the poor genuine Self is completely suppressed by your ego or by your conditioning. So now, after coming to Sahaja Yoga, you are not French, you are not English, you are not Indian, nor you are egoistical, nor you are ego because to believe that you are something itself is a mental projection. You are the Spirit, born of the Holy Ghost. So, you must remember to be genuine is most important for every Sahaja Yogi.

The Spirit is the source of joy. I am the source of joy too. So, if you put Me in your heart, then the source of joy is in your heart. The trouble is, you do not put Me in your heart. And you just want to see that I am there and just to mentally feel that, "Oh Mother has come to my house" or "Oh I was with Mother, I can give Her flowers, or I can give Her fruits, or I can do for Her this". This is all again mental satisfactions. Am I in your heart? Or you are doing outside? It's the point you should find out. If you put Me in your heart, then because I am the source of peace, I am the source of joy, and I am the source of all the beautiful things that you could think of, you will have them, because you have not put Me in your heart, what can I do?

I don't think I have ever been so shameless as this. [Laughter]. He is listening to Me from the heart, very seriously and can now know that I am speaking to her! All right? [Aside] You didn't tell me. Now this is how it should be [unclear].

So, the Western mind is such that it must create a problem, busy with that, The same mind can give a solution but the same mind is busy creating problem. Say, you tell them, "This is to be done". The problem is immediately like that. When a person who is paying lot of money for his insurance, a lot of it, you tell him that, "You cannot pay so much if you cannot recover it any time". Or you tell him that, "Now this is happen to in your family this thing has happened, why don't you claim it?" Immediately he will come out. The problem is like that. They are against themselves all the time. This is the Western mind. And I have seen that Indians take to it like that. So, if Indian can take to it, so imagine how can you indulge in that, I mean you pressurize their minds also. Normally, it is the solution to be found out. that's why the brains of people are confused: they are anti-themselves. All the time, they are fighting themselves for nothing at all!

Like, you have to go from here to station, a simple thing: now go, take a train or take a bus, whatever it is, see and get to it and go to the station, finished! "No, the problem is you may not get this thing". "I think today it's this time. At this time, they may not be available". Then the mind will say, "All right. Even if you get it, it may go half way". How do you know, sitting down here?

And then another person gives a positive solution, like him, say. Then another will come out and say double problems to you. So

you will go on, you see, giving solutions. They'll be bringing out problems, nothing will work out. Then you will be tired. They sit down, "Ah!". Everybody sits like this.

What is there to be tired? Because you think too much about the problems, "This is so. This is so". And then you go to individuals, always I have seen. You never see to the collective, always to individuals. This fellow has run away. That fellow has no job, that fellow - under these circumstances, the solution is: you cannot have an ashram.

It's like the question we used to have in our mathematics, it's like this, that a work has started one fellow came and he did work for one day and run away. Second fellow came, he worked for three days and he fell sick. Fourth day came and he came up to a point and then he decided to go away. So, when will the work be over? Never! If you have such runner, escapist and people who are on the run, how can you finish the work? [Laughter] No question, they cannot finish the work! And that is what exactly it is happening with all of you is this that one person will give a solution, another will give problems. And then that person comes upon that person and, "Oh, this is the thing". "No, the problem is like that".

Now the word problem should go away from the mouth of Sahaja Yogis. That's one decision that should be taken. No problem doesn't exist. God is with us. why should there be any problem?

And when you go on like this, your mind starts working, nothing will work out! I have seen it happening in My own life. I have seen these things happening like this, that people who just started with the problems also, God says, "All right, have some problems! You want to have? Have them!" You are Sahaja Yogis; how can that be any problems for you? And that's how all your powers are cut down. All your dimensions are cut down and you cannot do anything about it. So, let the mind; tell it to stop. What can you do? Ask yourself, "What can you do? What have you achieved so far? Just stop it". Things will work out, you see, like blessings will come down.

That's how you stop between the two, poor fellow who was trying to give solution is dead and the one who gives problems is dead. So whom do you give the blessing, to the dead? [Laughter] What's the use of giving blessings to the people who are already half-dead, who cannot even breathe properly?

All right. Be in silence. In silence the blessings come in. Alex, keep your eyes open. When I am there, keep your eyes open. Just now, receive it. You are at a reception point, adjust it. Till you have found the plug, you are going here and there. Plug it in, you see, it works. There is a dynamic force, which you have to take to. That's why it doesn't work out. You must know: it works out because you leave to God's energy, God's powers to work out. It doesn't work out because you are wasting your brain. Relax, relax, relax, relax, relax. Keep your eyes open. Relax. Relax, relax, relax.

Allow the Kundalini to work it out. See her blessings. Be complete; be in complete silence about her. You talk too much and worry too much.

In My previous lives, I never talked. This life I am talking, because to stop your talking.

[Laughter]

The whole of Paris will work out.

[Shri Mataji speaks in Hindi]

Thande me nahi baitho, upar baitho. Udhar baith jayo uske saath, udhar nahi iske saath baitho, dhyan karo, haath rakho dono aise aur dhyan karo, aise batho, aise haath kar ke, goud daal ke baitho, goud daal ke. [Don't sit in the cold, sit up. Sit over there with him. Meditate. Put your hands like this and meditate. Sit like this, with your hands like this. Sit cross-legged.]

Another side, the sight is within you, that when you are relaxed, your eyes don't go on like that. I mean you will find that sometimes, for about 3-4 minutes I don't blink My eyes.

I don't have to.

Nadine's eyes are blinking very much.

Try to steady and stare in a way. I've not blinked at all.

That's one of the signs of the Goddess, that She doesn't blink much.

All right.

[Laughter]

So, that's how it is. Now, let's see.

[End of audio]

1984-0929, Radio Enghien Interview hold on telephone

View [online](#).

29 September 1984

Interview

Marie Rouger's flat, Paris (France)

Talk Language: English | Transcript (English) – Draft

Interview on Radio Enghien, Marie Rouger's flat (175 avenue Ledru-Rollin 75012), Paris (France), September 29th, 1984

Interviewer [speaks in French]: She is known in India as the greatest woman of these days. She comes to propose to Westerners as well as to Orientals a new stage in their conscience which was promised by Jesus-Christ himself. We can ask Shri Mataji how to achieve this new state of conscience and what will it bring to us?

Marie: The question is how to reach this new state of consciousness and what will it bring us?

Shri Mataji: This new state of consciousness, to begin with, should be called as Collective Consciousness and I should be achieved spontaneously.

You don't have to exert, you don't have to pay for it, it is spontaneously happening, if there is somebody who knows how to awaken the residual power called Kundalini within you.

Interviewer [speaks in French]: Très bien, on peut aussi se poser la question de savoir comment se manifeste ce nouvel état de conscience si, dans le passé déjà, des personnes en ont parlé dans notre civilisation, aussi bien que dans d'autres civilisations.

Marie: Now, how does this awareness manifest itself, and what have been the manifestations of awareness in the past, now, as there have been people who have manifested this awareness.

Shri Mataji: In the tradition of spirituality, it has been happening for thousands of years. But in the beginning of time, the tree of life had few flowers which became the fruits. But I called this time the blossom time where many flowers have to become the fruits.

The manifestation of this new awareness takes place because the Spirit, that is the reflection of the Divine with you, starts manifesting in your attention. Firstly you become, again I say you become collectively conscious, means you start feeling the other people on your fingertips, their centres, the subtle centres, and you start feeling your subtle centres also on your fingertips.

Now the collective consciousness of attention is so powerful that sitting down here, you can feel the vibrations or the state of another person anywhere in the world and also you should get the power to cure the problems of the other person who is far away. Like through ether we can hear the radio anywhere, with just the subtler of the ether by which we know about anyone in the whole world any person, but not only that we can know about that person, but we can become effective, we can help this person thought the subtle side of the ether. As you start growing in the experience of the Spirit, you become so powerful that you can overcome all your problems, physical, mental, emotional, you get rid of all your temptations and get rid of your bad habits.

But this is the power of compassion and love of the Divine. So, though you become very powerful, you become very sublime, very righteous and virtuous. You do not have a mental projection about compassion but through you, you achieve compassionate acts, as if when you are with other people, they feel the peace and the bliss. And also, you can cure other people without difficulties.

You start feeling the joy and the peace of the Spirit. And then gradually you grow into a being who becomes the source of joy and peace. In short, this is the epitome of our evolutionary process which is living. Because it is a living process, it happens spontaneously. It is beyond all imaginary, mental processes.

You become very dynamic and also very knowledgeable because the Spirit is the source of all the real knowledge. Human being is a fantastic instrument and this fantastic instrument has to be worked out so that we can know how and why a human being

has been created. And also through this process of evolution, one can find meaning to many things which are being denied by mental processes. Only thing is, by this happening, the instrument is connected to the mains.

Interviewer [speaks in French]: It looks really fascinating but how to believe it? It looks really quite incredible. It is true that since thousands of years, all the great personalities of humanity, the Christ, Muhammad, every one has talked about this Advent, of a new state of awareness, of perfection, but how to know, to believe that it is the event that you are talking about? That it is the truth, the achievement. How to believe it, what are the proofs of it?

Marie: It's true that every body has spoken about this coming, this Realization. Mohamed and Christ have spoken and said that there was a new opening that something was coming, but how to believe that it's really this, this is it?

Shri Mataji: Whatever happens to you on your central nervous system is what you achieve in your evolution. For example if there's a dog, and if you ask the dog to go through a dirty lane, it can go but a human being cannot go because on our central nervous system we can feel the filth.

With this transformation you feel the cool breeze of the Holy Ghost coming out of your fontanel bone area, you can feel it actually. And then from your hands, you can feel the cool breeze flowing and all around you, you can feel the existence of the Power of Divine as cool breeze, you can feel it on your central nervous system. And many people, overnight, get transformed into sublime and good people. It is not possible, unless and until there is something like the transformation of an egg into a bird has taken place.

Interviewer [speaks in French]: It is interesting to know that Shri Mataji will give 2 public program on Friday, September the 28th and Saturday 29th, means tonight, 5 rue Lascase Paris 07, à 20h, metro Station: Solférino. And before going on with our interview, here is some music. See you soon. 16:41

Interviewer: Radio Enghien.

Another interviewer [speaks in French]: Shri Mataji, is it possible for everyone, for each one of us, to get access to this Yoga or is it for a special elite?

Marie: The question is: is this Yoga accessible for every body or is it only for an elite?

Shri Mataji: It is for everyone. Sahaja means - "saha" means "with", "ja" means "born". It is born with every human being and it's within every one but every one doesn't want to have it. That's the trouble in this world is, that the people are running after other things which they think can give them happiness but ultimately does not. It does not give them, only their Spirit is going to give them joy. So those who will seek will definitely find it.

Second interviewer [speaks in French]: In the world in which we live nowadays, in turmoil, where people are wondering a lot, I would like to know if there is a relationship between this Aquarian era, about which we talk in the previous broadcast, and this Advent of the Aquarius, of these vibrations, maybe of you.

Marie: The question is: Is there a relationship between this Age of Aquarius that every body is talking about, the coming of the Age of Aquarius and these vibrations?

Shri Mataji: The Age of Aquarius means the Carrier of the water which is a picture of this Aquarius and according to Sahaja Yoga the abode of this residual energy, Kundalini, is the Aquarius. So this is the Age of the Aquarius means this is the age of the Kundalini. Means that this residual energy will rise from its abode and will grant Realization to people.

Second interviewer [speaks in French]: Last time, we also talked about a great incarnation who is Jesus Christ and I would like to know if He has a place in Sahaja Yoga, if He was introduced as a divine personality or as a great prophet?

Marie: In the last program, they spoke about Christ. Now, he would like to know if Christ has a place in Sahaja Yoga and what is Christ? He is recognized as an incarnation or as a great prophet? Who is he?

Shri Mataji: Christ has a very great place in Sahaja Yoga. He is regarded as the son of God as the embodiment of innocence within us. And He resides in the centre which is placed between the pituitary and the pineal body, at the optic chiasm. This is called as Agnya Chakra, which is a gate to the limbic area, which is the kingdom of God. So, the Kundalini has to pass,

everybody's Kundalini has to pass through this gate. And you have to have faith in Christ that He should be awakened there. And once He is awakened in that centre, then only you can enter into the Kingdom of God.

Second interviewer [speaks in French]: Our show is actually called "on the other side of the door" and you propose to go to the other side of the door. Would there be something that would prevent us from taking that step? You speak for example of faith: can one have faith, as one has faith in UFOs for example, or is it quite another thing?

Marie: Well, he talked about faith in Christ. To cross the door, he said, we must have faith in Christ. Now what faith is it? Is it faith like people believe in flying saucers or is it something completely different?

Shri Mataji: It does not mean blind faith at all like organised religions have blind faith and you are asked to have faith in Christ without knowing about him. It is when Christ is awakened within you then you have to have faith because unless and until you take His name, this door does not open. Now, supposing you deny that: "I do not want to take the name of Christ" then this door cannot be opened. That's why you have to have faith that He existed and that He died on the cross, and this is the cross of the optic chiasm, and that his message was of that, of Resurrection. Mentally, it is not needed. But, unless and until you take His name, or I take His name, I cannot make this Kundalini, this energy, pass through this gate. It has nothing to do with any other mental sort of things that we do without having the experience.

[Cut in the audio]

Shri Mataji: ...That you just only believe in Christ, because Christ has said: "Those who are not against Me are with Me." So one must know who are those.

[Cut in the audio]

Stops at 29:29

[End of audio]

1984-0929, Whatever is our genuine faith, why doesn't it manifest in our life?

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29 September 1984

Whatever Is Our Genuine Faith, Why Doesn't It Manifest In Our Life?

Public Program

Paris (France)

Talk Language: English | Transcript (English) – Draft

Public Program. Paris (France), 29 September 1984.

[About the mike] Just have to test it a bit.

I bow to all the seekers of truth. Now, we talk of truth, we have heard about it, and so many of us think that we know the truth. But truth is only known on your central nervous system. Supposing, sitting down in London, I believe that Paris is like this or like that, I do not see the truth. So, I have to experience, I have to come here, and see for Myself. But whatever I do in My imagination is of no value. And if we are honest, if we are really seeking, if we really want to know the truth about ourselves, we have to have an experience.

Now, if somebody says, that: "I give you the experience", or he says that: "I am God" or: "I am something great", must you believe that person? Many people have believed in all religions. Hindus have believed in religion, Muslims have believed, Christians, Jews, Buddhists, all have believed in something. But this belief did not transform you, did not give you power to follow the religion.

We can take the case of Christians, where it was said by Christ, that: "In the Ten Commandment, it is written that: 'Thou shall not commit adultery', but I say unto you: 'Thou shall not have adulterous eyes.'" But those who believe in Christ, or believe in church, have they got pure eyes? Have they got innocent eyes? Are they devoid of lust and greed?

They are not, they are not at all! On the contrary, those who call themselves Christians are extremely licentious. They say: "We are free!" They say: "What's wrong?" "What's wrong in anything?" Same about Hindus, whatever is said in Hinduism, they don't follow, they cannot follow, they have no power to follow. Same about Islam, they say: "We are Islam", and they fight, they're fanatics. But only under fear, they follow, under fear. They don't do it in their glory, in their freedom.

Then, what is wrong? Why? Whatever is our genuine faith, why doesn't it manifest in our lives? There must be something missing. And that missing point is that we are not yet connected to the Divine. Christ has said: "You are to be born again." So, they have a badge on their head: "We are born again."

Another cult, another guru saying: "We believe in this, we believe in that, we have a badge, we have something, a dress", something like that. But remember, you are seekers of ages, you have been seeking for ages. This lifetime you are not going to waste, following something that is just a mental projection of yours. You have to become something; otherwise, this life is of no value. If you are going to be satisfied with all that low level stuff, then nobody can save. You have to value it yourself, that you are great. You are the Spirit, and you are not going to waste your life believing into someone, believing into a theory, believing into some sort of a guru, or a cult, but, believing into yourself, that you are the Spirit, and as Christ has told Nicodemus that: "You are to be born as a Spirit, out of the Spirit, out of The Holy Spirit, The Holy Ghost".

You have to face the reality squarely now, time has come. This is the time of Last Judgment. This is the time you are going to be judged. And this is the time you are going to enter into the Kingdom of God. If you want, you can go to heaven, or you can go to hell. You are the Spirit, the pure Spirit, the reflection of God. But, you have not yet felt it in your attention, in your consciousness, the existence of Spirit. First, let us admit that, humbly, within ourselves.

Now, whatever I'm going to tell you is the knowledge of the roots. All the knowledge of science, and all that the western mind has achieved, is the knowledge of the tree. In the tradition of spirituality, it's a very ancient knowledge. But was not used openly,

publicly, "en masse", till' the sixth century, people started to talk [talking?] openly about it. But, even in the Bible, there's a mention, at different points, and the mention is: "I will appear before you like tongues of flames".

They are many mentions like that. I asked a priest: "What do you know about Holy Ghost?" He was surprised at the question, and he surprised Me by his answer. He said: "I'm agnostic." Then I said: "What are you doing here?" He said: "I'm doing my job." I said: "That's a good idea." So, you cannot be paid for God's work. How much are you going to pay for it?

Another fellow, BBC "great interviewer", you see, came, and he said that: "Anglo-Saxon brains cannot understand anything without money. You must take money and buy Rolls-Royces." I said: "How much are you going to pay, how much have you got?" But he would not understand. He said: "Sahaja Yoga cannot spread unless and until you take money from people." I really got fed up, and I said: "How much did you pay for Christ?" You actually sold Him. This is what it is.

We have to understand: we are not going to deny anymore Christ within ourselves. We have to accept that we are great seekers, and we are going to find out the truth. Whatever is falsehood, we are going to throw it away. This should be the first determination. Now, I may be telling you lies - quiet possible- but, you keep yourself open, like a scientist, that if it is a hypothesis before you, let Me prove it. And if it is proved, it is proved, you get something out of it, nothing Me. It's a thankless job for Me! But such joy giving, that I've been moving for days together, from countries to countries, to meet the seekers.

Because this is your wealth within you, which you must have, and you must get it. This is your own, why shouldn't you have it? With what great difficulty the Divine has created you as human beings, are you going to be lost now? You have to take your Realization, and establish it.

I went to America about seven years back. In the beginning I told them that: "Don't do parapsychology, don't have licentious life, don't follow Freud. He was a devil". They laughed at Me. I told them about all the gurus, their names, all the sinister people, and the devils that they were. They all laughed at Me. Now, I went this year, most of them are gone cases. Some have become mad, some have become bankrupt, they have given money for the "Rolls-Royces" of the gurus. Some are moving naked on the streets like mad caps. Some of them, cut their tongues and are wagging like dogs. In England, you'll find lots of them going as punks. Some have ended up as drug addicts. Now, sixty-five percent "young people" so-called of America, are suffering from mental troubles. They have no place in the mental asylums, so they are walking about everywhere, you find them everywhere. [Laughter]

But do you know? They are all seekers. They are all seekers like you. They are all lost. I wish they had listened to Me. But they believed in their ego. Those who pampered their ego, they just finished off. They became slaves of these gurus. Now, at least, let us face the facts.

So, within us lies this beautiful instrument which is built during our evolutionary process. Is all, all of us have got it. "Total. Total." "Toutes les! Ya!" [Laughter]

And nobody is without it. This is made with three powers within us, which expresses within us as autonomous nervous system. And whatever we gain, in our evolutionary process, is represented in our central nervous system. Now, the doctors call it as autonomous, they give it a name, but who is this "auto"? "Auto" is the Spirit. They just give the name.

Now, we have these three forces within us acting, one on the left, one on the right, one in the centre. Now, the one in the centre is called- is represented by the parasympathetic nervous system, and those two on left and right, are the sympathetic. Now, those who go into too much emergencies, left or right, left or right side, extract the energy of the centers, which are formed by the loops of these two, left and right.

Now these loops are the subtle centres. And they are responsible for supplying the required energy to the sympathetic nervous system. Now, left side is for our past, for our conditioning, for our psyche. And the right side is for our future, for our planning, for our thinking, for our physical and mental activity. Now, when, anyone of them, we use too much - for example we go to the past too much, or we go to our emotional side, like French are very emotional. I mean, they are miserable about it.

When I came first time to London- ah, to Paris, they told Me: "Don't say you are a happy person. Because they will think you are not aware. French are supposed to be miserable." Yes, I had read a book called "Les Misérables", long time back. [Shri Mataji laughs]

So, that's what it is: that we condition ourselves, we are very emotional, we go on to our left-hand side, and we enter into the area

of subconscious, and then into collective subconscious.

And when we enter too much onto the left, too much on to the left, then we get into trouble, into problems. [Shri Mataji is correcting the translator]

Not: "A ce moment là", [at that moment] but slowly, gradually. [Laughter]

[Shri Mataji laughs]

Little bit I know [about French] living with French, you can't miss it!

Now, when that happens- you'll be surprised, I saw a very nice program of BBC, of some doctors who said that cancer is caused by the triggering, by some proteins called 58 and 52- they give name again, "auto", like 58, 52, now what is it 58, 52? [53] But it's a name. That means, when we are very vulnerable, when we have used our sympathetic too much, then the triggering takes place by these proteins. And they further said that this happens because there is an area within us, which is built within us since our creation, and these proteins attack us from that area. So, it is a psychosomatic disease. So, doctors cannot cure it, nor psychologists can cure it, because they are opposite each other. But when- So, something has to be done to bring both the left and the right into the centre properly settled.

And when you get Self-realization, your cancer gets cured. How? Within us lies the power of our ascent, the reflection of the Holy Ghost, known as "Kundalini". Now, "Kundalini" it is called, because it is like a coil, three and a half coils. This power of your ascent is your Mother, who gives you your second birth. It is a power which is of your true desire. We think: "I want to have a house, I want to have a car, I want to have this, I want to have that." But they are- that's not our true desire, because when we get it, we are not satisfied.

So, this is the power of our true, real desire, pure desire. Now, what is the purest desire we have within ourselves? The purest desire that we have within us, is that we have to ascent, and that we have to be united with the Divine. Is the will of God that we should be united with the Divine.

That will of God is the Holy Ghost, that is the Primordial Mother. There has to be a mother if there's a father and a son, isn't it?

Now, this Primordial Mother is reflected within us as Kundalini and She awakens spontaneously. It is a living process, of a living power. And whatever living happens is always spontaneous. Supposing, you want to sprout a seed, you just have to put it in the Mother Earth, and spontaneously it sprouts. Because the Mother Earth has the capacity and the seed has the possibility. So, it manifests spontaneously.

You don't have to pay anything, you don't have to stand on your head, you don't have to wear any badges, you don't have to believe into anything, it just happens. In the same way, awakening of the Kundalini takes place. It is a living process. It pierces through six centers...not the seventh one is lower. And ultimately pierces through your fontanel bone area. And you start feeling the Cool Breeze of the Holy Ghost on top of your head. You feel it. Nobody has to certify you; you yourself feel a cool breeze coming out of your own head.

This is the real baptism. This is the living baptism. It is not some priest putting some water on your head, and saying: "Now you are baptized." It is a myth. It's a reality. So, then, after some time, or in some people at the same moment, you start feeling the All-Pervading Power. On your central nervous system, on your fingertips. In English if you say: "It is on your fingertips", means: very innate, it is very innate.

Mohammad Sahib has said clearly that: "At the time of Resurrection, your hands will speak." Because on your fingertips you can feel the seven centers. Five, six and seven. And, you are amazed, that from very next day, your life is transformed. Its so obvious. Its so evident. You can see within yourself how the change has taken place. That is the need of the...hour today. This has to happen to humanity. I don't know how many will really get to transformation. Because the Divine itself is anxious. I'm myself surprised how it is working among thousands of people!

All your past is forgotten, lost and forgiven. It just works out in a split of a second. It is very fantastic. But, one has to develop it. Because, after Realization, the Kundalini goes to various places within you, where you need help. Now, if you know how to handle, if you know how to manage it, then you become a master. I'll give you an analogy which may explain. Like in a car, we have a break and an accelerator. Like the left and the right side. Now, when you learn driving, you manage...make mistakes. But when you learn it, you become the driver. Then you do it automatically.

But the master is sitting behind. After sometime, you become the master. Then the master sees, the witnesses, the driver, the

brake and the accelerator. Such a person is a very powerful personality. Is a power of love and compassion. We have never known this power of love before. This is Divine Love. This is the all-pervading love. Is the subtler of subtlest. We have known ether, which we use, sitting down here, we can talk to another person, or we can have a complete photograph in another place. But this power is the subtlest of that ether also.

Not only that it knows about the person who is far away, but it acts, it acts and works out. It is such a great thing to achieve. That you are that Spirit. But you have to become. It is the question of becoming, not talking about it. I hope today, you all receive your Realization, and you respect it, and you develop it. We'll have a follow-on meeting here again on Wednesday. The progress in Paris has been the slowest, as far as Sahaja Yog is concerned. Though I have been here many more times than I have been to India. While in India, we have thousands of Sahaja Yogis. Why not in Paris?

You are very aware. Very aware. So, the confusion should be over now. It will follow as soon as you get your integration. Confusion is because of ignorance. And darkness. This room, if it is dark, we cannot relate to each other. But we can put the lights, just by pressing a button. But behind that button is a big organization, a big history, and ...that has brought this today to this stage. In the same way, on the tree of life, though we had one or two flowers, today it is "The Blossom Time".

It's alright...it's alright...it's alright, I can speak loudly. [It seems the microphone is going down] So, now...alright...I think it is too much of light from here is, that's why it's too much load. Alright, doesn't matter, don't get disturbed. Please, don't get disturbed, I'm about to start the Realization. If there is any question, you can ask Me, but we'll not have too many questions to waste time. Only people who are going to take Realization should ask questions. Mostly who ask questions, never sit down for Realization.

Ah, ah...they just ask questions for asking sake. So, better ask a question, with an idea to know something more. But I would suggest that the knowledge is like ocean. And I have given at least two...to two thousand to five a... two thousand five hundred lectures in London only in English language, only in London. And everywhere, I've been speaking and speaking and speaking. And you can have My tapes, if you want to enjoy some mental fits. But better have your spiritual feast. By asking questions, nobody is going to gain much. It is just...You can try, but it is not of use.

If Kundalini rises, and you get Realization, I'm fortunate, and you are fortunate. And if it does not rise, that's your luck and My misfortune. There is no guarantee. So, please, you should not blame Me if it does not work out. I'll work hard, and you have to be patient with yourself. And have to respect yourself. Because, you are the Temple of God.

Now, questions.

Shri Mataji: [What'd he say?]

Translator: "Does Realization give us an obligation towards you?"

Shri Mataji: "Me? What can you give Me?"

People: "Nothing!"

Shri Mataji: "That's it! That is the obligation, nothing! Do you know how much we are blessed, do you know without the sun we cannot exist for a second? What do we give to the sun? What do we give to this Mother Earth? She gives because that is Her nature."

Translator: "And second question was: what is the dangers..."

Shri Mataji: "No dangers, of any kind."

Shri Mataji: "They're in a happy mood today..."

Translator: "She said during a meditation, she's had her Realization. During a meditation, she felt a lot of wind, cold wind on the forehead, and she went up, and checked all the windows, and everything was shut, and she was a bit, a little bit scared..."

Shri Mataji: "No, nothing to be scared of...It's all around us. Do you know how much is the weight upon us of the atmosphere, do you know? Equal to twenty-five elephants...Equal to twenty-five elephants on top of our head. But nothing happens to us, does it?"

Translator: "She says the breeze comes from the outside, that's what she doesn't understand."

Shri Mataji: "Yes, it is: outside, inside, everywhere! Yes! It is, it is all round! After sometime, you start seeing the little, eh...dazzling... little comas of Chaitanya, of this power. Just enjoy! Hm...Good!"

Shri Mataji: What else now? No one?

Beautiful.

So let us have Realization. Those who have got it, will feel it more, and those who haven't got it, should get it. Now, you have to...you have to take out your shoes, because it's better to touch the Mother Earth, it's better.

Such vibrations today... it's...it's...Now, see, everything is closed! And be in a cheerful mood! Now, you have to put your hands on

your lap, like this, towards Me. The left side represents the desire to have your Realization. So, you put your left hand all the time on your lap, and you yourself with your own hand, will be giving vibrations, Divine Vibrations, to your different centers, which I'll tell you.

They will be on the left-hand side. First, you'll have to put it on the heart, I will tell you later. Until...Heart...heart...you put it on... somebody has to show. Can you show? Yes, then you have to put it on your... on your stomach, on the upper part, then in the lower part, then again on the heart, then on the left side of your neck, on the base, holding it tight, then across your forehead, then at the back here holding on your head, then on the fontanel bone area place the palm. You have to press it and move it clockwise.

At the very...at the very outset, I have to tell you that you should not feel guilty at all. Forget the past. All the time you have to say: "I am not guilty." Is a very wrong thing, and the greatest harm done to yourself by feeling guilty. So, please, don't judge yourself. And don't be afraid, be in a cheerful mood. It's a small journey, to enter into the Kingdom of God. Alright. So, now, you can close your eyes.

Before that, if you have anything tight, very tight, makes you uncomfortable, make yourself comfortable. Now, put the left hand towards Me. Everyone, everyone here has to do what I tell you. One should not be adamant. If you don't want to do it, it would be better that you go away. Because such people disturb the vibrations of others.

Only those who want Self-realization should stay here. Now, please, put your left hand towards Me. Please, close your eyes. Just close your eyes. Need not press. Just slightly close your eyes. Do not press it hard. Close it properly. Now, put your right hand please, on your heart. Those who are wearing coats can put it from inside the coat, would be better.

Keep the eyes shut. Don't open the eyes, 'till I tell you. Because the Kundalini may not rise. Now, at this time, when your hand is on your heart, you have to say...it's a question...you have to ask Me, you can call Me "Shri Mataji", or "Mother", whatever you like. You ask a question: "Mother, am I the Spirit?" Please, ask this question three times in your heart.

Now, don't feel guilty. This is the main trouble you all are having is feeling guilty. Say: "I'm not guilty, I'm not guilty, I'm not guilty..." and now say: "Mother, am I the Spirit?" Now, take this hand down, on the upper part of the abdomen, and now, on this center, which is the center of the Primordial Master. This, logically, you have to ask a question. If you are the Spirit, you become your own master. So, please, ask Me a question three times: "Mother, am I my own master?"

Hum...Hum...[Shri Mataji says three times slowly in the microphone a mantra like "Gruha Laxmiam Sakshat", but it is not very audible...] Now, take this hand down on the lower part of the abdomen. This is the center thru which the true knowledge, the true technique acts. At this point, I'm sorry; I cannot cross your freedom. So, you have to ask Me: "Mother, please, give me true knowledge." "Mother, please, give me the true technique of the Divine." [Hum...better?] Six times...Because this center has got six sub plexuses. This center is called as Swadishthana.

Please, don't feel guilty. Now, again, raise your hand on the upper part of the stomach, on the left hand side. Now, the new thing has started that, you have to assert yourself, as now you have got the beginning of the true knowledge. Without feeling guilty, with full confidence, you have to say six times...no, I'm sorry, ten times, with full assertion: "Mother, I am my own master." Without feeling guilty. If you are wearing out of your...any guru, or anything...please take it out...otherwise it won't work out.

Because you have to become the master now. Ten times, please, with full assertion. Please, don't feel guilty. Hum...better. [Shri Mataji says to some yogi very softly: "Ekadasha..."] Now, raise your hand to your heart, with full confidence, without feeling guilty. Please, say twelve times: "Mother, I am the Spirit." Ha! Now, say it with full confidence. Now, believe Me, that God is the ocean of love. He is the ocean of compassion.

Above all, He is the ocean of forgiveness. So, you are not to feel guilty. Please, raise your hand on the base of your neck, and press it hard. Now, here...from the front...take it from the front, take it yes, take it from the front...at the back, take it at the back...Now, you have to say sixteen times: "Mother, I'm not guilty." Believe Me, you are not guilty! Ha! [Shri Mataji says softly: "What a release! ...inaudible...it's too much...Ho, ho...Goes to the right heart there...it's alright...ha...better? Ha? Better?"]

Alright! Now, those who still feel guilty should say it hundred and eight times to punish themselves. Ha! Now. It's better... Now, raise this hand on the forehead across, hold it tight. Here, you have to say: "Mother, I forgive everyone." Now, many would say that it's very difficult, but it is a myth when you believe that you don't forgive or forgive. On the contrary you are playing into the hands of other people. So, say: "I forgive, I forgive, I forgive everyone." From your heart say it.

All your pressure will go down. Now, take this hand on the back side. And press it hard, on both the sides. Now, here you have to say, without feeling guilty, again I say, without feeling guilty... without feeling guilty. That: "If I have done any mistake, O Lord, please, forgive me", but don't feel guilty. Say it from your heart.

[Shri Mataji is blowing in the microphone] Now, take this hand, on top of your head, on the fontanel bone area, and press it. Press

it hard and move it in clockwise manner. At this time again, I cannot cross your freedom, I cannot force Realization on you. You have to ask for it. Please, say: "Mother, I want my Realization, please may I have it?" Press it hard.

Please, say it seven times. [Shri Mataji blows again in the microphone, around seven times] Now, put your right hand down below, don't open your eyes. On your lap. Now, put your left hand on top of your head, and see if there's a cool breeze coming out. About four inches, on top of your head, on top. See if there's a cool breeze coming out. Little higher, about four, four-five inches higher, you move it up and down, you will see.

[Shri Mataji says thirteen times in the microphone: "Om Sakshat Nirmalam Sakshat"]

Now, you can see with another hand also. Got it. Got it? Ha, good... Now, you slowly open your eyes, but don't think about it. Now, raise your hands up in the air, bend your head back, and ask the question: "Is this the All-Pervading Power of God, is it Brahma, is it the manifestation of the Holy Ghost, the Cool Breeze of the Holy Ghost?" Ha! Alright? Feeling it? Put it straight. Straight hand. Feeling it?

Hu! Now, bring it down, and see in your hands, are you feeling it? [Inaudible] Now, don't think, just don't think. Some might be feeling in the left hand the cool breeze. But not on the right hand. They should put right hand towards Me, and left hand like this. Those who are feeling need not; they can put both the hands, but don't think. Now, those who are feeling in the right hand the cool breeze and not in the left hand should put their left hand towards Me, and right hand towards the Mother Earth.

Are you feeling in both the hands? ...Or both the hands? On one? Right hand you are feeling? No, left hand...alright... keep it...liver...ha! Put your left hand on the liver. Yes, those who are not feeling on the right hand can put their hands on the liver. Those who are not feeling in the left hand, should put their right hand on the heart. Now, those who have felt the cool breeze on top of their heads, or in their hands, raise your hands, both the hands.

Ho! Practically everyone! But those who have not felt, should not get disappointed, we have so many people, Sahaja Yogis from all over Europe have come, they'll work it out. See her...She has...no, no, but you have got it, you have already got it, but in your hands you are not feeling. You...not...Vishuddhi...one chakra is...in the hands you are not feeling, but we are feeling on your head...on the Vishuddhi just see [Radha-your hand?]. Put your hand on the Vishuddhi, she'll feel it! On...the head, but on her hands just see if she's feeling...

Now, close your eyes and watch it. Don't deny, just see, it's sensitive, it's subtle, is a subtler experience, we are in the gross, you see? So, be careful, see now, is it? No, no, don't think about it, don't think, that's not the way, don't think about it, if it is not working, we could tell you it's not working, but it is. But, hands is there also, you should feel, slowly you'll feel it, suddenly, some people don't feel it immediately, you didn't feel at all? Nothing at all? Ha...Grégoire, just see him ha...now...who else?

Now, don't argue. See, if you have not felt it, it is because it is very subtle. Now forgive, forgive, you have not forgiven...forgive! Forgive! Forgive! What she's saying? No, but still you forgive. Say just that much. Left to the right, too much of it, left to the right, put her left to the right. Alright? Ha? To desire! Those who have not felt? We have many Sahaja Yogis sitting here; they will all help you. Now. You have not felt, alright? That's one, two, two persons, three...What he's saying? Tell him what to say for his head. Now, don't talk, just be quiet. Those who have not felt raise your hand, Take it easy, take it easy...

Her attitude is not...your attitude is not alright. You are not obliging anyone...you have to oblige yourself...do you understand that point? Alright! No, no it's alright, so don't get impatient, be patient. We are patient with you, why are you not patient with yourself? Be patient, it will work out...be patient...now, we'll see, we'll work it out. Is there any lady here nearby...to see? Someone...they have come all the way from everywhere. Some lady here? Is there a Sahaja Yogini? No? Just see here, this lady. It will work out, don't you worry, some people don't feel it, doesn't matter, she took sometime to feel it herself, it's no argument. It's normal, it's normal, some people feel it more on the feet, some on the hand, don't you worry...if you are feeling in the feet.

Yes, it's alright, she has a Vishuddhi, she has a bad Vishuddhi...hum. This is the center is not alright...if one center...Are you alright, madam? She's not feeling? Come along! No? Just somebody will see...see her, see her...It will, it will...gradually it will cool it down, have you felt it now? It's alright, have you felt it now? Warren? What's the matter with this gentleman? The liver is still...but this gentleman...no, no, put your hand on his Kundalini, no, no, no, it will work out...put her...she...you have to put your hand on her Kundalini itself, is not rising that's why...itself...and one on her Vishuddhi...one on her Vishuddhi...no, no, you put ...you put your...you put your hand...

What she says? [inaudible...] Ha...hello, is a realize...great people, you are all great...what's your name? Great, look at them! You feeling the cool breeze? Are they feeling the cool breeze? Yes, from the very beginning...they are Realized souls...Now, you have

to go and feel this woman, go...and feel her cool breeze...just go and help, you are great people. Did you feel, madam? On both the hands, did you feel now? [Less on the?- not clear] Alright, put your left hand towards Me, right hand on your heart. Are you alright? What is he saying? No, no, it's alright, you're alright.

1984-0930, 8th Day of Navaratri: What We Have To Do Within Ourselves, Talk After the Puja

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30 September 1984

What We Have To Do Within Ourselves, Talk After The Puja

Navaratri Puja

Complexe sportif René Leduc, Meudon (France)

Talk Language: English | Transcript (English) – Draft

Ashtami Puja, Eighth day of Navaratri, Meudon, Paris (France), 30 September 1984.

Today is the eighth day of Navaratri, and it is great day for Sahaja Yogis because it is the most important time, period. That is, the seventh centre, we have crossed, and we are on the eighth centre. We need not think about the Goddess what She did on the eighth day, we have to think today what we have to do within ourselves.

After crossing the seventh day, after crossing the seventh chakra- that is the real ascent in your spiritual ascent. What are we to do on the eighth one?

It's so Sahaja that today should be the Ashtami, because that is the day the Goddess killed so many evil doers, and devils and Rakshasas. She did it on Her own, alone. Now these evil forces are manifesting in human beings. They have spread out. They are within us. So we all have to fight those forces within us. The war is within ourselves, is not without. First when you ascend the seventh chakra and you are on the eighth step, you have to remember first you have to fight those forces within ourselves.

You are all very intelligent people; but too intelligent sometimes. So whatever I say you may twist it, and may try to use it in your own intelligence. But it is not in your well-being. It is not for your 'hita', for your good. You want to use it because you think you are intelligent, and may be you do not know you are using it that way. And that is what one has to know that these forces are acting within us. They act through our intelligence, they act through our emotions, and they act through our physical being. So we have to be very careful.

When you ascend into Sahaja Yoga, we have to be very careful with our intelligence, because intelligence has capacity to cheat itself. And it will cheat us, nobody else. It is against us, against our own power. So we have to be alert and see for ourselves. So as soon as you enter onto the eighth step you should start seeing at yourself.

Now, for example, when I say the mantra is "I am my own Guru", immediately the intelligence comes forward to render its services-freely. "Oh! I am my own Guru, why should I listen to anyone? Why should I listen to any leader? Why should I listen to anyone else who is elder, who understands Sahaja Yoga better? I am my own Guru!" It is the other way. Straightforward thing is: I am My own Guru. I have to correct myself. I have to use this instrument of light to correct myself.

Now the intelligence cheats again: "Mother said that if you feel vibrations, then it's alright; and I am feeling the vibrations, I am alright". – Again cheating. You are cheating yourself! What is the reason? The reason is very interesting. I've seen that ordinary human being - in the West specially - are very much against themselves. Like, I'll give you an example: You tell somebody that if you have to go to the station, take this road and you'll go straight to the station. But immediately he'll say, "But the problem is that how can I go straight? My back is towards the station. If I walk straight I'll go in the opposite direction". Such stupid things! But they say it, all the time.

Now if you tell them that you can sell your car better if you go to Germany, for example; but they say, "There's a problem, maybe the Germans may start their war again. Maybe there is Hitler waiting for me, to kill me" — Any fantastic problem, that you can't think of, can come out of this modern brain. And you are amazed how this man is against himself all the time!

The whole built-up is like that because before realization you are absolutely disintegrated. Your heart is against your brain, and your brain is against your liver. This is the reason they have three types of wives; one is a love affair, one is a physical life and one a wife. They are so disintegrated that every cell can have a wife or can have a husband. The nose will want another thing, and the hands will do something else and tongue will say something else.

When I met the western people, I had to consult many dictionaries to understand why they behave in such a funny manner. They are all the time against themselves.

So after realization this habit becomes even subtler. So now they use Sahaja Yoga to act against Sahaja Yoga itself. Sahaja is simple, is straightforward. But they don't want to have it in that way. They must always do it in such a way that it is absolutely Asahaja.

There was a fellow in my house who was suffering from left side problems. So I told him that you have to light a lamp and then take out all your badhas every night. And we had a big drum of oil in the house. – He did not eat any food, he did not sleep. He burnt all that oil in one week's time. He made all the blankets black, all the wall black, and burnt all the curtains! When I came back after eight days, I said what have you been doing? –And he looked like a real bhoot! He said "I was driving out the bhoots." I said now this is the limit! So he said, "Mother you told me", I said, "thank god you did not take beacon light to burn the whole house!"

So I have to be very careful when I talk with you. Whenever I tell you one thing, I tell you the other side immediately, because I don't want – if I tell you this side, you go to the other side, to the other extreme. So all this kind of this crazy madness, stupidity I've seen.

And today when I'm going to talk to you about discipline, I must tell you "Discipline has to be Sahaja". Now what does that mean? – That is first of all "face yourself". What I find, the western mind, because of its ego cannot discipline itself. If you tell them you have to discipline they think I'm creating a military out of you. In a way it 'is' a fight. It is a fight with yourself. But how will you fight if you have no discipline?

Now if I say, you have to get up in the morning, take your bath, and sit down for meditation; in a Sahaja way you have to tell yourself plainly, "Come along, now you have to get up in the morning". In a Sahaja way; the way you turn your wheels in your car.

So what you do, is to, I think, the whole night you don't sleep. May be this could be one extreme, is not to sleep. And get up at 2 O'clock, disturb the whole house-hold, fill your tub, and fill the whole house with water! And sit down in the water, and you get cold and sick. It is absurd! Why? – Because you want to show-off. Or may be you want to hurt yourself. Both things are wrong. Whatever has to be done has to be done in the most pleasurable way. Either you will not wash the dirt, or you will wash it such that all the cloth will be torn.

But today as I see the people—of France, specially, the French Sahaja Yogis, –I think the discipline is lacking. I'm quite surprised at it. The first thing it hits at is that you cannot manage within a limited amount,—I mean money-wise. It hits you at the money point. Like in the room there's light, nobody will see that it is put off; there's also a switch to be put off;—is a practical thing. I mean one must know. And the bill is going up for nothing at all. Is an irresponsibility, complete irresponsibility. That it is the money that will be spent, is just a waste; and for us it is important that we live within sensible means.

First I'll be dealing with gross discipline. Now what happens, when somebody says why the light is on, immediately they become very abstract, they say "I'm the light". Then you should not have lights at all, there's no need to have light! Save all the electricity, all the light. You are the Sun, so you need not have any heating!

That is the way things are funny. One must understand that on the gross points we have to disciplined first....We are living in France, not on Himalayas. So when you live in France, we have to correct ourselves living in France.

Now the second gross point is that there are many who are not working at all. Is a hippy style life. Or they work for two days or three days, and the rest of the time what do they do? They say we meditate. Means what?—they sleep and snore, that's what. You don't need 24 hours to meditate. You 'must' have jobs, all of you. Regular jobs. So many ladies I'm told don't take jobs once they marry. They say "let the husband do job". It's very wrong. If you have the child, it's alright, for the time being. You all must work every day. There is no day for when we can rest, really.

God created this world in six days and seventh day He rested. But the eighth day what did He do? —He started giving Realization; relentlessly. Working hard. Could you believe at this age of mine, within last 2 months how much I have traveled? Every night sleeping at about 2 O'clock, getting up at 5 O'clock: I went to America, came back from there, then throughout England, the whole month I was traveling—from north to south, east to west. Next month out to Switzerland, to Zermatt. Then to Austria, Munich. Then back to London. Had a Puja there. Again back to France. Again back to London. I've to change my house, pack up all the things, go back to India, go to Hong Kong, go to China, come back. Then look after your Ashrams in India. Six days. Again come back. And then to America...

That's the thing your Mother is doing at this age. Last night we slept at 3.30. But then they told us it's one hour earlier. So, we said all right one hour earlier. So, we slept at 2.30! But you have to make your body like that, so that it can stand all kinds of discomforts.

You know in Sahaja Yoga unemployment is not allowed; to take this money from the Government is not allowed. You'll be surprised; in England we have maximum unemployment in the whole world, but there is no Sahaja Yogi is unemployed. Now you must all earn sufficiently to pay for your stay. Nobody should be parasite.

Now the young people who are no educated, who have no other job than that of a labour class—or we call it as the garbage cleaners—must take some sort of specialization, to some kind of a mastery, otherwise people think that Sahaja Yoga is a group of beggars. Beggars and unemployed and miserable people.

But you see, when you become your own Guru, you think that all the Gurus don't work; their disciples have to do all the work. The Guru sits down in one place, you see, and the disciples look after. —But not your Guru! Your Guru has to work very hard. So you have to be in the same pattern as your Guru is.

And to hear that "nobody listens, you tell them anything they don't do any work, they are lazy-lumps"—is very sad. Some people sometimes say that these are the set of lotus-eaters or some sort of a set of beggars or lepers who are suffering from horrible diseases. Then I feel extremely insulted, you know. You are my children. How people are going to have respect for you, or for me, if you have no discipline?

For French I should say, they should take to "Mauna" means silence. Once they open out their lips, they just go on like a bird, I've seen: all the time chuck chuck chuck...You should exchange with English, who never talk, they need a bump on the head to talk. You ask them ten questions, and they would not say anything, they'll just stare. These two extremes I can't understand.

Now it's better to keep quiet, or it is difficult for us to say something pleasant to others. So the first mantra should be, "mother teach us some nice things to say to others". "what should I say nice tomorrow, or today—let's say, today—when I get up. What should I say? What would give peace to others?"—But not so. Never. The mind thinks, now, in the morning I'm going to start with a big spoon, hitting everyone, "Get up, get up, get up".

The discipline has to come from 'within' yourself. Nobody has to tell you. And when somebody tells, you feel hurt. So I don't know how to tell all this that it goes in the heart and doesn't remain somewhere in the air. The discipline of within is like fragrance of flower. It gives you complete freedom, and it gives complete freedom to others.

See, I would say, I have certain bad habits or good habits. Supposing I have a key, which is very gross thing: key. At any cost I will not put it here and there. I'll put it at the right place. So, if the key is missing I'm sure it is lost by somebody else and not by me. I'm sure about it, because I know myself very well, I know myself very well, I cannot put it anywhere else. Are you sure about yourself? Because you are not disciplined, you are not sure.

Like I asked somebody "How are you"?Confused. Now, what is that? Are you realized or not?They've been very kind, you see, to me, they think.

Now the time is so short and you are going like this. What should I feel? So today is the day when your Mother took out the sword to kill all the enemies, and you have to kill the greatest enemy within yourself—is irresponsibility.

Funny ideas people use to justify their stupidity and their indiscipline. I know of a Sahaja Yogi who would never take a bath, --for a year at least. And he was reported to me. And when I asked him, why don't you take bath, he said, "I'm detached". So I said you go and live in Himalayas with this detachment, you see others are feeling attached. Other are feeling impossible to live with you.

You have to be kind to others. You have to neat and clean, is a very simple thing that I have to tell you now. All these are the signs of inner cleanliness.

So we come to the subtler side. And the subtler side of Sahaja Yoga is extremely simple. Is Compassion. Is Forgiveness. Is Love. But the greatest of all is the Service to God. We are doing the work of God. How can we be tired? The dynamic is flowing through us, that Compassion is so fulfilling, that love is so beautifying that how can we not do it?

We should run to do it. But have to know that this love has a "tremendous" urge within itself.

For example, if you love someone, if you have a child, how worried you are about that child, how much you work for that child. If the compassion is manifested, you will see the whole world is created out of that. God has created this universe, this world and you people out of this Compassion only, just His compassion.

Somebody asked me one day, "why did you take this headache upon yourself?" This headache is so nice, is such a beautiful burden, because there are so many possibilities. So one has to be optimistic.

But you will realize when you are optimistic, you give lectures to others but not to yourself that, " 'I' have to optimistic of improving myself. Optimistic in my own love. It's so rewarding, it's so joy giving". Such people come up very fast, their Kundalini rises very fast. They become beautiful people. They do constructive work in Sahaja Yoga. They do not create rifts and groups. They don't use Sahaja Yoga for fulfilling their ego.....

So today on this day of Ashtami, which is a very powerful day, you assume that power within yourself that I can fight all these horrible diseases within myself. And for others I will have Compassion and Love— I will have not other. This is the point we miss always. They think "Mother is giving lectures to others not to me."-

And that Compassion will bring forth the beauty of Sahaja Yoga.

There are certain divine laws. And you cannot cross them. If you cross them, I cannot help you at all. Now if you say, "Now I put chillies in my eyes, they should not burn", I can't help you. Whatever are divine laws you must follow them.

Like in France, if you drive on the right side, you'll jump in the river You drive right? I see. So here if you drive left, I will be in trouble, I must say! Because I don't understand human laws so well! Like in England different law, in France another law, in America another law. Funny people.

But in God's realm, everywhere the same law. Whether you are in France, or England, or India, same law. Whether on this earth or on the moon, or on the Jupiter, same laws. Whether in human beings, animals or nature, same law. But you know the law. You are the driver, so you have to be careful. If the driver does not know driving laws, God save passengers.

So, one must know that these are the laws of the divine, that we have to live with self-respect, that we have to be chaste, that we have to have dignity, that we cannot steal money and steal things and be parasites. That we cannot kill others and we cannot beat others and say harsh things, they are just the same. And that we have respect, the respect for all that is sublime. Respect for all the saints that are Sahaja Yogis. And the respect for the leaders who represent you Mother. With all this, we are very different people. We are different race. We are virtuous, we are righteous and we are proud to be that way. We are sure of everything. We know about every thing. And we are personification of Compassion, of Love of God. That's what we are. We are not ordinary people.

I asked a child, "Who is our friend?" She said, "Only one". I said, "Why?" "Because she is a Sahaja Yogini, the rest are all ordinary people". What about the teacher? "Very ordinary". And what about your Headmistress? "She is absolutely ordinary!"

Then I showed her the photograph of the Prime Minister. She looked at it and she was quite surprised. She said, "this one is even more ordinary than my headmistress". She said with great, you see, disgust, "Mother why do you keep such photographs with you?" That's what we are. The children understand more than us, is it? Because our brain is against us perhaps, sometime; over developed brain. So, yesterday I saw many people having Ekadasha, I was surprised. So, I told them just say, "Mother You be in my head". Because I have no intelligence. I'm too simple. You should all become simple like Me. Absolutely simple person. That's very effective!

I must say, yesterday I was a little surprised that there were two ladies that were very emotionally disturbed. And rather dangerously disturbed. I would like to meet them after the program.

Now I think I have covered most of the points. But if you have any question, you can ask them today.

Sahaja Yogi: Shri Mother, we feel the same chakras, more on legs than on the fingers.

Shri Mataji: The integration is not there, that's why. You have to attend collectively. You have to be more collective; the body has to be collective. The thing is that if you are not a collective person then sometimes you'll not feel them on the legs, sometimes on the hand, sometimes in the head. That's not a good thing. You should try to be more collective, you should meet more people, take more interest. You see, the body of yours won't work out efficiently unless and until you use it. Because individually, you see, if you work out, it will not develop collectively, because where are you using it? You are correcting your self to give it to others. And if you don't give it, if you do not work it out in a collective way, there is no circulation. For example, there's a, say, a fruit is there and you take it out of a tree, and you mature it outside. But it will decay very soon. But if it is connected with the tree, it will mature by itself giving a proper identity to itself and to the tree. And taste would be better. And those who will come under that tree will receive the fruits of that tree. But a fruit which is separated will be lost after some time. That is how one has to very collective.

Sahaja Yogi: How to develop our discrimination, Mother?

Shri Mataji: Discrimination comes through Hamsa Chakra, more. And Hamsa is a very simple thing, is to put some ghee in the nose – is the physical thing. On the emotional side, one should not cry too much. Or women specially have too much crying business. I also sometimes feel like crying, but seldom. So sometimes men must cry also.

Now spiritually, to develop discrimination is by vibratory awareness. When your vibrations are developed, then you automatically discriminate. You are such a big computer. It has to work in its full way, and then you'll be amazed what a computer you are.

I'll give you an example of Warren now. There was a - Pat's husband Prole [David], who was measuring my house for certain

purpose, while Warren was sleeping. Poor David was working, Warren was sleeping. And in his dream, he dreamt that he had finished with the last measurement. And in his half-sleep he got up and he told him that this house measures, how much?

Warren: Three thousand nine hundred and sixteen square feet.

Shri Mataji: Three thousand nine hundred and sixteen square feet. And 'exactly' that's what David Prole had written! Poor David had worked so hard measuring everything! He actually fell from his chair, you see, he couldn't sit!

[Laughter]

Like today I told Guido that I think I spent three hundred and eighty pounds. And he said, no it was three hundred. I never calculated, nothing. I just said it. And by calculation, it was 379, according to him - but I gave him one pound more! So it was 380.

It's a fact! And that's how you become a computer. All mathematics comes through your brain. It's so dynamic. But first of all you have to have concentration of your devotion. Such a person achieves that. There are so many blessings waiting for all of you, to be manifested. Just you have to concentrate your efforts in devotion and dedication.

May God Bless You.

[Puja starts]

Shri Mataji: Now, who will do the puja? Now, take the things. Already the vibrations are so much, I don't know after puja what will happen to Me. Already the flowers have started growing in size. You know, they are becoming big!

All right.

[A Sahaja Yogini gives a glass of water to Shri Mataji]

That's a wine glass, is it? Make Me really suck in all the wines of the world, that's good idea.

Shri Ganesha Atharva Shirsha you say and somebody has to wash. Somebody from France?

Thank you very much for sucking so many vibrations.

So clear now.

And today is the day [the eighth day of Navaratri], you see, we say the eight temptations that came out of the churning - amrut-mantan - you see, there was a churning. And in the churning, the eight things that came out are the eighth jewels that came out of the amrut-mantan, because of the churning. [No sound]

Marie: [in French] In the story of the Ocean of Milk, the spine was used in the form of a serpent, to churn. And the Mount Meru was the center of the churn.

Shri Mataji: And Lakshmi came out, many things came out.

But the eight marvels that came out [no sound] that is why the French Sahaja Yogis have decided to give Me, because it is one of my weapons. I thank them for that. [A wip is offered to Shri Mataji]

[Applause].

With that, make the sound! Make the sound here! Somewhere. Go out.

[Alexandre whips the air, applause]

Now you must know this is a new style.

May God bless.

Please, be seated. Somebody could tie this to the hands of people.

Alexandre: Mother, could we tell them the signification of this signs here now?

Shri Mataji: Yes, yes. It is now, it's a bandhan, you see, on the Vishuddhi of the puja. But it should be taken out after 5, 6 days. [It's a] protection, protection.

Alexandre: Left or right Mother?

Shri Mataji: Left.

[Shri Mataji speaks in Hindi] Now this one I'll keep the water fulling vibrated with my own hands, you see, this one.

Shri Mataji: [Shri Mataji is cleansing her hands full of kumkum] This water should be used for the garden and things.

Alexandre: Not drinking.

Shri Mataji: Also, very good for the skin, the skin.

Alexandre: Not drinking.

Shri Mataji: For drinking there's another water that I gave.

Alexandre: Another water, Mother?

Shri Mataji: This also can be used for drinking, but I would say because everybody put hands, they have put everything. I would say. Best thing would be to use it for the garden or for the skin. For the skin it's very good.

Alexandre: For skin problems.

Shri Mataji: Skin. Anything, everybody's skin you can give it.

Alexandre: All right.

Shri Mataji: For the skin, it's very good.

And I've given another water which is - that's another one - which can be used for the garden.

Alexandre: This one.

Shri Mataji: No, another one.

Alexandre: So, we can drink this one.

Shri Mataji: This one is for the skin.

That one can be used for the hair. This read one can be used for the hair. Hair and skin this one and that one for the garden. And the other one for drinking, for medicine. You all should take to your centers.

Sahaja Yogi: For drinking, you want to rub it?

Shri Mataji: For drinking, I've given, no?

Sahaja Yogi: No.

Shri Mataji: [Hindi] That is all! All right, you can have this one.

Shri Mataji: Relax, relax.

Conversation after Puja [on the same spot]

Shri Mataji: Now, my idea was, as long as we have this place in Rouen, we all should try to have one seminar per month. At least, before going to India. So that you really discipline yourself. First of all, disciplining is necessary before you start any centre, or you start doing anything. If you are not disciplined, you can go into problems. You can create problems for others also.

All right, then the second thing is, those who have to go to India must decide. French are the last to decide, you see, in this indecisiveness they lost Waterloo battle.

[Laughter]

Sahaja Yogi: [Inaudible] So you'd better hurry.

Shri Mataji: Already? It's already full the - and now you'd better do it. I mean that's what I was wondering.

Within this weeks' time, you must put 100 pounds, 100 dollars with you. 100 dollars. Now there is a very cheap flight, may be arranged, from Rome for 250 pounds. But you must decide now. [Shri Mataji laughs].

Americans have already decided, Australians have decided, English of course have decided, only the Italians have not given a full number and Austrians, not the full number. And the also, the full number is not given to us by the Swiss here.

But nobody has decided in France. I mean, that is a limit. At least in other places, there is no final but here nobody is decided. Ultimately nobody will have place there. And I want French to come in, I mean let's see how many are coming from France. Lets look at that. You like to... alright such a big[Sahaj Yogis laugh] Already so many. One, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve, Oh my god, thirteen, fourteen, fifteen, sixteen, seventeen, eighteen, nineteen, twenty, twenty one, twenty two,

twenty three, (Sahaj Yogis laugh), twenty four. Twenty four. (A Sahaj Yogi remarks that we are too many and everybody laughs).

We have to manage some how. Give your names to Guido. Swiss people, Matiaz (SWISS YOGI'S NAME). Twenty four. We have got twenty four fast. (MOTHER SAYS SOMETHING THAT IS LOST BEHIND THE TRANSLATION.). This time is going to be rather spartan. But I am going to arrange it along the riverside now, all your tents. (SOME DISCUSSION ABOUT SOMETHING LOOSE).

[Mother] – You have to bring some loos here, some loos automatic ones ...

[...SOME INAUDIBLE CONVERSATION.... CONVERSTAION GOES ON IN FRENCH AND ENGLISH AND BIT OF HINDI .. WE TRANSCRIBED AS MUCH AS WE COULD COMPREHEND..]

[Mother] : "Portable, yeah.."

[Mother] : "How much it costs?"

[Sahaj Yogi] – "About thirty to thirty five pounds. "

[Mother] – "Oh baba. Get some of ten. It's a good idea, get ten".

[Sahaj Yogi] – "Get some ten".

[Mother] – "Make it twelve. We will leave them in India. Leave in India. Plastic? They are made out plastic and you have some sort of canvas around it?"

[YOGIS CONVERSE AMONG THEMSELVES AND WITH MOTHER]

[Mother]- "We have to have some thing to hang otherwise how are you going to cover yourselves.(Laughs) Just find out how much it will cost, we would go buy it."

[Sahaj Yogi] – "French are the best in the world in portable loos". [Every body laughs]

[Mother] – [INAUDIBLE]

[Sahaj Yogi] – "Shri Mataji, I have a gift as present to You. It is from Mary because she is leaving France now and we want her to establish the first contact."

[Mother] – "Where, where is she going?"

[Sahaj Yogi] – "She is going to Switzerland."

[Mother] – "Mary! Ah. Oh, I have to open it. Oh Beautiful, beautiful.

[Sahaj Yogi] – "This is another one for our leader Alexander who is moving to Paris ashram".

[Mother] – "Thank you. Beautiful".

[Sahaj Yogi] – "Everybody from France has gathered money to make it."

[Sahaj Yogi] – "Its very nice of my brothers and sisters to...[WORDS GET LOST IN CLAPS AGAIN]

[MOTHER DIRECTS SOME ONE TO GIVE ALL THE THREE TO PRAT INCLUDING A SARI.]

[Sahaj Yogi] – "Mother, can people come in and give you presents?"

[Mother] – "Alright, I mean my birthday is not there. Thank you very much, thank you. Oh beautiful flowers. Can you keep this some where? You have finished with the photographs or.."

[Sahaj Yogi] – "Yes Mother."

[Mother] – "Ah, today Gustav have come. Clever. What a photo, I tell you Ashtami Puja...[INAUDIBLE..] I mean just see the face , just like a goddess! Absolutely round and looking younger and younger, I must. I tell you, this one is too much, nobody will believe my age."

[Sahaj Yogi] – "That's good."

[Mother] – "What happens, I don't know."

[Sahaj Yogi]– "This camera is a special camera."

[Mother] – "Its too much... you see, just see this one."

[SOME INAUDIBLE CONVERSATION.]

[Mother] – “We better write down the dates. Even my hands have come out so small here. Surprising.....Tremendous. From where it has come?”

[Sahaj Yogi]- “Something with the chemical.”

[Mother] – “For what? Beautiful photos. I must... Its tremendous. Just see the face. It seem like a moonlight face. It doesn't look like human, it looks like a dog's face.”

[Sahaj Yogi]-[INAUDIBLE]

[Mother] – “What is this? “

[Sahaj Yogi]- [INAUDIBLE]

[Mother] – “Beautiful photographs, I must say. What have you got? You have to tell your name.”

[Child] – [INAUDIBLE]

[Mother] – “Ah, thank you. Even in America also. So many presents, I have no place now, you will have to make a house for them.”

[A YOGI SHOWS MOTHER SOME INCREDIBLE PRESENT.]

[Mother]-“Who has got this one? Ah this is called “Dhanush” (Bow), in Sanskrit its called “Indra Dhanush”. This is the arrow of Indra”.

[YOGI ALSO TELLS MOTHER THAT IT WAS HANDMADE BY A YOGI FROM KAZAKHSTAN.]

[SY] – “Mother, What did you say?”

[SOME ONE PLAYS A MUSICAL INSTRUMENT AND MOTHER PRAISES HIM/HER.]

[SOME CONVERSATION.]

[Mother] – “Just call the girls who yesterday were very emotional. The girls, one girls' heart” [INAUDIBLE]..

“The girl who caught her heart yesterday , you and him. Who has given you the realization?

[INAUDIBLE CONVERSATION]

Who looks after you? Put your hands towards me.

What do you do, it's a serious thing. Let me see. Are you getting cool breeze? No, lets see this on side, left, right catching too, agyna, have you seen? Its catching very badly. Be careful. You dominate them too much, you discipline them too much. Is it? See these two children were very much on the left. Be careful, you see I was quite frightened because the girl could have got the heart attack yesterday. The another one could not bear it.”

You see what these vibrations are like. Just see. Put your left towards me, I think left is shaking. See now. Better bring lemon and chillies for him. In the evening. Better sit there with the light. Be careful, serious things you know. It can be very dangerous for Sahaj Yoga.

Let the girls also put their left towards me and right to that side. See, heart left heart, agyna very bad. See all of you feeling it? Put your left hand, right hand there. Come here, come this side. All of those who are with you. All of those who are with him. You are better of[INAUDIBLE]...

What do you in your meditation? Ah, how do you do your meditation? All these girls are shaking, isn't it. Their right side is shaking. That means the push of the left, on right is very big. Yesterday only, I noticed it first time. That's why you see, you must have discipline otherwise it can be dangerous.

[INAUDIBLE CONVERSATION]

She is shaking too. That's the reason, she could not bear yesterday. May be she has a defect, all of them have.

Let me see Martin. Where is Martin. ...Ego, too much.... Must try to be alright first of all, you see when you try to do something for others, you must know, you should be alright, otherwise you might put bhoots into other people. And I was so shocked because this girl could have fainted yesterday. All of your family must come to Sahaj Yoga.

[Sahaj Yogi] – “5th May 1982... he came Mother.”

[Mother] – “I am surprised. What’s the matter with him? He came to India? Better get alright first. Left void.”

[INAUDIBLE CONVERSATION]

[Mother] – “Haven’t have My dinner. All those who are doing Sahaj Yoga with anyone, I didn’t know about him. Never told Me. Why?... You must know using your vibrations.

[.....INAUDIBLE...]

... bring into Sahaj Yoga, and see this. You must write to her. Is he better now? Put your right hand towards her now. Mostly, the left is very bad, put your left hand towards me, open your palm. Shaking? Alright you put it to the light. She is better now. She is better. Just watch me, don’t watch him.

Martin, what’s the matter with you? See, she is very dominating, is she? Agyna, terrible agyna you have. You believe in Christ? Yes, then how humble you are? He was the greatest Sahaj Yogi, how humble He (Lord Jesus) was.

Terrible, don’t get the pain there. I think she[INAUDIBLE].... Is she married?

Alright, I don’t want to spoil your mood today but lead the charge of the place without my permission and people should inform me. Yesterday this child have, such a thing would have happened. She is so weak....better now.

How long you have been in Sahaj Yoga?

[Sahaj Yogi] – “One year tomorrow.”

[Mother] – Alright pull your ears, all of you, pull your ears, pull your ears. That’s good. Now see, they are better, your vibrations? You send somebody ...[INAUDIBLE]... not alright. You need some meditation.

You have to put the left hand towards the photograph and right hand on the Mother Earth. And on the left hand, you should have the light. Alright, clear out, this shaking must go. You will get it even from the photograph. You must clear out, you see. First of first, you should be alright, isn’t it? You should have your own powers fully established, isn’t it? So that [... INAUDIBLE...] isn’t it? Otherwise you will cause more harm, it goes against the work. See yesterday, this girl would have been lost, I was worried.

She told me she does ...[INAUDIBLE]....But I know something must be different. So a Sahaj Yogi could be sort of a medium unless and until you perfect yourself.

You see, Sahaj Yoga makes you go along [PLEASE CHECK THIS], even one hole in a ship can drown the ship. We all have to be very alert.

[Sahaj Yogi] – Mother, I come from Spain.

[Mother]- So may God bless you all, look after these two. How far you live?

[Sahaj Yogi] – Mother, about 800 km away.

[Mother] – What about that girl? We shall send her to America.

[Sahaj yogi] – Natalie?

[Mother] – No, she is all right. She is all right, all right. She is better, I mean her right heart, left heart. Natalie, You should look after now; Others for time being, he is alright. Now ...[INAUDIBLE].. don’t be disappointed, you will be alright. But you must know, first of all if you are not alright, you can harm others. Now this is a sign, now you can see yourself. Try to help.

[Sahaj Yogi] – I am not doing anything.

[Mother] – No, you are! You don’t meditate. Why see, otherwise I am not doing anything, why is this shaking? Try to face it. You know, this child could have been dead yesterday. Try to understand otherwise I would not be panicked like that, you see. Try to understand, alright.

This is God’s work. We have to be careful. It may react from you all. Be careful. It becomes serious; we had one of the persons in India.

[INAUDIBLE CONVERSATION]

[Mother] – The one who dies recently, can't remember his name. He went out of Sahaj Yoga. I mean we couldn't bear him as he would not correct himself, he died. Suddenly he died, very young.

What's the meaning of such life?

[Sahaj Yogi] – Mother I sit down.

[Mother] – You better sit down on the other side. Usha, come here.

[Sahaj Yogi] – Mother I am not doing anything. [INAUDIBLE.]

[Mother] – No you don't teach anything now, all right? Just keep out for a while, for the time being. But you do now, you understand, left hand towards the photograph, right hand towards the Mother Earth, clear every day. First of all you must clear yourself. I am worried about you first because you have been such a ... [INAUDIBLE]..Alright? It happens, doesn't matter.

I mean if he can bring in from somewhere, if he can correct himself, better we must save him.

[MOTHER CONVERSE WITH AN INDIAN YOGINI WHO TOLD MOTHER ABOUT HER ILL HEALTH. MOTHER SUGGESTED HER TO GO TO INDIA.]

[A YOGINI PRESENTS A COVER FOR SOME INSTRUMENT TO MOTHER AND MOTHER REALLY APPRECIATES.]

I hope they keep to this, otherwise they lose all their art. Beautiful.

Give him a bandhan so he will not have a pain.

What is this with men, women names, everyone has same name?

[SAHAJ YOGI EXPLAINS TO MOTHER THAT EVERY NAME HAS A FEMININE AND MASCULINE FORM BY MENTIONING SOME EXAMPLES. MOTHER ENJOYS THE DIFFERENCE AND COMPARES WITH THE URDU LANGUAGE.]

All right come here, look, come here. I was very happy to see you. You know how I felt to see you there, standing with the, I was wondering who must be, who must be translating and I saw you. Oh! how my children are there, all of them, to organize.

I was very much touched, I was very much happy to see you there, really. I mean the way you are holding the phone I was wondering whose going to translate, and there she is. She knows the one who knows both the languages, the best. Very much touched.

Hello Ganesh how are you? No no no no, you got...

[Sahaj Yogi] – Its just to vibrate Mother.

[Mother] – I thought again she has brought something for me. She has given me for five years now. Put him right to the left.

[Sahaj Yogini] – This is from Cecil.

[Mother] – Cecil is also little bit.... Haan!

[CONVERSATION AMONGST THE YOGIS.]

Let me see Cecil's husband. What's the matter with you? Are you alright. Ah! No no not that. Because Your wife is catching very badly, on the husband's side. So that's why, that's all. That's all. That's all. That's all.

What other ones you have?

[Sahaj Yogi] – ..INAUDIBLE..

[Mother] – Why, why, what problems? He is not well?

[Sahaj Yogini] – Ego problems...other things and heart problems, hamsa..

[Mother] – Ya, beautiful, thank you very much. Who has given this?

[Sahaj Yogini]- Cecil

[Mother] – She has, she has ah.....left nabhi. Come, left hand, left hand towards the light.

[Sahaj Yogi] – Mother she did astrology and other things..

[Mother] – Who? He?

[Sahaj Yogi] – No Mother, Cecil.

[Mother] – And he too did?

[Sahaj Yogi] – No no. She has got left Swadishthan problem. May she has always had left Swadishthan problem also. May she has not fully worked, and also she tends to feel because she has more discipline than the others. She has this, she gets up in the morning 4:30 no problems.

[Mother] – She's right heart that's why.

[Sahaj Yogi] – Maybe she has this discipline she does not see that there are some other problems to be worked out. She told me last time, and I was very surprised about it. She told me collective life is not what she expected, but I have to suffer to get something like that...

[Mother] – What happened? No, no, no, don't come for sufferings.

[Sahaj Yogi] – With ego also.

[Mother] – How long have you been in Sahaj Yoga?

[Sahaj Yogi] – One year.

[Mother] – Then you must come up. You cannot afford to go on like that. What is not this, what is, don't worry about ohoooooooo. Must say, now left side. Left Vishuddhi, don't, first of all, don't have guilty, first of all.

[MOTHER CONVERSES WITH AN INDIAN YOGI IN HINDI.]

[Sahaj Yogini] – This is the present for the ashram at [LOAN?] street.

[Mother] – He is here! Is he?

[Sahaj Yogi] – He is in that ashram.

[Mother] – It is a very good ashram. What's the matter? There must be some bhootish there. Life is so enjoyable. Just think of it, is a very good ashram compared to some of the ashrams in London. I was so happy, so you don't see, when you are a happy person you don't see all these things.

I saw your letter written to Gregoire. What I have to say, in money matters, anything you want to do you must consult others before hand. You should have written to Gregoire, taken his permission and then done it. Or it should be consulted, it should not be done off hand. Then everybody will start doing that way. You see, then there will be a big problem. You know Me, if I can take away all your money, makes no difference to me.

It's so simple. All right, you don't know how meticulous that I am sitting there. I am very meticulous. Very meticulous.

[Sahaj Yogi] – That's nice Mother. Very interesting things happened with Richard just. Richard from Holland!

[Mother] – What happened?

[Sahaj Yogi] – His sister is really trying to turn his mother and father against Sahaj Yoga and against him. His sister!

[Mother] – How? I think it is a very serious thing to talk against Sahaj Yoga. It is becoming like that. And be careful. When did she die? Did you hear that?

[Mother] – What is her age? What was her age? I tell you another thing about money. Important. There is a gentleman in Bombay. There's a gentleman in Bombay, who tried to embezzle little bit of money, tried to in the sense, misplace the money here and there, without asking Me or others.

And his son-in-law is a Realized soul, and a very good person. And they had such a funny accident that all of them; the car completely went upside down. But because of the son-in-law everybody was alright. But the father-in-law, after the accident he was the only one who got diabetes of a serious nature.

Nobody knew he had done something about money. I knew of course. Then he telephoned to Me and I told him what have you done about the money.

(MOTHER LAUGHS)

And he was shocked. I said you pull your ears now. Don't repeat it again. And he's alright. Alright. Better... See better. How is he?

[Mother] – Mariam in there? Where is she? I think the, who came to see me, your mother was that? Very nice, she is looking so much better.

She is looking so much better, I couldn't recognize her. When she first met me, she was very haggard, very pulled down, she

couldn't talk properly.

Where is Mariam? Parents are coming as well. I was just saying, is he fast asleep? Very disturbed child. Lets see his vibrations. He was born in America, isn't it?

[Sahaj Yogini] –INAUDIBLE ..

[Mother] – Your parents, family. I think you better, you would like to tell about your brothers to these people. What happened to them, your brother. Would you like to tell them?

[Sahaj Yogini] – Now?

[Mother:] Yes, alright take the things. French, in French. Loudly. Right to the left. Right to the left. Better now. Much better. To your right.

[SAHAJ YOGINI NARRATES IN FRENCH.]

[Mother] – So we are protected people, you must know that. So how is your mother in(church I think), she is better now? She has some sense? Good.

[Sahaj yogi] – ..INAUDIBLE...

[Mother] – Where is Cecil? Also with her left nabhi, something wrong with her, could be paternal. Hers is a hurt ego, ego is a hurt one, hurt ego.

Cecil, thank you for the present, but you have to know that you have to be alright. Now see you forehead. Can you see in the mirror? Just show her the mirror. Just see. Put your hands, just see your forehead. Can you see the tow bumps. Two big ones. What are they?

Beginning of Ekadasha! You dominate your husband too much, do you? Don't be like French women. You have to be a Sahaj Yogini. Alright. Its very badly catching. May God bless you.

If you are not kind to your husband I will not take your presents. Put your hands down under my foot. Put your both the hands towards me. Now, Vishal see her vibrations. Martin see her vibrations. Put your hands towards me.

See your hands are so red. Just put your hands, both of them. Put like this. See now, yourself. See now. Ego, ego is glimmering here. Ego, ego, ego. Put your right hand towards photograph, left hand up and both the feet in the bottom. Forehead on the ground.

[Mother] – What sort of a man you are? You must control her. Should I give you that? Where is that? What is this, you see Frenchmen are, become like some dainty darlings. They are more, they are more feminine than the women are. That's what they are bending themselves, for ladies, for this that. Having a, having a small little waist like that. Don't try to please your women. Of course not. You have to please your Mother, you have to please your Mother, not your women.

We Indian women are very clever. You must learn from us how we control our husbands. No. I don't mind. We make, we make ourselves indispensable. We make beautiful food. We know all their tricks, what they like what they don't like, and also we know what they don't know. They can't exist without us.

One man told Me, a foreigner, Westerners said that, "English, Indian men are cowards, cowards, they can't divorce their wives. (MOTHER LAUGHS)

Because they cannot cook, so they cannot divorce their wives. That's not the point. Those who divorce are cowards, they are escapists. They try to escape you see. They want to run away. (CHECK IF THIS SENTENCE IS CORRECT.) But somehow here the women , the shoe is on the other leg. Somehow, other foot.

I don't know how they manage. But so. You have to topple them down little more. The women have to please the men, not the men have to please the women. In pleasing the men you control them. This is the trick. No.

[Sahaj Yogi] – Shall we resist?

[Mother] – No there is no resistance. It's a mutual understanding. It's a mutual love, you know. And that oneness only develops when you understand that you can't do without each other. It's a very simple to understand.

For example, I don't understand anything about human love, so I give in. My husband is an expert. I say, "You look after them". I know Divine laws and I look after that. And I help by Divine laws. But if it comes to human laws, then he helps me. But for him I would have been in jail long time back.

Mother – Oh! Of course! Because I do all kind of things, you know. Like giving realization, all illegal things.

[MOTHER LAUGHS]

1984-1005, 11th Day of Navaratri: Put me in your Heart

View [online](#).

5 October 1984

Talk to Sahaja Yogis

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mataji: Please sit down. All right.

Sahaja Yogi: Because today we are saying farewell to our Mother for some time and also to our respected brother from Australia, Dr Warren, who has worked tirelessly while he is being here. On our Mother's behalf and our behalf, and done tremendous work behind the scenes to help things work out in this country. And we want make this a special occasion of just letting him know that we love him very dearly and he is, whatever he may say to us, it does our heart good. Thank you.

[Applause]

Dr Warren: Shri Mataji, this really is a surprise to me.

Sahaja Yogini: Your coat is on fire.

Dr Warren: My coat is on fire?

[Laughter]

Shri Mataji: You move it further, now it's all right. You move it further, a little bit here, it's better.

Dr Warren: A bit further?

Shri Mataji: That's all.

Dr Warren: It was quite a dramatic start.

[Warren speaks about 16 mn]

I think the most important thing I can say that how much I am enjoying being here. It's very, very important that we all come to the heart, we all have to circulate and I feel a tremendous joy whenever I know that I come up here. Because I don't feel it in a way that I am doing anything. When you are in presence of Shri Mataji, as many of you feel, it's such an expression of dedication. But dedication that takes you beyond mental apprehension of what dedication is about, because it just works. Dedication is something which Mother spoke about I think at guru Puja two years ago. And one thing that is very outstanding is that it acts. It acts in a most remarkable way. But I will come back to that in a moment. Because I want to talk at two level or perhaps at both ends of the spectrum: the good and the bad. Because when I come here, perhaps from outside having seen and having being blessed by Mother and with the opportunity to see so many of my brothers and sisters around the world, it's possible to make little bit of comparison which may be useful. And please understand that it is useful only in a sense that if it come from my heart it's because I want to enjoy the collectivity more, I want to enjoy the dedication to Mother more, I want to enjoy Sahaja Yoga more.

So, if I say anything that is little sharp or critical, number 1, I am absolutely part of whole and not wanting to feel in any way apart, and yet sometimes my heart ache that things are not moving ahead as quickly in this beautiful country. So, in very, very positive side, one thing I told to Shri Mataji when I came to England this time was that the Agnya chakra seem to be so much clear, seem to be so much more light the whole head: you wake in morning you feel so much vibration. You go to meditation looking forward for more meditation. And I why wonder why that was. Of course it is principally because Shri Mataji is here. She is here for goodness sake how many years and this working it out and working it out.

But I suppose if I may, Shri Mataji gives some credit to application and hard work of the Sahaja Yogis of England because they are getting up in the morning and they are meditating early in morning and they are clearing it out there chakras in way, which is starting to manifest. Everyone is feeling that lightness in the head a lot more they never thought before. And that's great! that's tremendous! that's means that ego in some way is coming down, that's mean the Kundalini can rise with far more force and we

can be more securely connected to our divine mother. And this is such a blessing and such an important point that we all have to enjoy that tremendous feeling or progress that we have established.

But at another level that we all know there are problems and I think the problems seem to be stand from almost the opposite of what I am saying. One is almost the converse of the other. If Kundalini doesn't rise strongly past the Agnya and reach Sahasrara and that dedication to our mother doesn't come with tremendous absolutely fulfilling force. Then Kundalini just stops there. And our entrance towards kingdom of God is weak. We become feeble people. We become as Christ said 'yeah of little faith' and we don't get the blessings of Sahasrara fully. Its little bit like a wobbly connection, a weak connection, on-off on-off, and so Kundalini hovers somewhere at that level. We have to improve this tremendously.

So, all of this must know very thing I am sure we can mentally understand. But we have to know it in our heart that connection with our divine mother has to be absolutely strong. It can't be wishy-washy thing. It can't be something govern by very grace of our ego and super ego. It can't be apprehended mentally. This reflection of almighty God is the Atma (Spirit), has to become reality of total dedication to our mother and so by being totally part of mother; we slowly and surely ascend into the kingdom of God and that oneness with the Lord. This I have experienced. If I made any progress in Sahaja Yoga it is because of one single thing – it is total dedication to Shri Mataji, not another thing, I have done that I could say any different to any other Sahaja Yogi, but in dedication to mother, I believe I have tried really hard; and I believe it had helped me in my spiritual ascent.

And I have to thank Mother for giving me this chance. The biggest single problem is here is that our dedication is wobbly, our faith is wobbly. You should see the subtlety of divine working. Shri Mataji has taken birth, Adi Shakti has taken birth, holy Spirit has taken birth, that we can mentally apprehend but do we know what it means; do we know God in his bounties goodness has blessed each and every one of the seekers with her physical presence on this earth. So that divine can have mouthpiece, so that all of the children can see the love of mother manifest, so that all of her children can see the compassion and feel it in their heart. And yet, she often says she is a bubble.

There is something which we can't quite know about know about Shri Mataji. We can't feel them, we don't know who she is! Do we know that she is manifestation of Almighty God on this earth in his total form as the power of God, as the desire of God. You remember the announcement of her incarnation-"I have come to this earth as desire of God, as Adi Shakti, as the one who has come to fulfil the seeking of all the great seekers of the past." I wonder how many of us really know with such dedication in our heart that is a reality, not apprehended here, but felt in the heart, known in the heart. And of course when heart opens you enjoy the fulfilment of Sahasrara.

But what we do; we wobble between Agnya. We don't have faith. Look at the miracles. I mean my little miracle in the past has nothing that I ran a motor car for three weeks without a petrol and at the end of three weeks, the tank was full. That's nothing! Have you seen other miracle that Shri Mataji has performed? She cannot perform any miracle, if you are obstructing the miracle by putting your ego or your superego, by putting your Chakra, but putting your lack of faith, she cannot work any miracle out in anyone of us. Let us know collectively. It is up to us and that is dedication is! It is more than surrender. Surrender has certain level of mental understanding. I surrender, but what does it mean? The dedication is a heartfelt thing. It is inside. It touches the Sahasrara and it opens it out and you began to feel that tremendous force, that tremendous light.

So, let us not fit into the category that Christ spoke about. Not he told about murmuring soul. He also talked about they have little faith. At England, we have been tested on this point. What is the centre. It is centre of the Adi Shakti. It's the centre of the desire of God, it's the centre of our divine mother, it's the centre of manifestation of the Holy Spirit. Do you know in Italy they call her 'Grande Madre' which means the great mother. They have perceived it. The newspaper man, we didn't tell him. This is what she is! Oh my God! a priest, a Franciscan priest is standing up in front of eleven hundred people declaring that she is that and thanking her in name of church for that. What we doing, we are wobbling, we are talking about blacklist with this with that, all those non sense. I mean the England is the heart. That I seem to feel more heart in Italy. So we have to know with absolute certainty who she is. We have to achieve that divinity, which we all know we can achieve.

Now, yes the Agnya Chakra is clearing. But No, we are not reaching Sahasrara, we are not yet established at Sahasrara. Let's

face it! We are one foot inside the kingdom of God. Many others, let's be right inside there. And other thing that has to be achieved is, Mataji has to be achieved through collectivity. There is no way traffic between myself and Shri Mataji. That is there anyway. That's automatic; That's fundamental common denominator to each one of us. That only way we can achieve fully our own divinity is by approaching her divinity through the collective. If we think we have special relationship with Shri Mataji, we are finished. If we think that we have some preferential advantage over other Sahaja Yogis with mother, we are finished. If we think we can take mother's time more than any other, we are finished. The only way that Shri Mataji in this form can be fully approached is through the collective being, is through Sahaja Yoga, is through the inner state of Nirvikalpa, not thoughtless awareness but doubtless awareness; and we all have to approach her in that way.

Now if Shri Mataji gives you a little hint, we shouldn't question her, we shouldn't say but this but that or problem is such and such and so and so, which we all do, I do it and we all do it. She is this incarnation of the desire of God and thus such a hint to the way human beings who are just babies in kingdom of God, should adhere with absolute strictness and with complete clarity and dedication. If you follow the hints she gives, everything should work out. If you oppose it, if you say but or if you say problem is, nothing will work out, and I am afraid, this country has greatest tendency to say the problem is, but what if, how; all these questions to our ascent. We take everything Shri Mataji says as hint to our growth and spiritual ascent, we will just grow and grow and grow.

Look at the people of India, particularly the people of Maharashtra. I wouldn't say Delhi. Delhi people are very much like us, they are very caught up, still attached to you know-Mataji can I set up meeting, can I do this, can I do that. But people of Maharashtra, they know her, they know her nature, she is Adi Shakti. Oh my God! She is Adi Shakti, she is the one. How can I do puja to her, how can I please her. Instead mother is here, what can I do to please her. Instead, mother is here, what can I do to please them. It's not like that, it is what can we do to please her. The first people in Maharashtra need not to be told this. So each one of us, should be one hand, really feel essence of achievement that we have certainly making it stronger and stronger this Agnya chakra, the centre of Lord Jesus Christ and his mother. But we are not yet strong in the kingdom of God.

I can say other cities and countries in Europe have passed England in that dedication. That foothold in kingdom of God is strong. India of course is unquestioned but miracle is not far behind in these European cities. Let us flow into Shri Mataji saying "We want to take the responsibility for the collective being. We want to assume our responsibility and jolly that we are going to do it". Do we know there are 40 Americans going to India? These are important points. You know that when I say these things to you, if I am really critical, Please forgive me Mother, forgive me everyone, but I am trying to do it here. I feel so much pound of this. I come from I suppose land of Shri Ganesha. I have tremendous devotion to mother. I have tremendous dedication to her, but I still don't know her. I hardly can approach her. But I want to approach her. I want to enter kingdom of God fully, so to stay in place of Sahasrara strongly. Please all of you as tremendous act of dedication, let's make the next year, when she comes back, strengthening our self, strengthening our faith; Making our self-total; putting down our ego; being rid of conditioning, getting rid of all projections and our mental activity and just enjoying mother's love.

Jai Shri Mataji.

Sahaja Yogis: Jai Shri Mataji!

[Applause]

[Shri Mataji's talks starts at 21:46]

Shri Mataji: Warren's words have really moved my heart, and if England is my heart, England should also feel moved: that's the spirit of Shri Ganesha.

And I must say that I have seen so many things in Warren, which are very heartening. Whenever I have felt desperate about things, you see, seeing him I felt I must do something more, because he really loves me very much, I have seen that, with complete selfless dedication. But 'dedication' is a word which doesn't have that beauty of love. I mean if I'm sitting down he'll

immediately worry if I have got the tea, or if I need some heating, or little things here and there, and I watch — I'm surprised. Like any other Sahaja Yogi he'll be jumping up here and there and finding out things to adjust. And even if I really once say that, "Maybe," he just doesn't do it, just doesn't do it. He said, "That's it, settled!" I have never seen him asking me to give him time to meet him, never. Not even once he said, "Mother I must come and see you!" nothing, never!

I have not known how much money he spent all throughout his trip. I don't know, really. And I was wanting somebody to say that, "Mother we must pay for his travel!" because he's really spent all his money. And I was happy that David brought this point to me, I was very happy.

One thing I feel [is] that you cannot ask for love, that's something you cannot do. It's a very difficult thing to ask somebody to love, but that, I think, is the point one should see. When you think of Shri Ganesh, you just have to know that He loves the Mother so much that even a slightest hint, He knows what I want, He knows. He knows me too well. He's not at all so compassionate as myself, because He cannot forgive those who try to insult me, He cannot. Those who try to cheat me, those who try to be arrogant or egoistical. He doesn't, he doesn't believe in that, He cannot. He wants to punish. He's ready to punish, very anxious to punish such people. But if I say, "No. Spare him," He listens to me.

That's His quality: He cannot bear anything against me, cannot bear! And left to Him, I think I don't know how many Sahaj Yogis would have been there. Even to say, "No Mother!" itself, He cuts you out on that point. But I don't want that it should happen, because He doesn't know that you are still needing help, and attention, and tremendous compassion.

But you can only know your Mother through shraddha, through faith. And what he says is true. And why this faith? I mean you see miracles every day, not only today: such games, such play, such things going on; how I have been able to express myself slowly. I don't want to give you any shocks. So in a very beautiful manner I have tried to bring forth the play of the Divine. But I feel that, even now, people get into arguments: if I say, "No, this won't work out. That's not good," I have to spend at least four, five hours going round and round and bringing the point to the heads of people that, "No, that's not good, that won't help you." But once I asked him, "How is it you are so obedient?" I mean, whatever I say he, just he gets a hint, he'll agree. He said, "Mother I once learned a lesson: that's my own marriage. And you didn't say no, but you did say to me that, 'If it makes you happy,' you didn't say, 'It will make you joyous,' and I have learned a lesson from that."

But we don't learn our lessons is [what] the point is. We don't learn our lessons. We argue: that comes from ego. If we have superego we, we make others mad! Like somebody came from America and he was just mad that he must come and see me. And I'm so busy, I have no time, you know that. I have to correct this book, I have to correct that book. Now we have to do this Advent, and that is to be done. I have to look after my household, and this and that. I am so busy. But the person really made them mad, that he must see me! Now if you come from America, that doesn't mean that you must see me, because you never took time with me. I am busy here now. When I went to America, it's all right, which is true.

And we do not realise that what we are doing [is] that we don't love Mother, we don't love Her. We think of our needs, our impressions, our talking, it's a fact. Like somebody I asked, "All right you speak, you are a good speaker." All right, the person starts speaking, and he becomes egoistical. How can you be? If you just start giving a good speech, you become egoistical. Somebody made good photographs, so I said, "These are good photographs." He becomes egoistical! You cannot praise anyone in this country — it's the worst thing [for them]. He says, "Agya is clear." I don't know what sort of an Agya is clear here! you cannot praise. I mean I try to be nice. I say, "Oh your photographs are very nice." Immediately the person becomes egoistical. You give some work to someone, "All right you do this work, posterizing." Somebody is doing that: his ego goes up! What is this? Like a balloon?

There's no depth. There's no gravity. Now why? This is the question. He asked me many a times, "Why it happens Mother?"

The reason is — I told them the other day, I think they have a tape on this; you can go through that — but a simple thing is that, that we have lived a superficial life here. We are superficial people. Because the society is such, this machine has made us like this, and we have read books. We have pampered egos. Our forefathers went and fought in other countries thinking no end of

themselves. Then we had this war. With the war we became also nonsensical, either aggressive, or we have become with superego. We have bhoots. We have conditionings. All these things are there. We are not our genuine Self, it's the point.

So, I think the being that is going to be enlightened by your Spirit is covered with ego, and on top of that, is a sheen of that superficial being that you have. So, "Mother says". All right. "Mother did this" All right: nothing goes inside I feel. There's no love. If you are in love with someone, even if the person is in that vicinity anywhere...you know Mother is in London, just think, "Mother is in London." Just think! If you love Me, just think. What a happy thought it is: "She's in England!" It's a happy thought. Think on those lines.

But it does not work out because that genuine thing, the genuine thing that is inside, is covered with ego or superego, your bhoots are in between. So, what happens [is] that you live with that superficial nonsense. Nothing goes inside. It's all that level. You ask anyone, they'll say, "I'm all right. I'm like this, I'm like that." [not very well] Why? Nothing goes inside, why? Because, the genuine Self is lost. What is going to enlighten you? It's not your artificial thing. You know artificial fibre, if you have artificial fibre, it doesn't penetrate anything. It can penetrate into everything, but nothing can penetrate into it. Like that, that artificial thing on us, and we live with it, all the time.

Now why he said about Maharashtra? Because Maharashtrians are not exposed to artificiality, they don't know what is artificiality. People think they are stupid, they are foolish, they are no good for business, they are not good for this, they are not good for that. But the main thing is that their genuine being is not covered with any nonsenses: "I am something!"

I have never seen Warren feeling that way, and that's something surprising. I have never seen him feeling that he's important, that he should be near me, he should be in my company — never! Never even I have heard him anywhere around. I have to call for him. Unless and until I call him, he'll never come before me. He wants to see if I need him, otherwise he's not bothered. He just feels that I'm around, "Mother is somewhere." Unless and until [I call him]. But if I tell him, "Warren I want..." wherever he may be, he'll just rush and come. It's a very good example for you. I am happy there are some examples of this kind. There are many others; I am not saying it's only Warren.

And then, if you take up any responsibility in Sahaj Yoga, then you start thinking you are great, you are a great Sahaj Yogi: you have done this, you have put the postering, you have done this. This shows the calibre, shows the calibre. People from absolutely dead conditions have risen so high, and while people from quite normal conditions are nowhere there, just they are just there, why? The Calibre. Now everybody has that calibre. What I am trying to say: every one of us have the calibre. But it is not evident in everyone because the amount of covering they have. Everybody has capacity to love, everyone has capacity. But if you have covered yourself completely with artificiality you cannot love.

Now if you ask me, "Mother, how to love?" what am I to tell you? I love you, no doubt. I love all of you. I love you very much. I am bothered about you. But what I find then, when I am bothered about somebody, that person starts taking advantage. I don't mind [if you] take advantage, but by taking advantage that person goes down completely. If I am bothered about something, then [that] one immediately starts thinking they are very important, that, "Mother is so much bothered about me!"

Now try to understand that this is a country which is my heart, is my heart itself. And Sahasrara is nothing else but it's heart. Have you noticed how it is nicely managed already that, if Kundalini has to break, it has to break through the heart chakra? If your heart is not all right, it cannot break, your Kundalini at Sahasrara. Have you seen that? That the Brahmarandhra, the last opening, is on the heart chakra.

I know everyone very well. There are people who are mediums with us. I know that. But they don't know they'll go to Hell. It's a very dangerous time you are in — be careful! And that makes me feel even worse when I think that they don't know on what horrible times your feet are dangling. So don't play games!

I know English language has its own styles and things, English mannerism has its own ways, methods. Forget that you are English! That's the best way.

English think that, "We are different people. We are of the heart you see — great people!" In Italy I told one journalist lady who had come, very good lady. She said, "Mother one thing I didn't like the sentence you said that, 'England is the heart.' Agh, how can it be? Horrible?" She couldn't believe it. She said, "Only because you said I tolerate it, but anybody else saying it I would not tolerate!" So how far we have gone down as English, you must see the reputation of English abroad. And advancement we have made is to reach the status of punk rocks!

So when there is such a situation in a country, how serious we have to be about it. Because this country is going to save the world or is going to mar the world, because it is at the Sahasrara. Where Mother is to be accepted. Whether Mother is to be settled and worshipped and adored. But do we have that seriousness of understanding that we are born at a time when the responsibility is much more on us? We don't realise that we are born in the heart, means our responsibility is much, much more than other people have. On the contrary, "We are born on the heart, so we are great people!" — finished!

There are certain things which you follow, simple things, is going to help you. The other day I met somebody who had a nonsensical thing like a Hamsa [catch]. I said, "Hamsa, how can you have? Are you putting oil everyday? Are you putting ghee everyday?" He said, "No!" I said, "Why? Is a simple thing like that, why don't you do everyday?" "Mother is here. She'll look after us." The responsibility is not felt because there's no seriousness about it! you don't know! The job is great, you can do it, you have the calibre. face yourself up, every one of you. It's not facing others. face yourself up!

And I find, really I must say Italians, really I must say what Warren says, is true, it's true. We have Antonio with us in the house, I see: He's very different from all other English people. He's very different. He's so balanced, he's so much there.

Then, then there are some people, funny people, I have seen, they have been with us, so far, so: They will go and do this course, they will go to this, that. It's nonsense going on all the time! And one person like that can spoil all of them. We have so many stupid people on the periphery in Sahaj Yoga in England. We do not have so many numbers anywhere else on the periphery. We have tremendous people, as well as some people who are really horrid. I was trying to make a black list everywhere, and we had the maximum number in England! Maximum number in England.

Now when I am going and leaving you here, you see my heart wrenches really sometimes, because I know you are not yet matured enough. But why not mature? Because there's no seriousness about it. Then they will come, "We need a leader, somebody." Why? Why do you want somebody to hit you on your head all the time, to tell you things like that? With your own dignity, why not come up?

Now I am going, you all have to work it out. So when you go to India, even Indians say that English are the worst. There's the certificate. And you have to be the best people, better than even Australians! They're so simple. Because now we are at Sahasrara, working at Sahasrara. Do you see? Why I have to say all these things? Because you are born, you are born in this country. You are the people. But whatever I say is, "Mother speaks very well. Let's have a tape. All right, very nice to hear! It's a great entertainment you know, Mother is talking! She talks very well." [But] it doesn't go inside, anything! It doesn't go. It's like a plastic on top, complete plastic cover.

So, one has to learn certain things, a few things, like Vishuddhi Chakra: now English don't talk, but they move their heads too much. If they say yes, they'll go on saying yes, yes, yes, yes, yes, yes, yes. All the time their necks are moving. I mean they have long necks, and they must go on moving their necks all the time. There's no need. Why to bend your neck so much? Even if they say something, "Yes, yes, yes, yes." Like they'll say, "Today's programme went very well." "Yes, yes, yes!" Themselves certifying it. But they don't see, because they don't want to see it, that's Vishuddhi Chakra. You don't talk, because when you talk, horrible things come out, so you're so afraid of talking that you just don't talk. But talk to yourself on the mirror, talk to yourself. See how you can respect, how you can be kind, how you could be nice. But no, the practice is more of sarcasm, more of saying harsh things, horrible things, and that's it. It should have, I know is a flair, it should have a beautiful thing. It should not be serious sermon, no. But say something sweet and nice.

It's so evident when I say something sweet. Like the other day, we were in France, and I asked Guido, "You'd better speak in Italian and somebody should translate you." On the way I was just thinking, "Who will translate Guido, because somebody who knows French and Italian well, who will do that?" And when I entered the hall I saw Ruth you see, standing there with her. I had not seen her. I didn't know she was there. She had come all the way. And all the way she's run from there, and now she's holding in her hand this mic, and she is holding fort. You know, my heart became so large, and I really felt like embracing her. And the eyes you see, spoke what I felt. The way she came round you see, she was there. I was worried who will translate and there she was.

you see I also get help like this, when people love me I know I get help. But if they don't love me there are obstructions, problems, this, that. You get so fed up you don't want to see them, sometimes it happens. But if there is love, you know the whole communication works through love, this subtle love. The whole ether has got this subtler love, every matter has got this subtler love, everything has. And the whole thing goes into waves and you just get the message.

But if you are not on that reception point or if you are not there nothing works: neither you nor me. It's a mutual thing. I help you, but you help me too. What's me is you.

But you are not at that level because you are on superficiality. And because of this superficiality, also, you are not collective. But the sense of collectivity is very, very tricky also, one must understand. Some people start forming groups and they think they have been collective. Forming a group is a sign of most uncollective behaviour. But they think, "We have been very collective, we have been very nice, you see!" Very happy people!

So what I have to tell you is that you [should] understand your responsibility.

you are in the head office, in the head office. And the people who are not in the head office are doing much, much better than you. Then the whole office has to collapse

Suddenly I hear a news that somebody is fighting with someone. Again he is gone back to his normal self. Only in England. He gets re-possessed. Again he is left out, again he is re-possessed. Again he is clearer, again he is re-possessed. Because there is no seriousness about it. The faith that is serious gives you awe.

It gives you a feeling of joy, but there is awe. You love that awe, enjoy that awe. Mother is around. What are we doing? Where are we? And that's the first sign, that's the first sign, that you are realising who is your Mother — first sign is. It is very easy just to jump into it, just like your Kundalini awakening, I can tell you.

And Americans you know are speedy people. I knew if they start, they have to just start that's the point. I know that. Americans have to just start, and they'll shoot off, and they shoot off very fast. They have speed. If they take the speed you must know then, what they are capable of.

There's another one that's coming up very well, which I must tell you, is Munich. I didn't want to go there. There was a Polish, stupid, woman, she told me all wrong about Munich people. So I thought, "If this is the sample, I'd better not go." Then I felt the vibrations: and tremendous vibrations! And the seriousness with which they were hearing me, the intensity, as if there was a mathematical class or some sort of a science class I was talking about, with complete attention, not even blinking. Absolute absorption of every word I was saying. I was amazed at these people. And once the Germans get to Sahaj Yoga, God save you all! I can assure you, you cannot come up to their levels, because they have built up themselves like that. They are built up people. They are people of discipline. And when they will come to Sahaj Yoga you will see what will happen.

So all this lovey-dovey business, and this kind of a what you call this, I don't know in English word what you call.

Sahaj Yogi: Wishy-washy.

Shri Mataji: Wishy-washy is different. What I am saying is a person who is neither here nor there: all the time bending like this. Lecha-pecha as we call in Hindi language. And also telling me, "I am like this!" All this nonsense! How many will be left out? I don't know.

So, if I say anything, just know that I know what it is. I know what is going to happen. But you won't learn your lessons, I know. If I told somebody, "Don't. Go back!" or, "Stay back!" that person learns ultimately that, "This was the thing, correct. Mother said it." But how many times? Is the point now.

So now, I am going away. I want to tell you that we all have to be serious people. Whatever mistakes you have committed, forget it. Be serious people! Those who are egoistical, trying to form groups, are mediums, they talk like stupid people, trying to organise programmes in a stupid way, giving big lectures, should come down to normal now! Nothing doing! Be serious! We have to be alert. Those who will sleep now will lose completely. I must warn you. It's important. Time is short. You are important people, no doubt about it. But if you are no good, you will be losing your position completely.

The day when I am thinking of going to India- for a Mother, she's more worried about people who are still not there. She is always worried. Like a boat is going, has got many people in the boat quite settled down, even from England. But there are many still halfway in the water, you see, coming up, going down. You are not worried about the people who are on the boat, but you are worried about the people who are still halfway. And that worry is on my head.

I am serious. The climate is serious. The weather is serious. How it rained and rained and rained today!
The whole nature is bothered.

Don't think that only if you are educated, uneducated, you come from this sort of a life or that- that's nothing important, Spirit is above all these things. But to make the Spirit shine, you see, to work on your nerves, that sheen [of superficiality] has to go away, otherwise it will never work. Whatever you do, it should please Me, it's one of the ways. It should please me. That's one of the signs. So how do we do it? Put me in your heart! Just try to put Me in your heart, it's very simple. I am before you now. I am in person.

I was trying to give Realisation to one of my relations just today. And I said that, "You don't close your eyes." He said, "No, I'm not looking at your face because when I see you, I feel you are my aunt. But I am just looking at your feet so that I shouldn't feel anymore that you are my aunt. You are very great. And your face is the one that puts me into illusions." He could see it's a Mahamaya. He said, "Only at your feet I look. And through your feet only I can get over this barrier, this feeling." In the same way when I am a Mahamaya, I know I am, I had to be. But you have to put my feet into your heart. Just my feet into your heart.

Because photo, face, everything might be an illusion. Might be by seeing my face, you do not get over your barriers. To say, "I must see Mother." "I must do this." "Mother must come to my house." "She must have food at my place." "She must visit my home." All this is so stupid, I cannot understand what's the matter with these people!

Mother, please come in my heart.

Let me clean my heart so that you are there. Put your feet into my heart.

Let your feet be worshipped in my heart.

Let me not be in delusion.

Take me away from illusions.

Keep me in reality.

Take away the sheen of superficiality.

Let me enjoy your feet in my heart.

Let me see your feet in my heart.

Only such people. Even Brahma, Vishnu, Mahesha have done that. So don't you think you have to do it?

So humble down yourself! Humble down yourself in your heart. Humble down in your heart. Enjoy your humility. Enjoy your virtues. The greatest virtue of a Sahaj Yogi is humility.

Now, so many things you have seen to convince you. But in no way it can mean any kind of subjection, because what subjection you can give me? Think of that. When every subjection is a blessing, what subjection you are giving? Every feeling in the heart is a blessing. Just now you feel it and you feel the joy, in your heart. Then what is your subjection? About what?

I can understand people who are just newly come, who are good for nothing. But you are not on the periphery. But some of them do go into periphery in no time.

You give them some work — finished!

If I am sweet to someone — finished!

If I see someone — finished!

I mean, this is too much. I can't even be nice to you.

If you do any mistakes or anything, then you get your left Vishuddhi. You've done your mistake, all right, finish it. You love me. Maybe there's something wrong in the love or maybe something has happened, doesn't matter. "Now, I'm going to be cautious. I'm not going to make any mistakes. How could I do this mistake? Because I was not fully in love. If I had loved something, I would have not done such a mistake!"

All right, so develop your love. No. your will do, "I feel guilty because I have done such a thing." So you miss this and that both. So your mistake becomes a barrier again.

Don't feel guilty about it. We have to progress further. Forget the past. Forget the past. Forget the past. We have to go further. We have to be serious people. When we talk, we should talk with that dignity of that awe. That's very important and once you develop that awe your Ekadasha will disappear. Ekadasha will disappear. Just think of the awe.

See the silence and the joy, and the joy of the awe is deep, very deep, like a sea. The sea on superficial level is very turbulent, but inside is silent, absolutely silent. Feel that depth. Without awe, you cannot go down.

I have sometimes even said little loudly some things to Warren, I know, but it's never, never felt with him. But with some people I have never said because I know the person won't take it from me. But he never feels that I have said anything wrong or to hurt him in any way, that's the sign of complete awe. And it's just a wee bit of penetration, a very little bit of penetration [that's needed]. Forget the self-importance. Forget the greatness that you think about yourself. When you become the zero then you become nirmala.

As long as you are like a cup, you are small. When the boundaries of the cups are broken, there's no more a cup.

And this is what today I have to tell you.

Today is the eleventh day and ten days, out of which nine days were the periods of fights. Tenth day is the period of victory. Now eleventh day is of enjoyment. But how can the people who do not have the awe, enjoy? I cannot understand. Because Ekadasha forms the barrier. And the barrier of Ekadasha, you know what it is. Feel the awe and you'll go deep into your heart, deep into your heart. Because you are at a point where just you have to have the gravity to go down. [It's] working out: try to keep that.

Slowly and slowly you all have come up to a point only thing is now develop your depth. Go deep down.

I know there are frivolous people but they'll all be dropped out in no time. Don't worry about them. I know what people are doing, how they are behaving. I know every one of you very well, each one of you.

So, respect your body, respect yourself, keep your hamsas all right at least. And I am sure, if you become serious about it...you need a serious understanding of the whole thing, that's what is lacking. Because if you love someone, the whole thing becomes an entire possession sort of thing, the entire being is so seriously involved into it that you cannot afford to miss anything. And that's what is going to help you. But seriousness never means you are not enjoying. Enjoyment is so deep: it's pouring into the heart.

I play with you. I always try to say things that will please you. And it should please you much more that I have said — what today is that — how to reach your depths, to reach that gravity that will make you the gurus.

Today I had to talk to you like a guru, because I feel that now the time has come for all of you to become gurus of the right type. Not with egos or talking big and creating a big sort of a show out of you. But a definite depth within you that people see that, "Here is a beacon of Mother." And it is so fantastic! The whole thing is so great, to be that.

This is what the gurus used to do, first of all, is to cleanse people, clear them out, take out their barriers, make them take out their egos, by hanging them round, putting them on top of a well, putting them down five, six times, dipping them down. They used to do all this for what? But now you can do it because I am before you! Because I have come. This is the reason.

Understand what Warren has, so rightly, said. You might say that "Mother was working through him." Maybe. But, I always work through you if you are one with me. Even when I am speaking, you are speaking. And when you are speaking, I am speaking. You know that.

But with all this, that awe is very important. And that gives you the love that thinks: complete integration of your heart and your brain. The love that thinks is thoughtful, the love that thinks. And then the third integration: the love that acts. But first this integration must be brought in: the love that thinks, which understands, which feels. And then the love that acts.

But the basic is the love — it starts from the heart — is the love.

I think you'd better take my tape today and listen to it. Meditate. Meditate on that.

I want to see my children in England develop the depth in language, in speech, in feelings, in expressions, in the personality. It's only the awe that will make it. But awe which is not frightening, but awe that's joy-giving. This is the integration of it. Awe that is joy-giving is not frightening.

Open your hearts! But it doesn't mean you should be frivolous, [but] with all the care. Have you seen a lotus opening? How

beautifully it opens: slowly, every petal so careful not to hit each other. Slowly it opens out. And then the fragrance starts pouring in, in the most dignified manner. Such a flower only can be offered at the Lotus feet of the Adi Shakti, isn't it?

May God bless you.

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22 November 1984

We Have To Be Very Honest People

Public Program

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I bow to all the seekers of truth. These are the days of great confusion. Especially in the fields of seeking, there is so much confusion that it is hard for people to know what to seek, where to seek and what to expect. Apart from that, we have a special category of people who are seekers and who are so many in number. And there are so many in the market who are selling [inaudible] So, it is even more confusing for people to know what is to seek. But formally, I think, when philosophy was the main object of research, that time people used to think at a very different level than what they are seeking today. There was not so much of confusion. And there were people who were really very evolved, of a very high order, who discussed and talked about things, which were not to exploit the seekers, not to mislead them, but to bring them to proper logic.

Now in the realm of the religion, we are the most confused these days. So, we start seeing the point that, whatever you preach, or whatever you try to establish as religion, it always goes to extremes and goes to such a rigidity that it becomes a fanatic instrument and destructive element. Naturally, people started thinking about it in the modern times, "What is the use of having a religion? If the religion means this nonsense, better not have the religion". But by discarding religion or by accepting religion you are not going to know the truth.

Now since long, from ancient times, we have been hearing about the Spirit, that we are the Spirit, we have to become the Spirit. Whether you take Confucius or you have Lao Tzu or you have any Indian philosopher or you may be having any one of the others in the West, where Christ has said many a times that, "We have to be the Spirit ". Now to be the Spirit is the main point we should start with. Those who think that by changing dress, by taking a new name or doing some sort of mundane nonsense, they can become the Spirit, they are sadly mistaken. It shows that they lack intelligence to understand, basic intelligence to understand, that this kind of nonsense is not going to give you something higher.

Now today when I am talking to you, it's a very mental process through which you are passing. Now mental process cannot bring forth your ascent. It cannot. It will come to you, you may like my speech, you may remember it by heart and you'll say it out completely, whatever I am saying, in the same manner, it's nothing new about it. But it has to work out within you. And how does that happen? For that, we have to have some sort of an idea as to what our inner instrument is. And the inner instrument, as it is, is the Kundalini, which I was surprised, even in the Aboriginal scriptures of Australia, they call it as the Primordial Mother, as the Serpent energy. And so many places you find the same description about this power of the Holy Ghost. Now whether it exists within us, or it doesn't exist, whether it's there or not, it is to be seen. But first of all, I would request you that your mental processes are not going to give your ascent, in anyway.

Now we have here Sahaja Yogis, many Sahaja Yogis are also here. Some of them are able to understand that, whatever Mataji is saying, we have to achieve it. And not to just listen to Me, what I'm talking. Because then they start taking big themselves, because whatever they learnt from my speeches, they learnt it by heart and just they can become bombastic teachers of Sahaja Yoga without anything inside. So, "how to bring it inside " is the problem and for that, we must understand we have to be very honest people, very honest about it. And this is what I find lacking in modern times.

In the olden times, whether it was a teacher or a disciple, they were honest. They were not dishonest. They were not dishonest as far as the knowledge was concerned. And they- if they said they are seekers, they were really seekers and were anxious to find something and not to be satisfied with some ego pampering or some sort of a conditioning. If we are honest, then only we can find the truth, otherwise we cannot find the truth within ourselves. And to be very honest with you, I must tell you that any lecturing of any philosophy is not going to help you. what is going to help you is your own ascent first of all, and then your own

honesty to see that this ascent prospers properly and works it out.

So, those who are here for the first time, I have to tell you that you might get enamoured by my lecture because I know quite a lot of things which perhaps you do not know. But that's not the thing. The thing is, whatever I know should become a part and parcel of your being otherwise it has no meaning.

So, in the olden days, the first confusion was that, whether it is the non-being important or the being is important? What a level it was: being or non-being? Now we don't think of that. First, we do not want to be the being itself, you see. So, people started talking about two levels of truth: first is when it is the being and then the non-being. Now you will always find, the evolution takes place when there is synthesis, like, at the time, say, when Mohammad Sahib came or when Nanaka came, they tried to synthesise the principles of religion, the principles of goodness. And if you cannot find the synthesis in religion, say, if anybody preaches that, "My religion is the best and that one is bad", then he cannot see the essence of religion. But if he can synthesise the essence of religion, then one can say that this person has some sense in his head. Not only that, but he can help evolution. Evolution is only possible if it can synthesise things.

For example, if you see in our own body, we have one cell which could have been one amoeba somewhere, doing all the functions of reproduction, of feeding itself and all the functions that normally a living thing do. But it was just one cell working it out. Gradually, the synthesis improved and improved and improved. Then it became into one being, one human being. All the things that we have achieved in our evolution, became a synthesis. So, one has to, first of all, understand, that in any topic or in any such treaties, there should be nothing that is dogmatic. If it is dogmatic and it says that, "This is the rigid thing". Then it is not a true thing. Because so far, when you have not reached the Absolute, still you are in the state of being only. At that time, whatever you see is always relative.

So, for understanding first of all the consciousness itself, the absolute consciousness, first you must know where it exists. Otherwise, it's a big confusion.

Now we talk of big things of being the absolute consciousness, of Spirit and this and that. But where does it exist? What is its form? How does it manifest? How it is awakened? All these things must be considered and understood beforehand that you do anything. It's like any machine. Supposing you are given any machine, electrical machine or any machine, and it's a very complicated synthesis of many machines. Now you have to know what button means what, where you have to press it, where you have to plug it. before understanding your own being, you just talk about big things like Nirakara, means there's a formless God and great God and this and that. It is meaningless, it is not going to help you. So, with full honesty, one has to first know what we are, who we are, where are our different centres or we can say the buttons, where are our powers and how we have to awaken our powers, how we have to become that power which is All-pervading.

So, to begin with, we must be honest to ourselves that we do not know anything about it. Now when we go about it, we should not get into the big discussion of being, non-being and the Spirit and the Paramatma and atma, All these big things if you take to, then I find, you see, suddenly people shoot up there and again fall down. Because they have no ladder to reach their God. You have to pass through that ladder of understanding first of all, what is our being is and what we have to achieve.

So first let us see that we can define the two truths, one is the absolute and another is the first we need to (inaudible). The first truth is that we understand through our human awareness, that is the first, we must understand that quality through our human awareness understand that we have mental capacity, we have physical capacity (inaudible) we have to (inaudible). We can say that first we had only physical capacity for many stages then we developed emotional and out of emotion also came out mental. Today we are more mental than emotion, that is why we say we have no heart; we have no feelings, we have no compassion but actually it is we that we have evolved into mental state over that, I should say mental capacity is over that. So, we are so smart now that we outsmart ourselves, we cheat ourselves, we are dishonest to ourselves, we can manage it because we are intelligent enough. So, at this point we have to understand one thing honestly that beyond this we have to be something else, because if we stage by stage we have come to physical too emotional to mental now there has to be another evolution that has to come. which has to be the synthesis of all these things. if it is not the synthesis of all these three then it is not a perfect evolution, then we have to move to further stage. So, the next one as they call it is the spiritual. Now spiritual is very much sensitive. People think

that spiritual is a discussion as I have seen people will be keeping out of it, because mental, it wants say now what is to be spiritual, spirit means this, and they are fighting on between as you call it, Goethals and genkans these absolute things, being non-being, all are human (inaudible), it is a headache to know all these thing exist. Even too many things more like a computer. If you have to understand computer its easier that to understand than these useless talks about being and nonbeing. The reason is that it's a mental feet, people like to have a mental feet you see to about it that it is a nice discussion going on. You see they will sit down for (inaudible) and this and that all kinds of things happening in the groups come up and they discuss, of no weight or no way, you do not ascent in that way, because the instrument you are using is your mental projection and the mental projection is not the instrument that is going to take you there because that you already have. So, something else has to come into play and that something else is waiting yourself and that is this kundalini, the force within you which is going to help you to ascent. If it exists it will work out, it works out bust still you want to solve your ascent through your mental process that cannot work it out. It has to be that kundalini, it has to. So, then what happens, when the kundalini rises and you become the self, you become the sprit, do not immediately identify because the synthesis is not yet complete. So gradually you have to work it out in such a way that you establish your attention on your spirit. once it gets properly established then you will be amazed that all these three things become completely integrated, you don't have to worry and whatever you think is accepted by your heart and worked out by your power. You don't have to think about it that you have to do like this and then now my hear may not agree, everything is completely synthesised. At that time when the spirit starts shining within you but that's just the beginning, just the be beginning of it whether the being starts showing itself in you. That you feel the integration between your three being, which is the physical , emotional, and mental. That's just the beginning, the light starts to (inaudible). But that is just the beginning because this is not yet, you have not yet overpowered that first truth as it is. For example, now I would say that this flower has a power by which it has become a flower, also there is a built-in power that it would become fruit. But that power that is within it you can see it Have got it within yourself and you can see that there is a power but you cannot feel that power which has done this and you cannot master that power which has done this process of making it into a flower. So, you can feel the all-pervading power which does all these things, but you cannot master that power. you cannot use that power unless and until you cross the two levels Off this kind of bondage that is within you. How do you process again you use your mental Process listen to my tapes, That's not going to work out listening to my tapes is again your mental process It is you have to be beyond the mental process to Do that that is the point I'm trying to tell you first of all That's still when you're using your mental processes you are at the Level where you cannot work it out. So, first of all you forget about your mental processes for example a person who is highly realisable soul whom Confucius called him superior man, you call him superior man. According to theatre's the man who is rich Who is well educated is not superior He is a primitive person compared to person who is developed evolved personality according to him he is superior All others are primitive people at a lower level that's how he describes them superior man. To him only a superior man can understand humanity he talks because he was at that level So he talked about that level only, so the superior man is within us who has to manifest itself, Is the personality which Resides which has to express itself When we attention reaches that stage attention has to reach that stage And not the mental process and all the yarn that comes out. So, first of all thinking has to stop So what do you do stop your thinking stop your thinking, what you are doing is your mental process again. You are using the same process to stop it which will give you no effect because that cannot stop.

So, then what will you do how do you will stop the process, for that you have to get your kundalini awakened By which you enter into the realm of thoughtless awareness where you just start seeing you're being own being manifested in a way you feel integrated in a way as far you are concerned. But still you are the being, you still at that level where it is the half-truth not the full truth. For example, still you feel sometimes, alright now I (inaudible) Sahaj yoga, and you start talking about it but there is nothing inside. And now you might feel like you're an expert you can do this, and this Is what causes problems to Sahaj yoga when people from outside they come they think oh he is a Sahaj yogi , oh he is alright , his vibrations can be felt, but as far as he is concerned he is not very much better than what you are. So, they get confused, they think what this is, they think that if he is a yogi he should be a perfect (inaudible) personality, which he is not because still he is living in the half-truth. Now I will give you a simple example, right, we have to drive car, I don't know how to drive myself, suppose I have to learn, I have to learn about the car first of all, then I have to master the break, the acceleration and then I have to master the wheel and the balance, that the balancing it ourselves. And then after that I can become an expert or I can become a driver, I can get a license to drive. Now this time when I'm driving I don't need any more then idea about break, any more knowledge about this thing because I mastered it, automatically I am doing it. Suddenly of there is a problem I put the break, suddenly there is another problem I turn the wheel because I automatically I have overcome that. So, the being, the driver, has become expert by which all these things most important at that time become unimportant.

So, this is the first stage where you find you are completely synchronising all these things of the car in the same way in your own being also you start synchronising all these things. That only you know others, can't find out but you know that it has happened to you, that you are synchronising and that you are quiet at peace and automatically things are working and you are surprised.

But when you become the being this way what happens is that you start feeling what is happening everywhere, you call it, god, nature, Ritambhara PrAgya anything whatever you call, but you are surprised that how things work out. On material level also they work out, on material level surprising they work out. In physical level they work out all economic level political levels and you are surprised how these things work out and you start wondering what is happening because though you know that something is happened but that you don't realise that you have entered into another kingdom. you have entered into kingdom where you have no doubt. Even if there is a little baby, who is a British child suppose, whatever happens to the child, the government has to look after the baby. The baby is not yet related into the British government or to the queen or to anyone but is seeing the point that baby is looked after. In the same way you to it happens that you are sitting and living with the heart, you see it working out but still you are in being. So, this is one problem of why (inaudible) was saying that there is joy. whether what exists in matter or not, whether it exists in flowers or not, whether non-living or living was a big problem. We don't have those problems, we are not bothered, we don't want to know about god, or anything but we are seekers.

Anybody who says that, now you are a seeker, come along, you pay so much money to me and I will (inaudible) and you are accepted. You are not bothered it because firstly I would say we are not honest and secondly they are not intelligent enough to see this is not what I am seeking. Let us face it clearly this is not what I am seeking, changing my clothes, changing my being, or paying some money somewhere and you can be a part and parcel of some cult. I am seeking something really deep and this is not due to (inaudible). So you do shopping, styles and all nonsense styles but if you put your attention to one thing that first of all my integration must come to me then with your integration you will see that you become in a way like the driver, the master that by just movement of little plugs here and there you move your car and you start moving other sides also when you become greater master, you can do. You can master any car that is there, any permutations and combinations of which you can master. But still you are the being, you are still the being because you are still worrying about the car, still you have to know a lot about the car, and you are not the master, you may be the driver, not the master and when you become the master the you are at the non-being state. When you are in the non-being state you are not bothered about driving, you are bothered about roads, you are not bothered about breaks, you are not bothered about anything that is there in the car, I mean some people do backseat driving no doubt, but that's still they are half-drivers, half master. But the real master would be sitting comfortable there, reading his book whatever it is and will be relaxing under that (inaudible) because he is sure of his driving, so when that state comes in you become non-being, where you know that you have the driver and you have the car and the driver knows how to drive and (inaudible). Now there is no quarrel you have to have the driver, and then you have to have the master, so there I being and non-being both existing, it exists so what is the quarrels about it. This is not mental projection that you fight whether it is genkan or not. Whether there is duality or there are absolute awakeners. There is absolute awareness, no doubt but the absolute awareness manifests through something else that is not absolute awareness. See these flowers, it is not aware of itself is it, people are not aware of themselves aren't they. They become aware of themselves but still they are not aware of this power are they.

So, when you become a non-being then you are not bothered, you don't worry about it, it just manifests, they work out. You just sitting her, it manifest if you are there, then you are in absolute consciousness, but you are in ascent. For example, supposing now we have said collected some money here and build an ashram, I have nothing to do with the money, but I have something to do with the ashram because ashram is for all, right. So, I can give them suggestions what's to be done, how we can get things, this that, I can. so, one would be surprised that the person who is supposed to be a saint, how does he know so many things. If you are a master, you may know also about the car, and the driving everything, if you really the master. But you don't bother about it. You need not bother about, that doesn't mean that you don't know because you are manifested in it, just like the reflex action within you. For example, you pinch me here, then I would move my hand automatically. I wouldn't think about it, and won't move it deliberately, it just goes back by itself as a reflex action. Now this reflex action takes place in a way that this comes from conscious mind. So that's a non-being that acts and that's what is the problem of being and non-being which may discuss and discuss and discuss, and somebody asked me this question and I was very happy because at least that fellow had raised something, but he was so much within that he was absolutely confused and was about to (inaudible). So why worried about all

these discussions first of all you should keep yourself in a very humble level and see that, now it's a journey we are starting, let us become a spirit, first. First you feel the effect, let us see how it works out. Everyone should face it within yourselves, what is the quality we have and why is the quality. Not what you got mentally.

Some people are cured of cancer I know in Sahaj yoga cured of this trouble, somewhere mad people, some had alcoholic problems, somewhere drug addicts are cured, alright. That nothing important because that's automatically been work out as your attention goes higher and higher but what you have to see always is how far I have achieved, how far I have gone, what have I achieved, have I achieved that, instead of that you just assume in yourself, Oh I am a realised soul. Then I must say that the progress is stopped. Only the progress start when you think you have to still go ahead and you have to acquire quality and not thoughts, not lectures, not absurd waste of time on discussions, it is what you have acquired within yourself. Now you start from the way down, first of all you start with the idea of humanity you can say like (inaudible) so many of them preached about humanity. Most of the primordial masters talked about humanity and about religion, two words. They talked, you must stand on religion, religion means that you must have some fragrance, you must have your innocence alright, and that you must not be malest people, you must keep to balance. Of course, all religions have born out of balance, out of balance. But that doesn't mean what they have preached was wrong, I mean that's human nature to go out of balance of your time, and so they go out of balance, they are gone out of balance. Alright, but we have to establish humanity to believe in. Now one could say that anywhere your absolute consciousness why do you need to worry about balance, because you cannot achieve balance. if you do not cross the threshold of this, you cannot achieve that stat, that's what people don't understand, they go to a guru he says alright I give you a name and you become god, how can you become. This is what we have to honest with ourselves that first we have to establish our humanity, that's what everybody said in the beginning of human awareness, when they talked about nothing but balance, balance, balance, balance. And that why people do not understand that they talked about balance. Moses dint does not talk about ascent, because that was the time people have to have balance, that was the time. Then at the time of Christ they started talked about ascent, even India you see at the time of Moses, very few people talked about ascent and very few people got it. But then gradually they started talking of balance and balance for what, for humanity. But at that time, human being were not so alert, they did not questions, they said now this is important, this is something for a superior man and that's a good thing to be done, Confucius said so aright, they say Confucius said, and finish, they agreed and accepted. Anybody said, Christ said so, alright, and in gita they say Krishna says so, finished, nobody questioned did they (inaudible). Because that time they were emotionally bound, but today mental level has gone that up we are wasting lot of our energy thing about these things, but it is not thinking, now we have to ascent high with intelligence we one thing has happened that we see the point, we should see the point, if you can see the point that we cannot achieve your spirit through thinking, your intelligence is best. but if you have come to chest your intelligence with your intelligence then nobody can help, and this is what I have seen many intellectual who have been to me, that what I finds that are not willing to accept that you have to go beyond the mental state. if you don't want to accept you will not go, you will remain inferior personality. May be a person who knows such way are a person who will become a superior personality and will achieve his realisation, who can achieve his goal and will be what he has to be, and you will not be, that's all, that's the fact. You may criticise me, you may cities Sahaj yoga, you may criticise anything but that not going to help, what is going to help is to see and achieve what is described as spirit. That's why people like buddha and Mahavira, they thought about it and they thought this is something about god, because talk about god people think we are absolute awareness, were saffron colour dress, come out of jail and were saffron colour dress alright and tell people, I am absolute awareness and see I flow through the air, everybody believes such a person and make a big drama about it, take all the money that they have, finish, that's all. That's why buddha and Mahavira, both of them were endured to say all the time, all the time that first of all seek your spirit, self-realisation so much that they killed him, they negated god. I idea of god Ishwara, so they were calls unishwarites, the one who are atheists, this is the reason because once you are talking of absolute consciousness everybody thinks of I am absolute truth. By thinking you are the master of the car you don't become do you, it is very simple, it is so simple you don't need much intelligence to understand this point. you have to become and becoming is the point. But becoming then the second thing the being and then non- being, these are the three stages through which you have to pass through but that doesn't not mean you will be getting one of them. At this level whether you are a just an ordinary person I would say that you are not realised soul and whatever you have is important but why you have this, why this position, why this accusation of mental capacity one must understand, is to understand that you have to go further. if you have not achieved that mush of metal capacity I think you should do your universities again to find out. But if have achieved that much of understanding that through mental process you are not going to achieve your spirit, you have gathered it. A stage where you were raised, alright, at a stage where we just emotionally

develop, we should just follow it, alright, Moses has said follow it. But all these things created problems because when they just followed it emotionally they become fanatic. That's why you see a person who is a Muslim is a he is an ardent Muslim, and he cannot understand Christ, if he is Christian the ardent Christian he cannot understand Mohammad sahib, if he is a Hindu he cannot understand any other religion. Their reason is that they were emotionally bound, and emotion is not the end. So that a new theory stare like communism and all that came up, and also abstract religion started, like ahh... we can say see Islam is like that, we have in India something like Arya samaj. Now that beauty of this Arya samaj is that you can make out any man who is an Arya samaj very easily, especially when they are little old, of my age group I'd say, we can about just talk to them. They talk irrelevantly, talk to anyone of them, you be surprised how much of capacity they have to talk irrelevantly, they will say this is life, this and that, you be amazed, we are this and that. And it is surprising that these people won't have given up forms and things because it was emotional binding to take to something mental that is formless god to worship and etc. pure consensus is that, again it has to come to same level that they become another mad thing. Like this hare rama people, you see if you talk to them they say hare rama and you say things they say hare Krishna. that's madness you can't even have rapport with them, you cannot raise their kundalini, their anginas and problems of the throat of left side all the problems you have to just cure them, and they don't understand. So, this emotional binding doesn't take you there and neither the mental part.

Now our attention to mental binding can be also about, say science, science could take people to another area say science has a point, they don't want to see that there is something beyond science also. Thank god that they themselves have created atomic bombs this that to see that what has happened, we discovered science for our being and here we have our destructive forces just standing before us, now what to do we have to face it. So, it's a big problem of what you have been doing with science, after all what happened was, how did we lose wisdom and what point did science leave wisdom behind. So emotionally you were useless, we became fanatics and as mental people also we have become this countries people. And they as that 65 people of the age of age of 25 years in America are little bit less here. imagine what happened. if they are schizophrenic they have to run to psychiatrist, I mean everybody thinks it's a fashion to have psychiatrist, and to say that we are confused is very big fashion these days because they are, no doubt. if you go on thinking like that then you get confused, ask anybody did you understand they say I am confused, very honest.

The reason is that this mental projection cannot think away from this confusion. Confusion is because there is no synthesis and to achieve this synthesis you have to become first the Spirit. But then you don't go into another higher realm just now for discussion. I would say, let us take the position of Buddhas just now. Let us not talk about God, because if we start talking about God, immediately the problem starts that we have become either God or we start arguing about God or start thinking about it, "What sort of a thing it is to be a God?" So, better not talk about these things. Let us keep ourselves to, first of all, becoming the drivers of this car of ours and that of others. Then the second position comes. If I now, I tell you that everything is God- everything is God, everything. Everything is done by Him. Everything is managed by Him. Everything is brought forth by him, he knows everything.

Then you will say, "How do you say mother?" I am just telling you this, you don't believe it, you just don't believe it. Because if you believe in it, you'll immediately, some of you will declare, "I am God". It's better not. So, it is true that everything, this flower whatever living you see is done by God, whatever is created is done by God. You cannot create even a stone of your own! Can you? Even a stone, we cannot create. Even this plastic that we say we have created, no we have recreated, but we have not created even the plastic! Can you imagine? What have we done? We have not created anything so far.

Then the One who pulsates in matter- you know, there are vibrations in the matter - then the One who looks after all the living things works out everything. All this synchronizing, all this synthesis in a human being that you see, at least, I mean, normally human beings are, in a way, great productions of God because they can be emotional, they can be mental, they can be physical. They are computers of the highest degree that they see something and they know what it is. They are the highest thing that we can say God can create. But there is something higher, because if there were the highest, they would not have been confused.

So, we reach at a point where we understand that we are to be the 'being' first. Then we'll think of the 'non-being'. So, don't enter into other arguments just now. I would say, in a humble way, that let us try to be the 'being', and when you become the 'being', first thing that should happen to you, that you become collectively conscious. That is the stage where we say that you become the humanity, feel the humanity within yourselves, first.

So, what it is happening, that there are seven stratas withing us as they say. Like, first is the 'bhu', is the earth. 'Bhuva' is the creation, whatever is created, all these galaxies and all that. And then we have the 'swaha', is the power to digest within ourselves. And then we become the 'manaha', is the emotion, by which we feel emotions, manaha. And then we become 'jana' is the humanity, by which we feel human beings. Then we become 'tapas', where we understand that we have to go through penances, and ultimately, we become the truth. Ultimately, we become the truth at the seventh stage.

Now when we become the 'being', all these stratas become subtler and subtler. So, what if the first subtle thing, is the 'bhu', is this earth. So, what happens, that we start to understand the earth, in the sense that we can use the earth, we can put our hands on the earth and she start sucking our vibrations. We put our hands to a flower, they'll start sucking our vibration. We put our feet on the Mother Earth, she will feel our vibration. Like Shri Rama had to take of his shoes to walk in the area of Maharashtra, and many people say that he did it because Maharashtra is a very holy land and that is why he took out his shoes. But it's not so, he wanted to vibrate that land. Just to vibrate it, he went on that because he was a 'non-being', so he could do it.

You can vibrate a tree which is about to die, and it will come back to life, we have seen these miracles. At this stage we are become subtler being as far as that is concerned. The we go anthariska, like we see starts and all those things, now what happens when we start subtler being, we start seeing those vibration with our own eyes. We see the effects of these stars on ourselves, how it has acted, and we can react because we can go beyond. Like the what if we have other problems of our horoscopes and all, they all be we go beyond it, no more horoscopes needed you see. they say you are (Janina) you act as if you are like Janina and not this not that, you become above that. so that how you become subtler, the power of these go away from you become subtler, on the contrary you will be amazed that you start contracting those stars where ever you are , you can find out later on, you can then try. SO first we start with becoming subtler and subtler, start saying subtler things about the stars. then the third sate is when you become the swaha.

Swaha is the one where you normally consume. consumption is normally is of you eat food, you eat everything, whatever you feel like you really do not understand. But when you are a realised souls immediately u know this food is not god that is not good for you, this one is bad that is not, this one is from holy hands that's not, even small children, I have seen small children even if you give them prasad from a terrible guru or something they throw it out, wet try but really they don't want to , they feel that there is something wrong, they feel the inauspicious of that food that is to consume. So, in the consumption, you see someone taking cannot bear, can't consume, you cannot take it inside. if somebody says something you say no no no no, not that that person is not sweet he is not good looking but the only thing is that when to talk to him, and he talks you u feel spikes poking your ear (inaudible). So, the consumption of this that s there becomes purified, u know what is pure what is not pure, automatically., nobody has to tell you. Now if you tell somebody that no I won't have this water, he will say why this is from river Ganges, why won't you have it. because it is brought by somebody who is (inaudible) but you won't talk it, so other person may say, Sahaj yogis are very absurd people, they are very(inaudible), because they see that subtler thing, so the same thing starts working our mind why this people are not taking this water, even ewe have brought it all the way from kashi, what is wrong with this. but a sahajayogi will understand another Sahaj yogi because they know there is something wrong with the vibration despite it's a poison, it's not a poison for a normal person, it's not poisons at all. Now a person who takes any other things like drinks or alcohol, it's very easy for any normal person, but for a Sahaj yogi its different, now we say this person is ingénue, it's not the point, he cannot take, because he cannot consume it, the swaha part becomes subtler now, so the body devotes, I know somebody who said he just gave up drinking, but then he went to jumping still in being state so he saw something he like some sort of wine or something, he said he immediately vomited had said I felt like I was taking some rotten corn. I said rotten corn, when did you have one, He said in my childhood, I was once opening rotten corn, and that's the smell I got I vomited and vomited and vomited. And the same thing he enjoyed so much before but nobody told, nobody told you don't drink drinks, nothing of that kind, nobody asked him that it is bad, but just his own being became subtler, the awareness became subtler, he said go way. So, the sins so called that adharmas, irreligious things, unrighteous things automatically part and parcel with the being, you just do righteous thing, you can't go unrighteous, just can't go, you just (inaudible). Then then at the heart level when we go, at the mana stage, at the heart, Noe you are very compassionate people, compassionate and all that, we must help the poor, we must help the needy, that we must help this kind and that kind, but we have no restriction, we try to give money to somebody he hits you

harder and takes away your purse till you don't know what had happened. We think we are compassionate this is mad, you see, we try to do some good to others and gives you back. Like Christ has said, that one cheek to a person, the one who slaps one cheek put the other cheek to that person. He must have said for sahajayogi because they have discretion not for the ordinary. Because if you put another cheek he will give twice or trice. you must have (inaudible) but not to people who are normal people. because a normal person does that alright you want to have one, I will give you ten. Because that discretion to whom to put the cheek, the one who u feel ashamed of that judgment, that judgement of another personality comes through the mana, which is the emotional side in you, which becomes very subtler. Then you have to try this change, some people say mother, he or she is very annoying mother, I understand, the one who was slave of other, the mother used to rule him, and destroy him and do all kinds of things is now become absolutely arrogant, he says no (inaudible) done tell me anything, I don't want to know. Just acts upon them. Now motherhood is a very big thing in Sahaj yoga, no doubt. Now there could be a mother who is destroying a Sahaj yogi, so a father could be like that but maybe he hated his father then now he becomes father. Mostly it happens because father also changes. he might have feeling for the father, a new feeling for the father, how may have new understanding for the father. This subtle understanding discretion comes not as the result of mental projection but have to be within yourself, just do not ruin it. I have seen people who are so dominated by their wives or by their husband just that. No more dominations, a Sahaj yogi should not dominate anybody nor take any domination from anybody but then they are sorry that they do not take any domination, for that you don't have to dominate. So, the anger part that we have for us is hatred. I hate this, I hate that all these is meaningless because what is there to hate, we just hate the things that are not are not beautiful. you don't have to pay, you don't have to do anything, finish. your (inaudible) is to yourself because u have become that subtle thing and that subtler thing itself change another personality. that subtler thins itself changes another (inaudible). A person who is dominate for example, Bryans mother, absolutely Bryans mother she misuses him, tries to take advantage, suddenly he stand up, no , no more I have enough, mother defines back out, she says what's the matter with this boy. but he does not take as a result of anger or something else. Like when we get angry we tell mother I am going to take to whiskey, you see if your angry then someone say our family will be disappointing (inaudible) especially this happens I have seen, in the west things start drinking, I mean self-destruction starts. But now I am disappointed, your angry with your father, get into temper, you go and beat somebody or destroy something in the house or do something like that, it is not right. But she sees that when he gets to be himself he is becoming a righteous personality. He is becoming beautiful personality and the after also likes his father, he sees oh something great about this man, how big he has grown up. Our ideas about our sex like absolutely changed because we start respecting our chastity, we developed respect for our Chasity. We are not so cheap to waste our chastity, women start thinking about it, men start thing about it, and we develop pure relationships, better relationships an also good married life, good children, that how we become subtler. We do not have to give lectures about it, we don't have to tell you just know you have to do it. That is what it is and that stage it happens.

Then you reach to the stage of (inaudible) jana, where u become humanity. You start with humanity and slept with swaha and that's time your stability your humility in the beginning, at the most of it. But at the subtler level you rise to your channel, entering your hands, you start feeling other on your fingertips you start feeling their consensus ness, you become subtle. That was there, nut your awareness was not such that you can feel out. But now you can feel it and (inaudible). so, from that what truth was real has become unreal and something else that is real has gone upon you. That's how you (inaudible). So, you become a person who know she humanity within yourself, you don't have to justify mental projection you don't have to take biodata to find out anything you just know. That happens through your, this centre which we call as the jana centre. Then at this stage we have funny ideas that we should achieve god we must give up these (inaudible) Gobi Desert. May people are going to Gobi desert, what do you call them, some funny name, shambale, I mean imagine if you go to Gobi desert if have to be (inaudible) then we should give up these, we should dress up like these people we should live in huts and we should become aesthetics and we should develop round hair or cut open hair and do al kind of things, Gibbins, that what we think. They are all Gibbins from A to Z. That's what is there to give up when you're not holding on to anything. If your holding on to anything then of course you can give up, that mean you are holding on to anything that why your giving up, it's a myth that we follow and break your Tapaha. And Tapaha is the point here you can say is the penance, where you can see the pence. But when you become the being then you do don't do it with the idea of penance, but just happens. Like suppose there is a person who just comes and says to work on a sick person is headache and a person who comes from some guru, they think they are obliged to us by becoming sahajayogi, here we are breaking our hands, this is burning, that is burring we are having headaches u see, then two persons will come they will say mother (inaudible). Then poor mother has to work, till 2 o clock she works on them this that. All this is the questioners, this is all

(inaudible) but will it so happily, we want to perfect, we want to perfect it but there is nothing to show, nothing. It's just, nobody understands how they can work. Like the other day I had a very rich man, millionaire, of course rich man I am not too worried about, who had very competition, art this that, he was going to Huston. on his way he came, and somebody there a Sahaj yogi came and started working with me. he started wonder this person, how is that taking no money nothing how much he is into me, that to raise my kundalini do this here, do that , for three hours this fellow is working on me, why, I am not going to give him anything. Why does how wants to do it. This is tapaysha. And you don't feel it. Now this people are going to India, I have told them hundred times its pattern its horrible, when you go to India, you will have none of your bathroom style things, you have to carry (inaudible) around (inaudible) it's the most uncomfortable journey you will have everything I told. but when they come back they look fresher, happier this thing, oh we enjoyed ourselves mother, they don't see the comfort part. It comes automatically that the question, because they jump, have fun, and enjoy themselves in the nature, have so much fresh air, but it is not that they are doing, nothing. They don't mind. So, this asceticism which is expressed within us is automatic, it becomes part and parcel of the being, u don't have to think have given up this. Because you're not holding on the idea of comfort, we have to have comfort, nothing, if you are comfortable there well and good if not you can sleep on the street. that's the harm. But if you have to do it before this subtleness then you will have to think alright, first t=let me take a small thing, if not anything at least a guilty, at least alright then I will take the quilt, then you say its pain her, I better put my hand there, then alright postpone it for something. I will for some yoga asanas, let's try with that I may develop. Then again you try this, try that oh I have just done it, it's too much. But with Sahaj yogis it automatically, they don't feel it., that's why mothers tell, that they can enjoy, they get so much nourished because they feel the precious of it. (inaudible) it's a place where you do get vibrations, but Indian don't feel, because they are very ordinary people born in India, hopeless people so they come to England to settle down as migrants or whatever you call them. they have vibrations then to they are not subtle people and by English (inaudible). Who's the superior person, the one who foes to that place where they have vibrations, not to that place here there is material wellbeing, comfort this and that. But I have to say that England doesn't have , now England has to become Jerusalem as promised by William Blake. But how many have any regard for it , I was amazed wanted to find his banyan place where it was buried and what was the tool they used and in the for (inaudible) and the most neglected place is right down there. It's so sad who though to England to be the Jerusalem but the holiest of holy is laid down there in the place where people are walking on the tomb and no body respecting it, that's what England is today. But if William Blake had died in India, I would tell u this much that there would be thousands (inaudible). Even today the saints re respected much more than the king and queen, much more. How can you do, it's a sign of our development and understanding. But we have such great seekers here that one day this is three that is fallen to become the Jerusalem and then will regard the hinges in as the spirit. Highest as the divine, vibration the divinity what we call the (inaudible) that what the day has to come. But people have to get out of the metal projection , then they are still entangled. So, I have to request you today we have our realisation also if somebody has to ask me questions, please ask me questions. Because I am here only for today and I am going to India again and then to Australia and then I will be back evetime quiet a lot of you (inaudible) and then in England I may be here some three months. you may be amazed I worked the hardest in England for the last ten years, nowhere such in India or anywhere, because I know England is very important. It is the heart of the universe but the seekers in England are lost quiet and lot and we have to bring them back to their normal senses and make them understand the responsibility because if the heart fails then everything fails. Because the whole circulation of this has to go through the heart. Luckily, my husband was elected and elected and elected for the house and now he will be here for 16 years, 16 solid years I will be working on this country, all together. So, I hope you people will realise how important it is to me to be in England, and that is how we all in England must work very hard. and people who are non0sahajyogis must become sahayayogi and sahayayogi must become real sahayayogi not just taking sahayayogi or what we call the (inaudible) who understand the subject, but your possessed by some ides, possessed by non-sense. They to become discrete, this is what will happen, people will see you how great yogi have become and then only they will realise that it's the right path to follow. May god bless you.

Now should do if you have to ask me questions please do.

Question: you speak about dharma how do we (believe)that.

that is to your metal projection. What's wrong, what's wrong, you see when we start just becoming ,mental being, we start deciding from mental activity. You see then we say what's wrong, when I went to America in 72, 73, I told them, I am not going to pamper them or anything I have to tell the truth isn't it. I told them don't go into this nonsense homosexuality it will be

troublesome, don't do all these things, don't disturb your chastity, it's not good, that's your power. They were very angry at me; they were so angry all the Americans you know they wouldn't have me and that actually I am fake then all the other gurus. Then I said doesn't matter you want fake it's alright, you don't want to have chastity alright, you don't eat to do anything other have told you alright, only thing you give us the money, I will get the degree certificate just like the pope, that they accepted. Now this time they telephone to BBC and all, that they have their own broadcasting stations that mother has told us that we have gotten afraid, we have AIDS, so what will you do. I said what's wrong you said like that, they are (inaudible) now what's wrong. Because it's mental projection, ego that comes within us. What's wrong, why should we listen to Christ who said thou shall not have adulterous eyes and I have yet to come across those Christians believe in that not to have adulterous eyes do they have (inaudible) in their eye, no they don't. But what's wrong in having adulterous eyes, now Christ is no more so whom will you ask. Ask Kishap, he is agnostic, yes he said he is doing his job, he is agnostic. Simple as Ganesh he is doing his job. But doesn't matter even if you are agnostic, it doesn't matter because the subtler part is still there you will never leave that. Once that is awakened you will spread through. So, you shouldn't feel guilty about. That another thing you don't do please. You don't worry, the subtle made you have, through that you take out, kundalini will move through that (inaudible) but don't feel guilty otherwise kundalini won't rise, alright. Yes.

Question: Not clearly audible.

Everything, in the beginning of enlightenment when it awakens it starts making you subtler and subtler till you reach to bhramaharandra here and then it breaks through then you touch the one they call you become the spirit. It's not full, it starts and then the light starts coming out.

Question: (inaudible) told by yogi: Before raising the kundalini, he says you have to observe the prana energy.

No not necessary should do it raising the kundalini. Prana energy is what they do, actually they talk to their hands, prana energy is right sided one. Which comes like this and the other is mana energy. Only prana energy is absorbed it's not going to help. What happens when the kundalini rises, here comes Christ, Christ is in the centre of the Agnya centre, where there is crossing of the optic chiasma, there is a third eye as they call it. Here Christ is sitting in the Agnya chakra. What happens when the kundalini awakens Christ there he absorbs both the powers, the ego, and the super ego. The prana energy which is not become the ego in the head and the super ego from your mana energy both are absorbed and that's how once it happens it is a living happening. When you try to do prana energy we are solving the prana energy. You are doing through the same instrument which you have to absorb. You see you want to absorb the prana energy to what to your ego, now ego cannot absorb ego can't.

Someone speaks- (inaudible)

That was so before that you had to become first the humanity, then Confucius said first you have to become the Tao, Tao is kundalini and then you have to become a higher personality. That was alright at that stage but not today, today what we are saying that let us first awaken the kundalini, once you have awakened the kundalini, it's like putting a light in the lamp alright and then you start seeing. You start seeing yourself. In these modern times, if you tell somebody don't drink he will beat you all, you can't talk such things, horrible it's absolutely unmannered to say such things. But best to raise their kundalini, once you raise their kundalini the person takes to it automatically. He doesn't argue with you. You follow my lecture isn't it, you become subtler being and in that you start seeing what's wrong with your lamp and yourself (inaudible) nobody has to tell you, you become your own guru, your own master. This is what today's Sahaj yoga is. Those days it was alright to correct everyone. They used to have one guru and one disciple, at the time of Raja Janaka he had only one Nachiket, whom he gave realisation, only one. But now it is easier for me, because it has been mastered through so many masters and all that and that's how today it's easier to raise the kundalini, not difficult. But once you have to raise the kundalini it is difficult to tell people to respect their realisation and you can't, it's difficult. That's the only part, that cleansing part you all have done in previous life, so many of them that came to have I have seen they get their realisation instantly are phakiras I call them, just like that. And they retain that. They are just there. I know so many people like that. They have got realisation on my photograph, so they are cleansed in previous lives. You see this type and another type and another type and why are seeking today because you have done something like that. You might have been on the Himalayas some of you, or you have broken your necks (inaudible) so I have problem in my Vishuddhi you see. Yes, once

your freed you will anything, how do you know, only your kundalini can tell. So all there is background work done already , we have reached the stage where it is blossom time as they call you, now you are at a good stage to at a different stage but now you are at the flower stage where you can become fruits very easily. Also it is not only that Sahaj yoga is such a marvellous thing that I have brought, I have come many times before also I could not do this to you , because you also have maintained some maturity. So, it is between you and me, we all have attained certain maturity, I know how to do the job, I know how to achieve it so it's something a different level.

Any more questions now.

Now do not understand hatred, let it happen, I don't know if the kundalini will rise or not that's the main point. It will rise its very good, then it should stay there its greater fortune. so better let that Tao rise within you alright.

Now what do you have to ask, say loudly. someone asks a question

Mother asking gentleman to speak up the question.

Question inaudible. Another yogi says - is he a person or personal energy or both.

He is both. he is both, but what I am saying is don't worry about that now, just worry about ourselves now, get your realisation and then we will see. If we don't have the eyes how will we see, and what is the use of talking about, again fight will start. Let us take to first stage first, let us become the spirit alright and then we talk about that.

Question: Another lady asking a question. Is it possible to reach that stage through (inaudible) chanting mantras?

No because mantras that people chant have no ideas to what mantras to be said. You say ram ram ram then you catch right heart, which is the place of ram. Chanting mantra must have the science about it, you must know , but the best part of it, when your chanting mantras you are not even connected. If the telephone is not connected whom are you talking telephoning. (lady say something). Do you think anybody has any realisation; I have (inaudible). The trustee of this hare ram hare Krishna, had such a bad (inaudible) I have cured him, I am still working on him, now he has got diabetes, and then he will get cancer of the throat, I know he might get right heart, right heart problem is asthma. The reason is , the reason is we must know what mantra to say when, first, second is the movement should start of the kundalini. Why do we say mantras, first of all why do we say mantras, the thing is you are going say on motorway now you have different things so you have to pick the (inaudible) isn't it. like that when your kundalini is moving you have to see what gate is closed. Now what is to be said to open that particular gate, supposing your stop at A, then you should know the mantra of A gate that should say, but first of all the car must move up to A gate, otherwise why are you saying mantras. It all (inaudible) scientific, extremely scientific.

Lady speaks up, another yogi says: But do you believe that the original Sanskrit saying

yes, yes yes, now some Sahaj yogi write about gita enlightened (inaudible)all these books even bible, this Quran or any of the other books we need to rise we have to be a realised soul otherwise you cannot understand it.

If you want to read gita, you must first get your eyes opened, inner eyes, the inner being then you see what it preaches. There is a book now published called gita enlightened by one of the Sahaj yogis. But what I would say that gita was done by lord Krishna, he is no more there, now I am here for you, better have the advantage of me, isn't it, why waste time. Now lord Krishna is not going to come, so why not take advantage of me if I can give you something then why not take it. That is free, absolutely.

Question : Did you say that lord Krishna is not going to come back.

You see the principle will come back no doubt. May have come back also, but how will you recognise it , even if lord Krishna is standing before you, how will you recognise, have you got the eyes to recognise.(Lady says something)

Even the hare rama hare Krishna people can't recognise him, if he goes to oxford street they will look at him and say hare rama hare Krishna. (everyone laughs and claps)

All false suit, ascetism of nonsense, is absolutely nonsense.

Mother says pointing to a gentleman, you must take your realisation that is important than anything is.

Question (inaudible).

We also say the same thing, you see we also say the same thing, that you must understand that where is Christ within us. Christ stands at this stage through which you have to pass too, in the Christian church they don't talk of your ascent, no, they don't say that you have to get your realisation, what they taught you must get baptism, which is an artificial. You put a little water on your head, and you get your realisation, you are no more a Christian, if you have not got your realisation, you're not a Christian. Christ has said you have to be born of your spirit, by the holy ghost, not by these priests. You understand my point, there is no reality in it. This is real Christianity, this is real baptism, that you become every religion as said you have to be. This is Taoism, this is Confucianism, everything. In this you will find what they have said, what you have to achieve because you have reached a certain maturity of understanding. Not that you deny, you don't deny Christ, but now you know him, where he is and how he stands on the gate you have to take his name, if you don't take his name you cannot cross the gate, it's true. But that doesn't mean that Christian should profess they are Christians, they are more enlightened, not at all. It is the ones who get their realisation be the real Christians, not the one who are not. Most of these priests are not, your pope is not, none of them are realised souls, none of them. How do we follow them? those who are not even realised souls, how do we follow them. The minimum thing we should ask, can they raise our kundalini, can they give us real realisation, what Christ has told, that we have to be born again of your spirit, we should be honest about it. Because our father who was Christian we become Christian that's all, its emotional binding again, its emotional binding as I told you, isn't it, but the honest thing is that we have to become realised souls. That's the main thing. we are failing Christ, we are failing all of them by either physical, mental, or emotional bindings. only one way we can prove them is through our spirit, that's the only way we can understand, alright. May god bless you.

You will see that this portion will become soft just like child's head an cool breeze of holy ghost start coming out and then you start feeling on your fingertips as Mohamad shad has said that after resurrection your hands will speak and you start taking like disciples of Christ who you change languages for chakras. They didn't use Spanish or Italian or any other language they want to, they said chakras. And then you see also Sahaj yogis some of them when they are surrounded by ordinary people they start using they might start using their hands and people may think they are mad, but they are not because they know it's working through their hand and they start moving hands like disciples of Christ did. But after that Christianity was finished completely by St Paul who was neither Christian nothing goes the kind, he was not a realised soul he was not baptised, he again incarnated as Agustin he again finished Christianity. Like in every religion it happened, not only Christianity, every religion has become like that. May become fanatics, I don't know what to say, what had been and what it is I hope at least Sahaj yogis will not be able to do this, because they are realised souls, they cannot become fanatics.

Alright.

Be comfortable, be comfortable you all have to be comfortable.

(Yogi asking audience to untie and remove shoes to have contact with earth)

Just to make you comfortable, not that kundalini raises in a subtler way, but you're comfortable, your attention is drawn, make yourself comfortable, that's one thing is there. Not to feel guilty, again I ask not to feel guilty, he just came to ask questions and he left, you don't want realisation? then why did you ask questions.

is he Chinese or Japanese, (a lady says Korean), Korean, south, or north, (someone says South) god save south Koreans, south Koreans are really hard. There are certain countries out of which south Korea is under the bow, such mental projection it has. (inaudible). Chinese are very good, very good, very wise people. They will come to Sahaj yoga just like that. A day will come when all of them will come to Sahaj yoga. They are very sensitive and its really wise people, their dharmas intact, they are opening out and coming relaxing, very wise people. I have been recently into to china and I have great hopes about Chinese, I am very happy to see those people. They want to know all about it. Alright.

So, please take out your shoes and just remember it is snot through your mental projects or anything you may have, I know blind faith can never have. It's like sunshine which wants within you, but you should also not deny, because your attention should be of relaxed attention, don't force your attention,. don't tell your attention, do-nothing or don't order it. Just allow to be it as it is, if thoughts are coming let it be whatever is happening it's alright, don't have to tell me something, just be relaxed and automatically kundalini will be rise and cross over this Christ centre, you will become thoughtlessly aware, you don't have to do any effort on it.

It's absolutely effortless to begin with, you have to keep an effort to take it, improve it, and to understand it and work it out properly.

Now please put your hand straight like this. and close your eyes. Please don't open your eyes, whatever it maybe, because something is going to happen within, and the attention should be inside. I mean you don't have to force it but keep your eyes closed at least your attention will be at rest, much more at rest. Sometime kundalini does rise if you over relax so keep your eyes close. There is no mesmerising nothing, so you don't have to keep your eyes open for that.

Now you have to use your right hand for the action and your left hand for the desire. That's why your left hand should be all the time towards me as it is desiring to have your realisation, your baptism and your right hand has to be on different centres, which is very easy to locate on the left side of your being. Now I will let you one by one which is easy to follow.

You may open your eyes and see for yourself and then you can do it better because I don't want any confusion about it. So, you have your right hand on your heart, first of all, which is the about of your spirit. Then you have to put your hand, when I say, on the upper part of your left side abdomen, then lower part of your abdomen. These are two different centres, which I will tell you what they represent. Then you have to again raise your hand to your heart. Then you have to take it at the back of your neck here, in the left-hand side. Then you have to put it on your forehead, at the back of your head, and on top of the head. But I will tell you one by one very clearly, you will understand where to go.

Now please close your eyes. Put your right hand on your heart. As I said here resides the spirit. The spirit resides here, so you can ask me a question addressing me as mother or shri Mataji, whatever is possible. 'Mother am I the spirit' ask the question three times, putting your right hand to the heart and left hand towards me like this on your lap, be comfortable. You shouldn't sit with a slouch or backward movement, but straight and no stress on your body. Ask this question, with full confidence, mother am I the spirit.

Now bring this right hand on the stomach or the abdomen, on the upper part on the left-hand side, we are only working on the left-hand side. So put your right hand on the left-hand side of your abdomen on the upper part and press it. This is the centre of the primordial master. As you have to become the master or the guru of yourself because you are the spirit. Logically you have to ask another question to me, Mother am I my own guru and I my own master, As me the question. (take that child out). Three times ask me the question, mother am I my own master. be full of confidence, don't feel guilty, you're not to feel guilty, that's one thing please don't feel guilty. Mother am I my own master. keep your eyes shut, in your heart ask this question.

Now again put this right hand on the lower part of your abdomen on the left-hand side. your right hand to be put on the lower part of your abdomen on the left-hand side. Now this is the centre of true technique of divine, or we can say the divine laws work through this centre. So, we have to now request it, that you have to ask you want true knowledge. I cannot force out or make you do it, you have to ask for it, because it's your freedom. So, you have to say, mother please may I have the true knowledge, mother may I have the true knowledge about the technique of divine laws. You have to ask about it. as you have to enter into a university you have to ask permission, in the same way you have to ask permission or also you have to consent. From your heart you ask that. Please say six times, this centre has got six petals so please say six times.

Now raise this right hand above again in the abdomen, where we had asked the question. Now as an answer to that question, in the upper part of abdomen on the left hand side, press it and you have to say, with full assertion, because you have asked with true knowledge, you have to say at this point, Mother I am my own master, without any hesitation, with full confidence. If you have no confidence, how are you going to do it. You say without feeling guilty, without feeling any confusion about it, just say Mother I am my own master, I am my own. Please say it ten times. Keep your eyes shut, and both the feet on the ground should be kept away from each other, shouldn't be stick to.

Please ask this question ten times., because we have ten principles of guru, ten principles of mastery, which are the ten commandments in the bible. The you become them nobody has to tell you when you are the master you are not tempted to do those things.

Put this right hand on the upper part of abdomen, and ten times ask the question, say not to ask question but to say, Mother I am

my own master. with full confidence

Now, raise this right hand again on to your heart, at this stage with full confidence you have to say, Mother I am the spirit, ten twelve times you have to say Mother I am the spirit. Now don't feel guilty. When you are saying that you shouldn't feel guilty at all. Please ease it with full confidence. You see to bare the truth you have to have the courage and to get the courage you have to (inaudible) . Little courage is needed, just say without feeling guilty, without thinking, without trying to understate, just say Mother I am the spirit.

Now, twelve times please. Now don't feel guilty, whatever you have been doing it is nothing. you are that subtler being which you will become so you just don't feel guilty and get involved into things which are of grosser level. So, forget it. Still you are feeling guilty, just at this point you must realise, god is the ocean of love, he is the ocean of compassion, but last of all he is the ocean of forgiveness. So, what crime to be committed that he will not forgive us , so please don't feel guilty at all.

Now raise your right hand on to your neck, from front and place it little bit of back side of the neck, where neck meets the shoulder. Just put your hand there and press it hard. Now this is for people who feel guilty and it's too strong just now. So please sixteen times say mother I am not guilty, sixteen times, but those who are really too much attached to this kind of a guilt should say it 108 times to punish themselves. You have to be cheerful people, you have entered into the kingdom of god, how can people who are guilty enter there, just think of it sixteen times. If you feel guilty on physical level also you will suffer, just say mother I am not guilty. With full faith in yourself, who are you to judge yourselves, let god judge you, why are you judging yourself. we have no business to condemn ourselves and destroy ourselves, with our mental ideas. God has taken so much care with delicacy with every understanding he has created you that you feel guilty about it. He is anxious to take you into his kingdom so let him do it, do not stand back.

We have to be people who are really benevolent, first to ourselves and then to others. we think of benevolence and we think of guilt, how can they be together, how can guilty people be benevolent.

Now put your right hand on your forehead across. at this point we have to say from our hearts, Mother I forgive everyone. This is what Christ has told us it is the greatest weapon we have, is to forgive. Now some people say it is difficult to forgive some people. But logically you understand when you don't forgive someone, what they would do, nothing , it's a myth. So, by saying I forgive the myth drops out. you're playing into the hands of people whom you don't forgive. You say that mother I forgive everyone. You must forgive everyone. Just say that. forgive everyone, all the evil people ,all kinds of things, just forgive them from your heart. Don't argue it out, just forgive.

Now without feeling guilty, you may put your right hand on back of your head and say that if I had any mistakes, oh god please forgive me, oh divine please forgive me if I had made any mistakes. but you shouldn't feel guilty about it. Don't start counting your mistakes at all. God knows everything, so just say that from your heart.

Now put this right hand on top of your head, on the fontanel bone area where you had soft bone in your childhood and press it with your palm. press it clockwise , at this time press it clockwise seven times you have to say very simple thing but you have to say it, because without your permission I cannot do it again, without your consent it cannot be done so you have to say mother I want my self-realisation, I want my realisation please grant it. I want it. This you have to say because I cannot cross your own freedom. If you want you can get your realisation if you don't then nobody can force you. Once the freedom is given to human beings is not to be taken away. Especially when you are entering into complete freedom you must be aware of your freedom you choose.

press it hard and rub it clockwise , press it hard and rub it clockwise saying that.

Now take down your hand, don't open your eyes, take down your hand. Put the left hand on top of your head, 4 or 5 inches above, and now see if there is a cool breeze coming out. You can change your hand if you want to and see. You have to see yourself and certify yourselves. Nobody is going to certify you. Now see, put it hard and see if there is a cool breeze coming, move up and down, forward backward and see if there is cool breeze coming in. It's a very subtle thing because as I said first time you enter into a subtler situation. Take your hand if you want too, see for yourselves, just put your attention there and see for yourselves if cool breeze is coming. And if it so, don't deny.

Those you have come for the first time and feeling cool breeze in your head raise your hands, first time, good.

Now I would ask Sahaj yogis to see the new people, raise your hands who have come for the first time, to see whether cool breeze is coming out or not, and they will work it out, don't you worry now.

Keep your hand down, now the only thing is Sahaj yogis should get up slowly and see the people who have come first time please raise your hands.

Don't talk to them, just see the kundalini as it is.

1984-1123, Pre-Christmas Talk and Farewell Puja

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23 November 1984

Christmas Puja

Montague Hall, Hounslow (England)

Talk Language: English | Transcript (English) - Reviewed

Pre-Christmas Talk and Farewell Puja. Montague Hall Hounslow (UK), 23 November 1984.

So yesterday was a nice day for all of us, and I said something of a different level. We've been talking all the time about the mundane things and these things sometimes are very ... are of so much importance, we think. But when I talked to you yesterday, I hope you all realized that we have to now jump into another realm of a subtler understanding of Sahaja Yoga.

First we were worried about our families, our children, our households; then, our marriages. One after another all these questions came up, and we were concerned about all these things; little, little things.

Then we also got concerned about the ashrams which we were running: the problems of the ashram, what we have been doing, how we have been facing the problems, how people are creating problems. That's how our humanity started acquiring a subtler understanding. And then we also realized that we are blessed by God, that there's something great that is always looking after us, some higher Force, some special Attention is there about ourselves. This is what we realized.

Today I was explaining how it happens, that how we realize that God is helping us. Any problem is an effect of some sort of a cause – every problem. Like Mona wrote a letter that she was driving in a motorway and the car went out of control, and the brake would not act. And there was a car coming from the right, car coming from the left, cars going through in front and behind. And she felt that they'll be finished – two of them were traveling, two Sahaja yoginis. So the cause was the car or the brake or whatever it was, the mechanism, and the effect was all the problem. So now, how to overcome that problem? Supposing you try to neutralize the effect, you cannot, because cause is still there. You try to improve the cause, it doesn't work out. Then what we are doing? So the easiest thing is to cross the cause, to ascend over, to go beyond the cause; so the cause does not exist for you, so the effect does not exist for you. As long as the cause exists in your attention, the effect will be there. So what did she do? She just prayed to Me, just thought of Me that "Mother, now it's my last chance" – that's all. So the cause disappeared, because you go beyond it. And the effect also disappeared, and she was surprised.

So you must ascend away from the cause. Now a problem: "my wife is like this", "my husband like this," "my family life is this," "Sahaja yogis are like this" – all kinds of things are there. It's an effect. Now what's the cause? – is such and such person. All right, now how do you get negation of the cause. Surrender it. You have, you have the right to do that. You have a knack to do it, you can do it. You are capable of it, you are entitled to do it – but you don't do it, you forget. You just forget. If you surrender that cause, effects will go away. But that is the thing at that time to remember, that you have to ascend. To go beyond the cause is the best way to get rid of it.

So I've been playing with you. You had causes to say, "Oh Mother, this is the problem. I have no job." Now I have a job, then the job is to be hard. Then the wife is not there, so must have a wife. The wife has a problem, so she is to be divorced – and that and that, and this is that. Then, "I am like that. I am very bad because there's a bhoot in me." So the bhoot is the cause. "And I am behaving like this because there's a bhoot in me." That's also a scapegoat, I think.

So first you go beyond that, saying, "What is bhoot? Who is bhoot? I know my Mother. And Mother, You look after this bhoot of mine" – that's all. But for that an emergency has to come to you, otherwise you just don't do it, with that power. When you are in emergent condition, then it works out faster. When it is not emergency then it's half-hearted, like Mona's condition.

There was another case where a journalist was traveling from ... or something and his brakes broke down, and he was with another journalist, so both of them were coming – this another journalist told me. The another one was Sahaja yogi. So he found his brakes are not working and he found his car is going, in front there is a big truck coming up and another truck coming from behind. And there was no way for him to turn or to get out of it, and his brakes were horrid. That was a emergency, you see. Such an emergency that developed into his mind, that “Oh God, now the last moment has come. Now we’re finished.” There is a truck coming from there and another truck, and within a split of a second he was to be finished. And he just told his friend, “Think of Mother” – that’s all. And what he found, that he was nicely crawling on the road and the trucks were left behind, and the brake was working.

But that emergency has to come. Human beings are such that unless and until they are put into tight corners, they never do that. Once they are in a tight corner, then they do it. That is the reason why people try to take ascetic life, because if you are an ascetic then you are in a tight corner. They go to Gobi Desert to create that emergency within you, so that you think of God. What does that mean? But that’s too late to go to the Gobi Desert. They create problems for them to get into tight corners, so that they can get out of it. But for Sahaja yogis, they are ones, they need not have.

But how do we achieve it otherwise, without any ... ? Only way is meditation. Everybody must meditate, it’s the point. If you do not meditate, you can continue for a while. You may be all right for a while for two, three months, maybe two years, but then you drop out. Many people think, “Oh, what’s the need to meditate? You see, it’s all right. If we don’t meditate, doesn’t matter.” It’s not. Because in meditation only you grow. In emergency you suddenly grow, no doubt. I mean, you jump like a jack-in-the- box. You just come up with a spring. But if you have to have continuous growth then you must meditate, allow the thoughts after thoughts coming, and then allow them to subside, because you rise into the state of thoughtless awareness. And in that thoughtless awareness you grow. And you grow in your detachment to the cause of all the effects. If there is no cause, there is no effect.

But this is the problem with us, is that we do not meditate, normally. Only when it comes to absolute last point, now you’ll have to fall in the well – then we think of it. Maybe at that moment you are helped, but you don’t grow. Growth can only come if you meditate. That is one very important part, is complete help to people who meditate in the normal way. In the normal life, how do we grow? If we have no oxygen, we cannot grow. We have to have sufficient oxygen, we have to have sufficient food, we have to have all these things. But in spirituality you grow through meditation. There’s no way out. Those who think they can grow are bumptious, actually bumptious people, because they can talk a lot about Sahaja Yoga. I have seen people who talk too much about Sahaja Yoga. They can give big lectures, this, that, but have no vibrations at all. They can’t do any work for Sahaja Yoga, they are not collective, they have no sense to be collective, all kinds of problems.

But the growth is to be achieved through meditation. That is one part of it. That is, we can say, is the worship, is the puja. Then you don’t have to give up anything, you just become detached, detached from the cause itself. That’s one part of it. Secondly, that this I would say will take you to the subtler side of your emotional bindings, because emotional binding has given you certain identification: you are a Christian or a Hindu or a Muslim, or this and that, or a British or any kind of a race, or whatever you have to call it. All those things will drop out, because you get a detached personality.

So these emotional bindings – “he is my brother,” “she is my sister,” “I am worried about my wife,” “I am worried about my child” – all these emotional bindings which make you a smaller personality will drop out, and you’ll have one emotional binding, is that “I am growing in my compassion. Compassion is active, my compassion is effective. My compassion is a light. My compassion is this discretion. I am a yogi.” And secondly you read about Sahaja Yoga, you know about Sahaja Yoga, you know the technique of Sahaja yoga, you raise your kundalini, you clean your chakras, try to understand about mantras. You master your mantras, you master your deities, you please them. All these things when they are done properly, then your mental bindings will drop out.

Those who think they are great scientists, they will know that all this is no science; the science of God’s technique is much more. Those who think that they are over-read, well-read people, when they read about Sahaja Yoga and work it out on themselves and see for themselves, and on others, they will know that whatever they have read is all stupid, has no meaning, is empty. And that’s how a kind of an emptiness will come in, emptiness of ego, because they’ll see that knowledge is so great. Like Newton said that

"Knowledge is like an ocean, and I am like a little child collecting some pebbles at its shore." What an understanding! So that emptiness comes in you, and then the real knowledge starts coming into you. The identification with real knowledge comes. You talk; when you talk, that talk has an effect – that's a mantra. You just don't jabber, "Oh, I am in Sahaja Yoga. I have been in Sahaja Yoga for fifteen years" – good for nothing. You may be there for a hundred years but you may remain a donkey as donkey is, absolutely.

But you may have been there only for one year, and you may become from a donkey a human being, and a yogi too. But that is what we have to first of all recondition ourselves, by attaching ourselves emotionally to Mother. I mean, you have an advantage over many other yogis of the world who came, poor things, they had nothing to look forward. They knew of a Primordial Mother, they knew about this, but they had no Form. You have a Form. You are very fortunate and lucky people; you have a Form. It's easy to adore a Form than to adore something abstract in the air, do you see; absolute consciousness, how do you adore it when you can't see it?

But that attachment doesn't mean in any way that you have to give Me anything. What do you give Me? Nothing, but detachment from the cause. And this works out – you have seen it in your lifetime. You also say that "It works out, Mother, somehow it worked out." What is bandhan? It's nothing but you are attaching yourself to your Mother, you're just telephoning to Her. This is a telephone going to your Mother, that's all. You know I also play with you, I also say, "All right, I am giving you a bandhan." I am giving bandhan to Myself! It's a telephone call, just a telephone call. But the faith has developed now that yes, this is the real faith, where you get completely detached in your emotional things. It's just "My mother" – all right, just give her a bandhan, finished. "My father" – give him a bandhan. "My brother" – give him a bandhan, whatever it is. Bandhan, whatever it is. You are putting that ... in the bonds of your Mother. But you are not conscious that you are doing that. You are just binding them with the love of your Mother which is flowing through your hands.

What are these vibrations, is your Mother's love. You've got it, it is flowing through you. But what about your love for your Mother? And that is what I find, that at the time when there is complete emergency that surrender comes in, and it works.

So there's no need to create any emergencies. You must slow and steadily work it out, and it will build up by itself within you. You will have that power within you, I assure you. But meditation is one way; another is the knowledge of Sahaja Yoga. Not showing off, not telling others, but working it out in yourself – different chakras, how they work out, on yourself, not on others. Once you start teaching others, it's a bhoot in you. You'd better learn it for yourself, even within yourself. I know who has mastered which chakra, which Nobody tell others that "this is the way to do it," that's absolute nonsensical ego. So such things should not be done. If somebody asks you, you can tell individually, but on a large scale you do not give lectures on that, and don't confuse people.

Now, so we have two things, that we have to get over our emotional grossness and our mental grossness; same with our physical grossness. Physical grossness can be overcome if you surrender yourself, to one medicine, is vibrations.

Like Anupama, My grandchild, told her mother, "You are born in allopathy, then you are following homeopathy. Tomorrow you'll find out some jumbopathy, then some numbopathy! So, but I am born in God and I follow only God's pathy, and God will look after me and God will cure me."

So My daughter said, "Why? You may also change."

She said, "Why? Because God never changes." Simple question asked. God will cure you. But you must have that much ascent to say that, as you just jump out at the time of emergency.

Same sort of an urge, that same sort of a personality should be within you to say that. Just if you say, "Oh God, please save me," God has no time for such people. You have no time for God, God has no time for you either – a simple thing.

So from sublime to mundane things when we come, we exist in both the things and we are effective. Whether we are in the lamp

or in the light or in the oil, we are at a subtler point; and we, if we give the effectiveness without being the cause. Because you are beyond the cause, so there is no need to create any cause for anything, but you see the effect. So once the cause is finished effect is achieved, and it's achieved what is to be achieved, the correctness of it. The correct thing you get. You do not get perverse thing, but if you go with a cause then you can have perversity, you can have all kinds of problems. So the best thing is to detach yourself from causes and then you get the effect, like as I told you that the brake got all right. The effect was there, the car was all right, everything was fine so the effect was all right; but the cause was lost. There was no cause. Why? How? How the thing was perfected?

If you ask the effect of it, you say how did you get it? You can't explain, it didn't work out. So because the cause is missing you cannot put it to any cause; you sometimes say it's divine the way it's worked out.

So the only cause that is really effective is divinity. But the divinity should not be just as a mundane sort of a thing, "All right, yes, Mother's photograph is there, namaste. Good. Namaste. Good morning, Mother" – finished. That's not the way. You have to know your Mother, and you have to love your Mother – that is what it is. It's very embarrassing to say that you must love Me. But as a Mother in this lifetime I have had many embarrassing things, and one of them is this, that I don't know how to tell the children. This is the fact. So you need not go through any emergencies or any such problems. You just develop yourself in such a way that you are so developed that it just acts and works out.

So I'll give you a example of that. It works the least in England, surprisingly, where I've worked the most – least in England. I'll give you a simple example, now. You see, your coming to India was decided I don't know how many months back. I have been to India once and I'm going second time, and England is the only place where you have to pay your money directly. People have not yet paid, but Australians have done it. Australians, who are eighty, eighty-five people have done it, but English have not done – everything they are slow. But when it comes to ego they are the first, their flags are the first. In the ego, where is it generated? – in England the great.

So when it comes to doing something they are the slowest, when it comes to criticism they are the highest, and then when it comes to the ego suddenly you'll see, give them any position, yes, they'll do it Why? Again you can explain, because there is a cause. You'll say it is inertia, blame someone, or it's a bhoot, or it's my ego or my superego, it's not myself. Myself, I am all right. Some cause. Why you have not paid so far? It's such a problem; I have to go now. If you were not coming you should not have come, but if you are paying, you better pay for it. Now, what's the matter with you?

They started with fifty people, now they end up with thirty-five. We have arranged for it, we have ordered for things and we have got the buses and all that; now they are missing. Nobody asked you to come. On the contrary I was saying, "Keep it low. Keep it low, so that we'll make it nice." But you cannot have less than 350 or you can have three hundred, you can have two hundred, but you cannot just have 210. Where to put them? A simple thing – see all the mundane style. But in other places what they have done? "All right, we have to go. Mother will work it out." It's worked out. Everybody has got money, everything done, it's all here.

Americans have done it, surprisingly, but English very few – they don't know whether they are going or not. Still there are some. Poor Gavin has to run up and down for all of you. I tell you, he is the one who has such patience. And I was amazed that there are still eleven people who have not paid, can you believe it? I mean, it's such a simple thing. If you don't want to go, don't go. If you want to go, you go. Tell him you are not going or you are going, finished. I mean, nobody wants you there. But even this little thing you cannot because you have a kind of a cause to show ... because, because this has happened, because that has happened, because this....

So the English have to come up much more, because I have really worked for you people very, very hard, and again God has given Me work again five years more; I don't know what we are going to do.

Sometimes I feel I should not be back, because no use. This is a small example I am giving, very small example, it's very mundane type. You can see in other places also, like that. You tell them anything, "But why, Mother, it happens like that? Why do I do like this?" I mean, asking Me a question, asking Me the cause! "Why did I behave like this? Why do I get into temper?"

Like I known people who have been coming to Sahaja Yoga, doing Sahaja Yoga and all that, but then they go to some other Steiner's place. Then they go to some other courses. I mean, they have no faith in Me – Sahaja Yoga. They are practicing this, they are practicing that like mad, still going on. That's only possible in England, I tell you, nowhere else – it's a speciality. I have known of so many people who came to Sahaja Yoga; without practicing Sahaja Yoga, curing, helping them in Sahaja Yoga, working it out. They leave Sahaja Yoga. They're going to this place, that place, that Is this the way?

Now I have known also people who try to blame the leadership. I am telling you all these things because I was very sick when I came here, really I tell you, I was sick for eight days and I was sick even afterwards; because you know, you are all in My body and I suffer, so I must tell you.

And then they say the leadership is no good, leader should be very strong, the leader should be this, and their leader must have a big thing in his hand, and handles us and till he does, we are not going to be all right. Again the cause; again the cause. I tell you, you have one of the best leaders mean Gavin, and I must tell you, he is the man who spent a lot of money. Without telling Me he has covered many expenses, his officers has worked for us. He took all nonsensical people. If I told him, "This fellow is getting some ego," he'll employ in his office. If I say, "This fellow has got bhoots," he'll employ in his office. He has worked with such bhoots that I could not manage them even for a day. He tries his level best to go to people and tell them that, "See now, come." He has saved so many people by his sense, by his understanding; but the only thing is he, openly he doesn't lead, that's his mistake. He should openly tell, "You are a bhoot and get cured, then you'll be all right."

But if you say, "Come here. You see, you are a bhoot, doesn't matter. I have got lemons, ..., chillies. You sit down." Then, "Mother, he is identifying himself with the greatest bhoot." Let us face it. If you have understanding of your leader, then you should know that I know better than you know about it. And this is very saddening sometimes. Why don't you understand the sheer goodness of a person? The amount of bhoots he has tolerated in his office, I tell you, I can't stand them for more than one day, some of them.

So egoistical, some of them, off their heads, and some of them are so bhootish that even if they come downstairs I get a pain in the stomach, in My house. But he stood them. Why? What was the need? Just that he thought that he'd help them. Whenever I told him that "This person is bhootish," I find him employed by Mr Gavin Brown. Then one day I had to tell him, "Sack all of them," and they were sacked. Why do we have the maximum number of bhoots in England, I can't understand. Is it necessary to have them around?

On the day when I am going I should not tell you these things, but when I go away I find these bhoots come back, and they become the causes, and the effects are shown. So I have to make a complete open picture to you to see that you can ascend to the highest of highest, being born on this great land of this country. But you can also go very down, I have seen that. Because you're always blaming someone, last of all Gavin, and this is the worst thing that you have done. Let anybody say that to Gregoire – he'll chop that person off ten times and bring that person to me in chopped stages! Really, I mean! He'll say, "What nonsense! All right, it's ... go ahead." You tell Mr. Warren, I don't know what he'll do with all of the Australian type. They are all gems, no doubt.

But you deserve a man like Gavin. I thought, they are special people that I've worked for you so much, but I am amazed. The decent people don't need such leaders, do you? But the people who are decent now turn out to be Australians, surprisingly, the way they behave towards Me: so sweet they are, you'd be surprised, the children you know. Gavin, he bought some cups and saucers for Me because when I go there they thought they'll give Me tea in good cups and saucers. So he bought for all the centers one cup and saucer, good one. So the children, little, little children, they collected money; after all, Mother will have a cake, also must have a plate. So they sent a check here, just see – how sweet! But I never eat cakes, you know that, but still – so sweet the children, I should say.

What is the reason? Why do we dominate or get dominated? Why? Again the cause. Go beyond the cause. I bless you again and

again that when I come next time, see that you don't make any mistakes anymore.

Meditate and meditate and meditate, and when you come to India some of you, I would like to show you as my prize things from where I've worked, you know. Even where I've not been, you see, somebody else has given realization to someone in Nepal, you see, and they are wonderful flowers; and here am I, something wrong with Me! Where I have worked, people are more worried about the causes.

I have to really make a very, very straightforward appeal to you that now, grow within yourself. Are you magnanimous, are you generous, are you systematic? Are you impressive, are you kind, are you collective? Are you attached to all these nonsensical things still? Do you talk big, do you give big lectures? Humble down yourself, and then you'll see your greatness. Unless and until you put your head down to your heart, how will you see your Mother?

I wish you all great luck now, and happy Christmas to you and happy New Year, and a very great New Year in spiritual growth. Let's show it. Let all of us decide today. Forget about your wives and husbands and children, and this and that nonsense. Now you are yogis, you are united with Divine. Grow in it, prosper in it. May God bless you all.

Now the today's program should not be very big because we are not allowed lot of time, but it's nice that today we could have a little puja of farewell. But it should be a very small ... because it is, how much you receive is the point, because before going I don't want to have all kinds of chakras, you see, going into spasms. I am sometimes afraid of a puja in England.

Gavin, I think you can just ... It's the mastery. You must have the mastery, upon yourself first of all. If you are not a master you cannot act – and upon your instrument, that's the point. Where is he? Gavin can you come?

And I would not like anybody to disrespect the leaders at all. You may be very intelligent, that's outside Sahaja Yoga. In Sahaja Yoga you have to listen to your leaders and respect, and nobody should try to find faults. I know his faults, what are his faults are, and I know how to deal with them. Everybody should try to strengthen. Now I would say in Australia, which is a modern thing, I should say that the whole thing works like one body. Nobody questions Warren. They telephone to him, they tell him, they collect money, they put the money – it's all working like one body. Here everybody is trying to cut the head – or bash the heart; that's your heart, that's your brain.

So please remember all of you should offer services to Gavin, to Sahaja Yoga, before criticizing. Those who say the books are not arriving, let them take over the books. Even booking My seats and all that he has to run, I know; whatever you may say about ... he used to do all this. So you should offer your services also, to do these jobs. Otherwise Sahaja Yoga won't work out.

We are not only here to take blessings but we have certain duties also, and that's what everybody should offer, their measure: what can I do, how can I help? What is the work? Let's see now.

I hope in the next meeting you all should sit down and find out what you can do. A group can be formed: two, three persons can sit and do it with love, with attention, so that his burden will be reduced, and you will all feel the joy that you are doing something for Sahaja Yoga. Mother has done so much for you, what have you done for Sahaja Yoga? You want to have nice ashrams, nice place to live there, all right. You want to have comfortable places, cheaper places, all right. You want to have good health, all right. You want to have fine children, all right; enjoy your life. But what about giving, giving your heart, your respect?

Next time when I come back, I want to see that you are all growing as one body. At least the Heart should be integrated, if nothing else. Imagine a heart which has the valves which pulsates at various times, all muscles going at different wavelengths. How can this universe survive with a heart like this? So I have to request all the, all the cells of the Heart to be alert, to be one in unison with God, and in loving care of the whole universe. May God bless you.

So what is this puja supposed to be today? It's farewell puja? Today, so let's have it, just before the birth of Christ.

Let Christ be born within us. Let's be, like Him, the one who always insisted, "Love your brothers. Love your sisters." Who are your brothers and sisters? He asked the question too, "Who are My brothers and sisters?"

"Sahaja yogis are my brothers and sisters."

Somebody offered at the altar. He said, "What are you to offer at the altar? Have you reconciled with your brother?" Have you reconciled? First reconcile, and then bring flowers to Mother.

He said it already. Think of Him, how forgiving He was, how magnanimous, how great, and how He thought of His Father all the time, completely dedicated, doing His work. So with all praises to Christ and to His Mother who worked in a very potential manner, we have to today within ourselves awaken that great Spirit, which is actually the Omkara. Even the memory, even the idea of that is so joy-giving. Let His life be reflected in your lives. You have to be true Christians.

Let's have ... what is it?

I think ... Now I would say, next time when you come to puja, all of you must have the hundred-and-eight names of the Goddess. You must have all the papers that are there. Like we have these books, all of us must have these papers, not only one person should have. We should try to remember certain things also: the names of the Goddess, the names that we recite. We should read them again and again and understand them, the Sanskrit meaning of it. And it should come to us very easily, because that is how we are going to work out our chakras.

I don't think we have names of Christ, it's all right, and this time I hope we will try to read some names of Christ. But we have the names of Ganesha but not of Christ, so we'll say the hundred-and-eight names of Shri Ganesh, and somebody can wash My feet, all right

Have you? Well really, that's the best. But so, I would say somebody should say now, let's see. How many names we have? Let me dive them.

Let Me create the names, and we'll give it to others. Why should only Gavin keep the names? It's not like a prime minister of this country, you have chosen the leader. Prime minister is paid money for, she's – that's her job she is doing. He is not doing his job. You all are doing the job of God.

So why should there be any such thing that Now somebody should read it, and somebody can. Now who will read it?

Now somebody should read it and somebody can wash My feet. But don't do it too much, eh? This is Christ – it's not easy to absorb. All right, let's see. Let's see how much love you have for Him, how much you absorb Him

Get up now. So you must get up to help, some of you. And others also. There's nothing to fear that there is ego or anything. Don't keep back thinking, "Oh, they think I'm just being ... " – no, run! Run for the job.

Now, what is it? Get some things what you need.

Now, who will conduct the puja? Bala, you can do it? All right, come forward. Some ladies can come also, what's the harm? Now come here. The water and all that

Now, you being friends, you need not trouble too much

(A Sahaja yogi takes the names of Lord Christ.)

We bow to the one who is the only son of His Virgin Mother

In whose every pore of His body galaxies whirl as dust

Who was born to teach us of His Father Sadashiva, the everlasting Almighty God. Amen.

Aum twameva sakshat Shri Jesus sakshat

Shri Adi Shakti Bhagavati Mataji

Shri Nirmala Devi Namah.

He is the primordial Being, the Aum.

He is Vishnu and the son of Vishnu.

He is Mahavishnu.

He is pure pranava energy.

He contains millions of universes.

He was born in the primordial cosmic egg.

He was conceived in the heart of Shri Mataji.

He was foretold by the prophets.

He was heralded by a star in the east.

He was attended by the three Magi, who were Brahma, Shiva and Vishnu.

He was born in a stable.

He is the teacher.

He is a friend of the cows.

He was attended by cows.

His father is Shri Krishna.

His mother is Shri Radha.

He is the Savior who burns all our sins with His fire.

He adorns the Agnya Chakra.

He is light.

He is of the nature of sky.

He is fire.

He performed miracles out of His compassion.

He whose cloak was touched.

He is a friend of ascetics.

He is worshipped by families.

[Shri Mataji: Because tapasa – He stands at tapassvi. Now you see, that's why. Ascetic, why? Because He is a tapassvi.]

His bija mantra is "Ham, Ksham."

He is the forgiver.

He allows us to forgive.

He is the Spirit.

He is born of the Spirit.

He who was crucified and resurrected in pure Spirit.

He who rose again after three days.

He is peace.

He absorbs all thoughts.

He abides in the Adi Agnya Chakra.

[Shri Mataji: He abides in everything, but in human beings in the Agnya Chakra. He is the Omkara. He abides in everything, but in the human beings He abides in the Agnya Chakra.]

He who promised the Comforter who is Shri Mataji, the Holy Spirit.

He who returns as a king.

He is Shri Kalki.

He is the principle of evolution.

He is the support of our evolution.

He is the end of evolution.

[Shri Mataji: He is the support of the universe – Mooladhara.]

He is the evolution from collective subconscious to collective consciousness.

He is the narrow gate.

He is the way to the Kingdom of Heaven.

[Shri Mataji: He is the narrow gate to the Kingdom of Heaven, and He is the way. All right.]

He is the silence.

He is Lord Kartikeya.

He is Shri Maha Ganesha.

He is the purity of innocence.

He is continence.

He is generosity.

He is the light in the eyes of Shri Mahalakshmi.

He is obedient to His Mother.

He is the perfect Sahaja yogi.

He is the perfect brother.

He is the embodiment of joy.

He is the embodiment of gentleness.

He spits out the half-hearted.

He condemns the adulterous eyes.

He condemns all fanatics.

[Shri Mataji: Actually, neutralizes the adulterous eyes. He makes the adulterous eyes innocent, because He is innocence.]

He is uninterested in riches.

He gives all riches to His devotees.

He is pure white.

[Shri Mataji: No, this is, you can't say He is uninterested in rituals – what makes you think? The rituals which are real

See, the one who is rich, how can He be interested in riches? That's the point Riches He is. Not interested at all, because He being the rich – that is gunatita, as you call it – you see, the being and the non-being. When you are the non-being, you cannot be interested in the being. Beyond, He is beyond.]

He is the sacred heart.

He wears a crown of thorns.

He condemns misery.

He suffered so that we should enjoy.

He is a child, yet He is the ever ancient.

He is the Alpha and the Omega.

He gives the kingdom of heaven equally to those who are first or last.

He is ever with us.

He is beyond the universe.

He is the sign of the cross.

He is above discrimination.

He is the witness.

He is the one who is witnessed.

He overcomes temptation.

He exorcises evil.

He condemns occult practices.

He is the embodiment of tapas – penance.

He worships His father.

He is hallowed by His Father.

He whose name is holy.

He is intelligence.

He is wisdom.

He is perfect humility.

He is angry with materialists.

He destroys ego and absorbs superego.

He is the destroyer of desires.

He is the pure power of desire.

His church is the heart.

He has the eleven destroying powers.

He is the destroyer of false prophets.

He is the destroyer of untruth.

He is the destroyer of intolerance.

He is the destroyer of racialism.

He is the destroyer of anger.

[Shri Mataji: Of fanaticism – it's very much so.]

He is the herald of the Golden Age.

He is worshipped by our Mother.

He is praised by our Mother.

He is loved by our Mother.

He is the one who is chosen.

He is awakened in all Sahaja yogis.

He who rides the white horse at the end of the age.

He is the end of our fears.

He guards the gate of our Mother.

He is the only way to the Kingdom of God.

Aum Shri Mahalakshmi, Mahavishnu sakshat

Shri Mahavirata sakshat

Shri Adi Shakti Bhagavati Mataji

Shri Nirmala Devi Namoh Namah.

[Shri Mataji: I think the word “worshipped” should be “adored by our Mother” because He didn’t like it, I think, it’s catching on the Agnya. So it’s “is adored by.” See, He’s so particular – you see, the protocol is not all right, that’s why.

See – better! Agnya was fine. See? Some catches there are. I was wondering which one of them was Now we’ll say, “He is adored by our Mother.”

He is adored by our Mother.

[Shri Mataji: Again, three times.]

He is adored by our Mother.

[Shri Mataji: Again.]

He is adored by our Mother.

He is adored by our Mother.

[Shri Mataji: See? He’s very particular.

May God bless you.]

(Hymns to Shri Mahalakshmi, in Sanskrit.)

You got the meaning of that? The description of Mahalakshmi, what She gives you, and also the description about Her relationship with Vishnu, with Hari – is Shri Krishna, that She is the beloved of Shri Krishna (Hari ...) Is the beloved of Shri Krishna; and that’s how it explains how Mahalakshmi, if She is Mary, then Mary is Radha

.... This has to be done by boys who haven’t got the feeling of marriage, or think of it. It has to be that pure.

(Mother is directing them to perform the puja correctly.)

(Recitation of Devi Suktam.)

1984-1126, Public Program: Prapancha and Sahaja Yoga

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26 November 1984

Public Program

Doctor Antonio Da Silva High School, Mumbai (India)

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

I bow to all of you who are the seekers of truth. Today's subject is "Prapancha" and "Sahaj Yoga". First of all, let us see what is the meaning of the word "Prapancha". "Pancha" means "five" (cinci), the five elements through which our evolution took place. But the word "Pra" in front of it changes its meaning. It means the light of five elements, "Prapancha". (Prapancha also means married family life.) "Avghachi Sansar Sukhachakrin" (I shall make the whole world joyous). This joy we should get in Prapancha. You cannot find God except in Prapancha.

Many people imagine that "Yoga" means to go to the Himalayas and sit there to die of freezing cold. It is not Yoga. It is "Hatha" (obstinacy/incapacitate). It is not even obstinacy but little stupidity. This imagination about Yoga is absolutely wrong. Especially in Maharashtra, all the saints were married. They practiced Prapancha. Only Swami Ramadasa did not do Prapancha. But in "Dasa Bodha" (Marathi scripture by Saint Ramadasa), Prapancha is flowing in every page. Leaving Prapancha, you cannot find God. He said this many times. To find God by leaving Prapancha has been the imagination of people of our country since ancient times. This is the reason why Buddha left Prapancha and went to jungles and got self-realization there. But even if he would have lived with family, he would have got self-realization. For example, if we have to go to Dadar (a place in Bombay), we can reach there directly. But instead, we go to Bhiwandi, then Pune, and after roaming in four or five places, then we reach Dadar. One is the straight path and the other is the zig-zag path. The zig-zag way is correct, it is not so. That time there was no easy way, so they chose the difficult path. They made the easy path very difficult.

So, shall we also make the same difficult path for us? Therefore, everyone has described the easy and straight path. "Sahaj". We should go in Sahaj Samadhi. All the saints said, "Sahaj Samadhi Lago" (go into Sahaj meditation). Kabira got married. Guru Nanaka was also married. From the time of King Janaka, all who have become great realized souls got married. After them, many came who did not get married but never criticized the marriage organization. And it is not that what we call as Prapancha is wrong.

So, first of all, we should remove this imagination from our minds that if we have to go through the path of Yoga, then we have to leave Prapancha. Instead, if you are in Prapancha, then you must come to Sahaj Yoga. In the beginning, when I started Sahaj Yoga in Dadar, everyone used to come with the complaints of Prapancha. "My mother-in-law is not alright, my husband is not alright, my wife is bad, my children are not alright, etc. ... all these small complaints of Prapancha people used to bring in Sahaj Yoga. It happens only in the beginning. We come to God with the problems of Prapancha by getting upset of them and for solving the problems of Prapancha. And we ask God, "Oh! God, my house should be alright, my children should be healthy, my married life should flourish, everyone should be happy in my family," that's all. Human inclination is limited and so mundane, and he looks at everything from that mundane level. But this mundane level is required. If it is not there, then things won't work fine ahead. One cannot come on the second step before crossing the first step. So Prapancha is the first step and very important in Sahaj Yoga. I cannot give realization to a "Sanyasi" (ascetic). I cannot! What to do? I tried many times, but it doesn't work out. The reason is that we wear the external clothes of ascetic... but are you an ascetic from inside? Asceticism is the feeling inside. You cannot become a saint by wearing just the clothes, that we are saints, I have left the home and family, I have left this, I have left that... by saying all this, if people think that they have found out the path of Yoga, then they are absolutely mistaken! If you are an escapist and you have the tendency of escapism, then there is no cure for it. A wise person should think that we are in Prapancha and if we get anything by running away from it, then what is the use? Suppose you are taken in some jungle and you sit there and say, "See, I can live without water." Then what is the special thing in it? Living in water if you don't need water, you are detached from water, when this state comes, then it is true Prapancha. Then only is true Prapancha. And we need it today. We need that Prapancha.

You all might be knowing about King Janaka. Nachiketa thought that this King Janaka who has a crown on his head, he has all slaves and servants, there is dance going in front of him. When he comes in our Ashram, my guru touches his feet? How is it that he is so great? So his Guru said to him that he should himself go and see. Nachiketa went and stood in front of Janaka and said, "Please give me self-realization. My Guru has said that you can give self-realization, so please give me self-realization." King Janaka said, "Look, if you would have asked me for the whole universe, I would have given it. But I cannot give you realization, the reason being that one who doesn't know the subtle aspect of it, then what is the use of giving it to such a human being? The one who will understand its subtle aspect can only get deeper into it." So, the tattwa of Prapancha is "Pr," which means the light. Until and unless it is awakened within you all, you will remain in "Pancha" and cannot enter into "Prapancha." When Nachiketa asked the above question to King Janaka, King Janaka asked Nachiketa to be with him. I hope you know the rest of the story. But at last, Nachiketa understood that this man (King Janaka) has no attachments. He is not worried at all, neither does he have any sticking with worldly things or what we call as the world. He is like an ascetic. He will wear the crown on his head of a king and sleep on the ground, like a real Emperor. He doesn't need any comforts, somewhere he will sleep on a soft bed... sometimes lie on the ground... like an Emperor within. He is not worried about anything, he is not caught by anything. The one who is in Prapancha never gets affected by any comfort or any slavishness towards material. Even if you ask him to sleep by resting his head on a stone, he can sleep. Ask him to eat anything, without taste... he can eat and also he can eat in parties. If you ask him tomorrow that, "What is to be done now, we have to make an Ashram, so how to do it?" He will tell you everything perfectly about it. He will give you details of material to be used and the quality, etc... everything. He is not stuck to anything within. This is the matter of tattwa. You all should understand it.

Namdeva has written one poetry, and the same has been added in Guru Grantha Sahib (Holy scripture of Sikh Religion) by Guru Nanaka. It is very beautiful. I would like to certainly describe it to you. It is written in that poetry, "The kite (Zmeu) is flying above in the sky, and one child is holding its string. He is laughing, talking, and moving to and fro, but his attention is on the Zmeu." In another paragraph, it says, "Many women are going on the street with pitchers on their head filled with the water from the river, and they are talking and joking, talking about their home, etc., but their whole attention is on the pitcher (Cana) that the water should not get spilled."

Same way, there is one more description about the mother, "One mother has a child on her lap, and she is doing all the work of the house and kitchen, she does all the jobs in the house... sometimes bends down, sometimes runs here and there... but her attention is on the child that he should not fall down." Same way is with the saints and yogis. They know how to do all kinds of work. They do all kinds of work, but their attention is always on their spirit. These all saints were like you people, living with their family, wife, and children. After having all that, they have one specialty, and you all should understand that specialty by coming in that tattwa. What is that specialty? ... it is Sahaj Yoga! You must also see that after getting that state, what beneficial changes come within you. Because in Prapancha, you always see profit and loss. What will you gain? What will you lose? But you must understand that God is beyond all this gain and loss. But many don't know the meaning of it. In modern times, if you talk about God, then people think that "this lady has never got modern education, and she is reciting stories like our grandmothers." But God is, and he will ever exist. But we have to see how God works out things being in Prapancha. First of all, see that is there any problem? Someone said to me, "Shri Mataji, my house problems... I don't have any job." Such kind of talks, mean talks, gross level talks, "This is like this, like that... etc." After some time, the same fellow comes and says, "Shri Mataji, everything is solved, everything became alright." So, how all this happens? You must see this.

Once it happened, I have one disciple from a foreign country. I generally don't call them "disciples"... I call them "children." So both were girls. Both were going in a car in Germany. In Germany, there are big highways called "Autoban," and there are many vehicles moving very fast on it. So they wrote to me one letter, "From both the sides, there were trucks, big buses, big cars which are double lorries were going. Our car was in between... its brakes were not working, and the car was wobbling (shaking). So she thought that she is going to die now and she can't escape. If the break was alright, then there were some chances, but it was also out of order. So, in that condition, she got "inspiration." The inspiration of emergency. It worked out. That is, now everything is finished, nothing is left, the time of destruction has come. So, she surrendered and said, "Shri Mataji, now you only do something... whatever you want, I am going to close my eyes." She closed her eyes. It was written in her letter, "After some time, I

saw that the car was properly parked on one side, and the break was also working." Now, Shri Mataji did not do anything, you must see this. How does it happen? Means that whatever has happened, it has happened due to some cause. Means cause and result. Suppose some quarrel has taken place in your house due to your wife, parents, or some "X" person. The result is a disturbance in the house. The one who has simple thinking will keep on fighting with the result. "I have to fight with it!!" Then some other reason will come out to fight, then third. Now what is the cause? How many think about the cause of the quarrel? Those who are with subtle understanding fight with the cause of the quarrel. Fighting the other way makes the result to fight back, and they get into the cycle of cause and effect, and the problem remains unsolved. They cannot go beyond it. Therefore, to practice Prapancha is very difficult, everyone says like this. What is the cure of it? The cure is that whatever is the cause of it, you have to go beyond the cause. The cause was that the break (of the car) was broken. She was fighting with the break. But when she realized that there is something beyond it... Shakti (power) and by going beyond that cause, the cause got terminated. Also, the effect got terminated. It is like this. You believe it or not, but it happens like this. It is not blind faith.

Many people come to me and say, "Shri Mataji, we remember God so much, but we are suffering from cancer. How is it? ... we go to temples, go to Siddhivinayaka, and stand there for hours. Especially we go there on Tuesdays, but nothing good happened with us, this God never did anything good with us, so why should we worship him?" Alright. But the God whom you are calling... is he connected with you? Till you are connected with him, how can something good happen with you? You must have a telephone connection with God. You keep worshipping God day and night, but whatever you are praying... is it reaching to God? Whatever stupid things you do and behave in a stupid way and then you come and say that God did not give you anything. Why should God give you something? Once you are connected with the Government of India, then you can ask some favor because you are a citizen of India and not of the Kingdom of God. First, become the citizen of the Kingdom of God, and then you will see that even before thinking about the problem, it will be solved by God. Now imagine that by sitting here if you start saying that the queen of England did not do anything for you. Why should she do something for you? So, here is God, and why should God do something for you? You have not entered into his Kingdom. Only to dictate on him, "OH! LORD." As if he is in your pocket.

Now even people don't know that they should remember God. They have not said remember but they have said to auspicious remembering (Susmaran) of God. "Su" word is just like "Pra." "Su" means where you have become auspicious by becoming human beings, and you are blessed. Otherwise, you keep on taking the name of God like a parrot (Papagal). It influences the young generation. They say, "What is the meaning of this God? Two people came here taking the name of God and took money from our mother, there some people came and tied black thread in the neck and took away money. What does this kind of God mean?" Then some people start talking like them and say that there is no God. But first of all, we commit the mistake that are we connected to God? You must see this. First, establish the connection with God! Now, Sahaj Yoga means to connect yourself with the Divine. "Sah" means "with you," and "Ja" means "born with you." Yoga within you since birth. The right to get Yoga Siddhi is Sahaj Yoga. God has kept within you a Divine Energy called Kundalini. Whether you believe it or not. Because it is difficult for the people with external eyes to believe. Specially the intellectuals and literary people move with mental thoughts. And up to where will their thoughts reach... no one knows. One thinking does not match with the other. This is why there are so many differences. So the power which is beyond these thoughts or mental analysis has been described since ancient times in our country. It is needed to put your attention on that. But these intellectuals have so much ego that they are not ready to pay attention to this side. Maybe it is somewhere concerned with their livelihood. But after coming to Sahaj Yoga, you are blessed with well-being. After getting connected with God, your problems disappear in such a way that you are surprised. "What did we do?" "How did God give us so much? How did everything get arranged in such a beautiful way?" You ask yourself these questions and get amazed.

You might have read the last paragraph of Gyaneshwara's Pasaydan. What he has described is the condition of today. It has to work out in this way. Whatever one will desire will be fulfilled. But before desiring it, you have to awaken your Kundalini. I cannot promise you anything before that. Neither I assure you like ministers and leaders. Whatever the truth is, I am speaking it in my language and in my way. I am not speaking to you in literary or philosophical way. I am teaching you in the same way as a mother teaches her child about household things. You must receive the treasure within you. You say that you are tied in Prapancha. "Tied" means what? It means that you are giving importance to the stupid and useless things. "I must get a good job, why I am not getting it? Because unemployment is there, means unemployed are increasing. It will keep on increasing. So, how to go beyond all this stupid thinking? The cure is that you have to awaken the power which is around us. We have that Power in

Mooladhara Chakra. You will see that how this Power within you in your Mooladhara works out in this Prapancha. Your attention should be towards that power. And first of all, you must know that this power of Kundalini which is in your Mooladhara is due to Shri Ganesha. Now, we should say that this Maharashtra is blessed. Here we have Ashtavinayaks (Eight forms of Shri Ganesha) which are great blessings of God for you. This is the reason that I have been able to establish Sahaj Yoga in Maharashtra. Because the power of Shri Ganesha covers you. I have been helped a lot because of that covering. This Shri Ganesha is sitting in your Mooladhara. Now, if there is some doctor, he will keep the photograph of Shri Ganesha in his house. He will construct a temple also. He will go and bow there. But he will never understand the relation of medical science with Shri Ganesha. He won't even accept it. But without Shri Ganesha, even medical science is worthless. Because of this Ganesha's Power, you can produce children. Imagine that the face of the child resembles the face of the parents. There are millions of people all over the world, but every child resembles his parents or the grandparents or some relative of that family. Who controls this balance and regulation? It is only Shri Ganesha.

You all are supposed to accept the child-like innocence of your children. That innocence should come within you. There are small children in the house. How innocent they are. We speak bad words in front of them. We bring them up in such an environment where everything is inauspicious. No one puts attention on them, and we let them do anything. These children are Shri Ganesha of your house and family. You are not even bothered to look after them and to bring them up properly. Nowadays even 80-year-old women marry in England. I don't understand anything what to say. Please do not bring the filth and dirty things of the West here. Let the dirty things of the West remain in the West. "Te ati shyane tyanche vail rikame (Those who are too clever have empty heads)." So if Shri Ganesha's curse should not fall on us, we have to assure it. Shri Ganesha sits inside us and brings up our children. First giving birth and then upbringing. And that innocent Ganesha (child) gives joy to everyone in the family. There is tremendous joy in the family where a child is born. How many waves of joy flow from the coming of that child. But the house where children are not born, there is so much feeling of emptiness. You feel as if not to visit that house. Because there is no giggling of the child there. No joy at all. There is no sweetness in such a house. But now the time has changed. Children are not born in the countries which we call as affluent or rich countries. Their population is decreasing. Our country's population is increasing. People say it is very bad. Your country's population should not increase. What I want to say is that those children who are taking birth also have wisdom. Why should they take birth in those Western countries? They will say that there, husband and wife divorce every day and kill their children. The same will happen to us. Because only here (in India) parents have that dedication and love for their children and have that Sahaj way of living which is not in rich (Western) countries, not at all. You might be surprised to know that in London city, the parents kill their two children in one week. Every day I get shocks. And they are not at all affected by it. They are lost in so much ego that they don't feel that what crime they are doing. After living there, I realized that how nice is Indian men and women. Here in India, the telephones do not work, microphones do not work, trains do not function... I agree, but the human beings function perfectly. The subtlest of subtle in that is Ganesha Tattwa. And the house which does not have good Ganesha Tattwa has everything improper. I blame the spoiling of children on the parents. Nowadays even the mother goes out to work. Men already work. Still, it is important to see that how much deep is the time you devote to your children.

Now what happens after coming to Sahaj Yoga? Means how Sahaj Yoga is related to your children is very important to see. In Sahaj Yoga, your Ganesha's Power gets awakened because of Kundalini. The first thing which comes is wisdom. We call it Vinayaka (Ganesha). He only gives wisdom to everyone. People bring children to me who are very poor in studies. I have seen such children whom the parents bring to me and say that their child is zero in the class. He only does mischief and speaks stupid with his teacher. I asked the child, "Why do you do like this?" He said, "I don't know anything, and the teacher keeps on scolding me always. Then what should I do?" The same child came first class first in his class. How did it happen? That power starts flowing within you as soon as Ganesha is awakened within you, and a new dimension starts in a human being. That dimension is called collective consciousness. The things which a person cannot see or feel before now through this new awareness, he starts feeling them in a Sahaj way. This new dimension or say this new consciousness makes a person truly capable. And through that capability, a miracle takes place. The children who are useless and are of no worth, like those who drink wine, etc. You know that nowadays there is a lot of drugs used. I never saw a thing called marijuana. Now I have come to know that they sell it in schools. This all stupidity is because of no wisdom. When this wisdom gets awakened, all those living in England and America became very good citizens.

This is the power of Sahaj Yoga. Children get disciplined. I see that today there is no discipline in children because the mother and father fight and quarrel with each other and do not respect their children. They behave very badly with them. The children behave like their parents and do stupid and indisciplined things like their parents behave. After coming to Sahaj Yoga, if the parent's Kundalini is awakened and also of the children, then everyone behaves in a proper manner. First, the self-respect is awakened within. By giving lectures, you cannot awaken self-respect in them. But by awakening of Kundalini in Sahaj Yoga, a person gets self-respect. In our country, there is a process of respecting the one who is in power. But the true power is of Shri Ganesha. Whoever has his power, you should bow to his feet. Rest all will come today and go tomorrow. They have no importance, they all are useless people. Those who have awakened Ganesha within them, you must bow in front of them only. There is a tremendous change in a person when Ganesha's power is awakened. As you see today that the eyes of men are always flittering here and there... and the Agnya Chakra is badly caught. Like fools, they keep looking here and there. There is a big number of such men today. It has also started in Maharashtra. When I was small and was studying in schools, I never saw such stupid men at that time. But now these new creatures have come. They always keep rotating their eyes here and there. Always seeing here and there, like the advertisements on the way. You lose much power and energy by that. There is no joy in doing like this. It is a joyless pursuit as we can say. They put all their attention on that and keep roving their eyes here and there. If they miss some advertisement by mistake, then they think that they have lost something very important. They will rotate their eye again and read the advertisement. It is very necessary for them to see everything. This disease of eyes gets terminated, and the person becomes concentrated at the spirit in Sahaj Yoga. Then you get stable vision. If this state of eye is awakened, then we call it "Kataksha Nirikshana" (inspection in every glance). Wherever your glance will go, you will awaken the Kundalini. Whomever you will see will get purified. Such purity will come in eyes... this is alone the task of Shri Ganesha. You have not recognized your Ganesha. If you would have recognized, then you would have been stable in your purity. Whatever is pure, only that you must do. But you did not worship your Ganesha. Doesn't matter. You have children in your house, watch their Ganesha. Make them adorable, and you also your Ganesha. Get your Kundalini awakened. But the specialty of Sahaj Yoga is that it all happens spontaneously. You have to do nothing for it. By awakening of Kundalini, a man gets wisdom, and his whole personality becomes special.

Now if there are some intellectuals, they would say that Mataji is telling some illusionary story. But you will be surprised to hear that in Ahmadnagar (Loc in Maharashtra), 10000 people left drinking. I don't say that there should be prohibition of liquor... I don't say anything like this. However, you are, you must come to Sahaj Yoga. You must come and enlighten the lamp of your spirit. After enlightening of that lamp, all the faults will be seen clearly. Till that lamp is lightened, you cannot see if something is stuck on your Sari. In the same way, you can see everything clearly. Even if it is lightened a little, you will be able to see your weaknesses. You become your own Guru and correct yourself. Make yourself pure. There is no limit to the joy amongst those who are purified. Someone has said, "Jab mast hue tab kya bole?" (Once we drowned into joy, then what is there to speak?). This becomes the condition once we come into the state of bliss. Purity is blissful! Not only blissful but it makes the complete personality fragrant. If such a person is standing anywhere, people will say, "This gentleman has something special." Sahaj Yoga is not for the persons who don't want to become special! Those who have to become will become special. It is well known that you are going to become extraordinary and special people. You have to earn this blessing! Sahaj Yoga is for all those who are living with family and children and want to become special people. Those who think that they don't want to become special and they are alright as they are and say that they don't want anything from Mataji, then it's alright, I do namaskar to them. They can visit, but we can't force realization on them. If you want complete freedom, then I have to look after your freedom. If you have to go to hell (Iad), so better go there, and if you have to come to heaven (Paradis), then you are welcome!! I cannot force you at all.

First of all, in Prapancha (family life), a child is the source of joy. From the beginning of pregnancy, there is joy in the house. After the pains of the mother are over, the child takes birth in happy surroundings. I have seen nowadays that those who are realized have the children who are realized from birth itself. No matter they are living anywhere. There are many realized souls who have to take birth. I am seeing everyone; they say, "Who is the one who will keep our spirit enlightened?" Saints do not take birth through the people who are not worth it. Such great souls have to take birth, and for them, such realized yogis are required. Their Prapancha will be truly enlightened. And for such enlightened Prapancha creation, you have to come to Sahaj Yoga and awaken your Kundalini.

After this, we come to the second chakra, which is called Swadishthan, in which there are lot of Prapanchas. There are many benefits in your Prapancha through it. Swadishthan's first work is to make your Guru principle strong. I have seen in many houses that the father is not respected at all, the mother is not respected at all. The small 15-year-old children are everything there. I see nowadays in the market that it is very difficult to get a Sari for an elderly person like me. All Saris are for young girls. For elders and old people, they don't make Saris anymore. There used to be money with elders in previous times. Everything used to be good for them. Now no one is concerned about old and elder people. It has become difficult for them to even get one sari for some marriage occasion, etc. When this Guru Shakti is awakened within you, then this old age which comes is full of radiation. Now if I take some elderly and old person. The father or Grandfather also behave like stupids sometimes. The mother behaves like a stupid fool. She doesn't know how she has to live in front of the other people who come from outside. She always keeps on shouting. All her attention is on the keys of the house or on the quarrels of the caste system. A Konkanaatha (A caste in south Maharashtra) should be married to Konkanaatha. The country boy should be married to the same country's girl. If it is not so, then the mother-in-law quarrels with her daughter-in-law. This stupidity of elders ends after coming to Sahaj Yoga. Instead of it, in that old age, there is a kind of radiation. That person stands in his pride. You will feel that oh! My God, what has happened to my father. You will feel that these are the people from ancient times of Shivaji. And you will get bowed in front of them. So the agitation which is in this youth of today, talking divorce on little problems, fighting with the wife, not having good relations with parents, cannot live in the house, running away from the house. This all is happening today. There is no job, no money, and all bad habits inside. From all directions, our youth is moving towards destruction. In fact, their background in India is very great. But I tell you that Maharashtra's background is very great.

They forget everything and don't study or understand. Now, how much knowledge of music they have in Maharashtra. There is a lot of literature of saints in the Marathi language. But who reads such books now? They purchase dirty books from the street and read. Very superficial things... not going deeper but floating on top. This is the condition of the Yuva (young) generation. If it continues, then they all will be lost. They will become useless. Ask me! I went to America, and there are 65% jobless people. There they are afraid of a disease called AIDS. All young generations are dying and can't understand how to escape from it. Its reason is "What's wrong." "There might have been Saint Ramadasa, what are we going to do with him, keep this all with you, we are becoming modern now." This stupid modernity! Where those modern Americans are going? You go to those countries once, what is the condition of those modern people. The writers here keep writing about those countries sitting here. Go there and see what's happening in those modern countries. The elders there keep thinking day and night that how to commit suicide. They have only one thought, and that is suicide. This is the only way left with them. You want to become modern like them who will vanish in thin air one day. Then I bow to you; you may go out of Sahaj Yoga. But you have to be firm on your Shakti, and you have to become special. Then you have to stop a little from your fast journey. Think in silence that "Am I also running with all these Western people who are in a rat race?" You must think peacefully about the heritage of India. During the partition of property, if they get even one cloth less, then they go to court to fight the case. But it is the great heritage of our country where no one is putting attention, it is going to finish now. How much we have taken benefit from it. The elders get this knowledge after coming to Sahaj Yoga. Because they know that how much higher they have gone from their state before realization. In my childhood, my father said to me, "First of all, this young generation should be awakened." The sages sitting on the 10th floor (state of realization) cannot understand the state of the person who is on the first step. These common people sing bhajans but do not know the feelings which are connected with the songs. When they will reach the first stage, then they will realize that there is further steps ahead. So, beyond this human awareness, there is greater awareness called "Ritambhara Shakti," you get it in Sahaj. After achieving it, you will be able to have vision of your life. What are we, how great we are, and is it good to play with your life? How much treasure you have, how much have you kept your self-respect? You don't know anything about yourself. Try to understand this and get realization in Sahaj Yoga. What is the condition of the young generation today? All of them can come to Sahaj Yoga. It is very easy to give realization to the younger generation. They commit mistakes in their innocence. It is all innocence. One boy smokes a cigarette, then I should also do it. If someone is wearing good clothes, then I should also wear. All innocence, but sometimes this innocence can be destructive. What is lacking today in our country? Someone will say that it is food. But I don't see any such problem. I feel that we eat too much and give to others. Whenever I come here, I do namaskar and say, "Please finish it, I don't want anymore food." Every person there says that there is no problem or scarcity of food in India because they request you to eat a lot that they feel not to eat at all. So what is deficient in our country? People are very smart in discussions and arguments. If they are standing here, they can give great lectures than even mine.

We are very smart in everything else. A little oversmart... We have everything, gold, silver... what is not there? Think and find out where we are lacking? Only one thing lacks, and it is that we don't know who we are? It is not known that "who am I." When this will take place within you, then your whole body will get filled of joy, and vibrations will start flowing from your body. It is not guaranteed that it should happen inside you. It can and it cannot. If not today, then tomorrow it will take place. In this Prapancha (family life), you have economic problems. In Maharashtra, they say, "Shri Mataji, how will the poor get benefits from you?" What are you? Poor, rich, or middle class? What profit you want whether you are rich, poor, or middle class? No one is satisfied. If you have a radio, then you want a video, then air condition, then aeroplane. God knows what more... It is a great principle of Economics that Demands are never satiable. If one desire is there, then it will be fulfilled. But generally, it is not so. Today you have one desire, tomorrow another. One thing is clear that what you desired was not pure desire. If it was pure desire, then you might have got complete satisfaction and contentment after getting it. But it is not so. Means your desire was not pure but impure. That is why you kept moving from one to another. Now, pure desire is your Kundalini. Because it is the desire of God. After its awakening, you will desire, and it will be fulfilled. So much that you will say that you don't want anything more. Whatever desires you have are fulfilled. But those desires are not for gross things. It has a kind of benevolence. And all your little desires are fulfilled as said by Krishna "Yogakshemam Vahamyaham." When your Yoga will establish, then you will get blessings. But he said Yoga first and not the blessings. Sudama (Poor friend of Krishna) had to go to meet him, and after that only his city was created in Gold. Why do you show your domination on God? Why did you buy flowers of four rupees and gave to God? So you are mistaken on that. I have seen many people who are Shiva bhaktas (devotees of Shiva). They keep on reciting Shiva's name and get heart attacks. Shiva is sitting in your heart, then how is it? Why did they get heart attacks? Because Shiva got angry. If you keep calling some person continuously, then even that person will get irritated. If you go to the Prime minister's house, repeat his name, then you will be sent to prison. This is happening. Neither they get God, nor the Prapancha.

This is the state. This is why it is very important to come to the central path. When Kundalini is awakened through it, then a person gets established. He becomes contented within. The rules of God have science in them. You must learn them first. You commit mistakes without knowing the protocols of Divine. Then if something gets spoiled, then why do you blame God? I have come on this Earth to prove if God is there or not. Certainly to prove it. Divine cool breeze will flow from your hands. You will receive God on your fingertips. But the preparation is needed. This mind always fools. You have to listen with a cool mind whatever I say, then it will work out. If your problems would have resolved by your mental level, then there was no need for me to work so hard for you all. They are not going to get resolved by your mind. Neither your family problems, political problems, or social problems will get solved by your mind. Political problems are like, "We are capitalists," and we fight for it. Are they happy? Can they control their freedom? Others say that we are communists. But we are true capitalists because we have all the powers. All these are mundane level talks. Don't get stuck with them. You must bring the God's Kingdom within you and become its citizen. Then you will see what you will become. For that, you don't have to leave your family life. No need to give money for it. This is the living thing. How much money do you pay for a tree to give flowers? What does it know about money? Same way is God. He doesn't know about money. In the village, they said that Shri Mataji doesn't take money. So, they said alright then let us give at least 10 paise or 15 paise. But for what are you trying to pay? Self-realization is your own. Will you purchase it for yourself from yourself? Everything works out with the power of love. You have to receive that love. You don't find it today in Prapancha. You see the love in a very different manner. You might have seen some tree. Its nutrition runs upward from the root, and which part needs and how much it needs, it supplies. It doesn't get stuck or attached with one flower or leaf. If it gets stuck, then that leaf will die, and also the tree will die. Same way we are also there. Our love means, "My son, my job." Your son becomes the emperor of the world! My daughter etc... My my. Is it all yours? But it is not possible to understand by listening or talking. Whatever you say, this "my" doesn't go away. To get detached from all this, your Kundalini should get awakened. After awakening, you say "your – your." Kabira has said that when the goat (Capra) is alive, it repeats "mein-mein" (Eu-Eu). But after its death, its intestines are taken out, and an instrument is made, then that instrument says "Tu hi tu hi" (Numai tu).

Once your Kundalini gets awakened, then you feel that everything is yours and nothing belongs to me. People are surprised and amazed to see this. In this Bombay city itself, so many have got better life through Prapancha. But if you don't want to do, then don't do it. Shri Krishna came with a purpose. He did Krishi (agriculture). He sowed the seeds. Today that has brought you to this stage. You are going to become fruits out of flowers. You must accept all this. If you miss it this time, then you will miss it

forever. All your problems get over, and you come to the kingdom of God. You are not going to get joy anywhere except his kingdom. The sorrow of the whole world gets finished after coming to the lotus feet of God. That doesn't mean that you go to Vitthala temple and break your head. You have to awaken Vithala (Krishna) within yourself. How you have to awaken? For that, you don't have to do anything. He is present within you. After awakening of Kundalini as a lamp is lightened, it lightens within you. In the house where the lamp of God is lightened, then how can sorrow and pain come? How can there be poverty and problems? There has to be the world full of joy. This is the reason why I go from village to village. It is my humble request to you all that you must get your this power awakened and become auspicious for the whole world. I fold my hands to you and request you!

1984-1204, Public Program Day 1

View [online](#).

4 December 1984

Public Program

Pune (India)

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

Public Program Day 1

[Translation from Hindi to English]

Leader: Dear Sahaja yogis and all the seekers who have come here to know about Sahaja Yoga. Today is a very auspicious occasion, as today Shri Mataji Nirmala Deviji is with us here and will tell us about the Kundalini, and how its awakening happens. I know a few people who are sitting here are a bit uncomfortable, due to shortage of space. Please do forgive us. I am extremely sorry for the lack of space, but with the knowledge you will gain out of sessions with Shri Mataji, you will not feel the discomfort. This much I can assure you. I have no words to describe our merciful and loving Mother. I lack the words to express praise for Her. I don't have words. From where should I start? How do I start Her praise? Shri Mataji is the source, the ocean of love and compassion, and is sitting amongst us today. Our sages and hermits of old, have told us that Kundalini awakening is a very, very difficult process, and is attained with lots of practice. Shri Mataji has made this awakening so simple. If you are really desirous to know about it in a true sense, if you are seekers, then I assure you that before you leave this place you will attain your Self-realization. I would now like to excuse myself and invite Shri Mataji to come on the stage and, with Her love and beautiful love-filled voice, to satisfy your pure desire for self realisation. Thank you.

Shri Mataji: I bow to all the seekers of truth. Today I was thinking about which language to choose to communicate with you. Then I thought that I have given lectures in Marathi in Pune many times. So today I will give my speech in Hindi, mainly because Hindi is our national language. Though my mother tongue is Marathi, I think learning Hindi language is of utmost importance. So I apologise to the Marathi-speaking people. All those people who speak in Hindi and are highly literate in the Hindi language, please forgive me if I make any mistakes. This is one thing we all should understand: first, that language should be of love and from the heart. Where the language is not from the heart, it is only a play of words. This problem arises everywhere. So only the language which comes from the heart is touching and has impact.

We have been searching for the truth for many ages. It's not only nowadays, but since many decades we have been searching for the truth, and in this search for the truth, many people have lost their way. We should understand that the reason behind this is that today's New Age environment is such that everyone has started talking about God, and dharma. But in the process there is so much confusion, misleading and fighting, that they have created speculation and doubts about the very existence of God. Thus questions arise in the minds of the younger generation, and they keep asking Me over and over again, "What does all this drama in the name of God mean?" "Mother, if God is truth, if God is love and if God is benevolence, then all these people who are fighting in the name of God, do not have any godliness in them. It is obvious that they have no divine blessings, nor do they even know anything about God".

In this situation, it is better to forget the people who, in the name of God have misled seekers; and created such great confusion. Because of these people, there is a major conflict in the minds of our young generation today as to how to deal with the desire to know God, and spiritual ascent.

Now, whether you believe it or not, God exists. It's not about whether you believe, or don't believe. The existence of God will be there whether you believe it or not. But it is difficult to understand why human beings started to move in wrong directions, where even if you wanted to find God you would never be able to find God. If we try to understand where we went wrong in our search, we will be able to see that.

Now, talking about Sahaja Yoga. Sahaja means “saha” plus “ja”. “Saha” means with you and “ja” means born with; that is, the one which is born with you for the attainment of yoga (union with God). The instrument for yoga, is within you. This is an assurance for you; a proof, that the time has come to attain the truth.

Sahaja Yoga is not a today's happening. Thousands of years ago, Lord Indra was given his Self-realization. Self-knowledge was granted. Then also, Sahaja Yoga existed, and after that you know Markandeya Swami was born 14,000 years ago in this world. He has also mentioned the importance of Sahaja Yoga. But this knowledge was never shared very openly.

After that, long long ago, we can say that Shri Adi Shankaracharya shared this knowledge with mankind. But it was never disclosed how this happens, because it was not the right time. Lord Krishna also said that you should know your .spirit. Only the one who knows the spirit can know the truth. Christ said the same thing. That you should have your rebirth. Lord Buddha said it. Mahavira said it. Everyone said that you should get your rebirth, and this was shared by Shri Adi Shankaracharya, that without rebirth there is no other way to achieve God. Till you get the flow of divine vibrations in your hands, (“Salilum, Salilum”) like water moving in the ocean; you will not understand the truth and get out of this web of words (shabd jaalam). It was Guru Nanak and Shri Kabir Das who shared this knowledge more openly. Both of them tried really hard to place the truth in front of everyone: That without Kundalini awakening nothing can be accomplished. But they spoke in such a dynamic and powerful way, that people could not understand them.

I also felt very strongly that until you give people their Self-realization, it is useless to talk about the Divine to them. Just like when Bhagawat Gita was written, people just kept on reading it and got lost. Many more scriptures were written, and people kept on getting ruined. But now is not the time to read, and give lectures. I gave a lot of thought to it and tried to understand what are the flaws in human beings. Also what problems man is facing which are preventing him from achieving the Divine. After spending a lot of time on this problem, I realized that if I opened the Sahasrara in a simple way, everything would be all right. So, it was in this way, that Sahaja Yoga got established.

Now you should understand that within us lies the living process for union with the Divine. Just as we have evolved from amoeba to human beings, now we have to evolve from human beings to superhuman beings; and that also, through this same living process. There is no artificiality in this, no word trap, no exercise required, no standing on your head; no need to wear saffron clothes, or to live like an ascetic. This is an internal process. Like if you want to sprout seeds, you have to put them in Mother Earth. Then they will sprout very quickly and spontaneously. Can any of you explain this? You cannot tell how one flower is transformed into a fruit. This is definitely a unique phenomenon. And this is how Sahaja Yoga works. How it happens, we can share with you because all the natural processes related to human beings should be known and experienced. Within you all lies the power called Kundalini which is residing within you in the triangular bone. Only with the rising of this power can you get the knowledge of your spirit.

The strange thing is that while he was writing “Gyaneshwari”, which is based on the “Gita”, Gyaneshwarji explained in the sixth chapter the details about the Kundalini power within us. He explained it in a very beautiful manner and then he explained further that when the Kundalini awakens, how individuals will benefit. A quote in Marathi – “Joh Jeh Vanchilat teh toh laho”- which means that all that you desire, you will get. But your desires change with Kundalini awakening. Also, the manner in which you desire, changes completely.

Now, this Kundalini is present in each one of us, but intellectuals and scientists ask Me, “How do you know we have a Kundalini within us?” I Do Know! But it is completely up to you to believe it or not. Even if you are a scientist you should keep an open mind. You should have open-mindedness. If there is no open-mindedness, you can never be a scientist. We are placing before you a hypothesis. If we prove it, it becomes a law. In the same way, Kundalini is a very deep subject to understand; and to attain this deep knowledge, please keep your mind open. If from the beginning you stand with a rod in your hand, how will I be able to explain all this to you?

I have noticed that only in matters of the Divine Kingdom we take a lot of liberties. If you want to go to a college or university, you try really hard to get admission. You obey all the requirements; you accept all the demands, and make every possible effort to get admission. In the classroom you sit humbly before the faculty and accept every lesson, theory and knowledge that is imparted by your teachers, as the truth. But I have noticed that when all the saints and sages, who were messengers from God, came into this world to share the true knowledge, they were challenged, troubled and tortured. We did not give them a proper hearing. We questioned and argued with them, and troubled them. This is not how you can attain true knowledge. To attain this knowledge, the foremost thing is to humble down admit that "I don't know about this and I want to acquire this knowledge".

All the renowned saints have written about this in all the ancient scriptures of the world. If you read what Ramdas Swami has written, he says that nothing can be gained by reading something over and over again. Our very famous Kabir Das has written, "Padhi, padhi, pandit murakh bhaya". (By reading, and more reading; even the scholar becomes idiotic.) He has written it so clearly. Many more things were written by these saints so clearly. It is very surprising that we read their scriptures, and then do exactly the opposite of what they have asked us to do. I will now tell you the reason why we do it. Why this happens and how, by doing this, our religion gets corrupted into irreligious practices.

The Kundalini power is the pure desire. Meaning, that all other desires are impure. If those desires were pure, then we wouldn't crave for another thing as soon as one desire is fulfilled. Our laws of economics state that in general all desires are insatiable. Meaning they cannot be satisfied. This means you will get one thing in particular, but immediately you will have a new desire, and then a third desire. The reason for this is that you do not have a pure desire. The desire that you want to be fulfilled, is not a pure desire. It is impure.

Kundalini power is the desire which has caused this body to be made; and it is sitting within us. It is in a dormant state within us. It has not reached the stage of manifestation when it can show its effects. This pure desire is sitting within us in the triangular bone in our spine. We call it Kundalini, as it is sitting within us in three and a half coils. Now, why is it sitting within us in three and a half coils? The mathematics behind this I cannot share just now, as we do not have enough time. But if you listen to my lectures, I have explained it in pure detail.

Now this Kundalini power is the pure desire. So the first thing when this pure desire gets awakened is, that it rises and passes through our chakras, keeps itself detached and replenishes our chakras. If you see it, logically, it is the right thing. If the juice or sap of a tree, while travelling up from the roots, gets obstructed, or sticks to any place; the tree dies and so does the process. Similarly, when the Kundalini within us rises and grows, this pure desire erases away other desires, and removes them.

On the contrary, when we moved towards religion, our entire search was in the opposite direction. Firstly, when we started moving towards religion or anything, our seeking was for our physical needs; and the material benefits we could get out of our spiritual practices. "Now I am following a religion. What benefits can I get from my religious life?" Let us snatch money from other people, take away their possessions by illegal means, and then slowly, slowly we create activities out of spirituality, which are totally evil, and lead to hell. The attention goes towards the body. It is clear that if man's attention is on his physical wellbeing, he is away from his pure desires. This is very clear. You change your attire, your identity, you do all sorts of worldly, outward things. But by doing all these things, your innate religion cannot be established within you. So that is why the human race kept on wandering.

Now the problem of humans, which is very strongly embedded is, that they are mental, psychic and argumentative. You all know one such rationalist who really troubled Shri Adi Shankaracharya. It has been observed since long that these rationalists never understand their own conditioning. They get stuck onto one thing they have studied. If a man reads "Gita", he starts thinking of himself as Sage Vyas - "If not greater, then at least I am equal to Sage Vyas". If someone has read the Bible he starts thinking that his knowledge about Lord Jesus Christ is the best. This kind of intellectual block leads to more questioning. The entire Christian religion has come to an end due to these intellectual catches.

Now, understand how this kind of intellectual block came into them. When Lord Jesus came on this Earth he said, "Get your new

birth." Then Nicodemus asked, "Do I go back to my mother's womb?" Jesus then said, "No. What comes out of the womb is flesh but one who is born out of spirit, born out of Shri Adi Shakti, is the Spirit, and without knowing your spirit you cannot attain godliness."

Now, these people thought, "We cannot understand this process," because none of them knew how to give Self-realization. Nevertheless, if they didn't know how to give Self-realization they should not have made such a mental mess. They created such a mental block of the process of Self-realization that a man named St Paul, who had no connection with Christianity, got himself a place in the Bible. He never met Jesus. He was an epileptic, – in bad health, and according to Me he had some problems with his supra-conscious. He came and made his place in the Bible. When I first picked up the Bible I asked, "Who is this man?" Not only I; but many people asked the same thing, like Kahlil Gibran. Also you must all be knowing a renowned writer, William Blake, who is a known seer. He also said, "How has he [St Paul] found a place in the Bible?"

Now you gave him his place in the Bible. Christianity has approved of all the nonsense that he has said. Now this has led to such a situation that an intellectual researched it, and discovered that Paul had not written anything about the birth of Jesus. He didn't mention anything about His mother either. Nor did he mention anything about the miracles Jesus performed.. He [Paul], then said that all the disciples of Jesus were fishermen who used to catch fish and sell fish for a living. They had no spiritual knowledge. They wrote all this based on whatever came into their minds. To add to all this controversy, the Bishop of Canterbury, the Archbishop of Canterbury, declared that the Church supports this theory. Now either you follow Paul, or you follow Jesus Christ.

Now when the Bishop of Canterbury has approved – that the birth of Jesus is incorrect and the miracles He performed are also not true – it means that Mr. Paul stands correct. Later, this Paul was born as Augustine, and he made Christianity into a mental, discursive kind of religion. He believed that even if you have to hold a gun in your hand, you have to ensure that the rest of the world takes up Christianity.

The same goes for Muslims. All the things written by the Prophet Mohammed, were twisted so much and made into a religion called Islam. The same is the condition with Hindus. But the Hindus' condition is the worst. They have segregated Hinduism into so many religions within Hinduism. I don't know when we will stop doing all this.

First thing is that it's mentioned clearly that everyone has an Aatma [spirit] within them. Then from where does caste and sect come? Caste and religion have no meaning. It was made according to the aptitude or profession of a person. From the time they started to segregate people by birth, this problem has started. It is not possible to have a religion from the time of birth.

The one who wrote "Gita" was Sage Vyas. We all know who Sage Vyas was. He was the son of a fisherwoman who was not even married. Could he have been a Brahmin? Sage Valmiki who wrote "Valmiki Ramayana", who was he? All the great people who wrote scriptures, who were they? Brahmins are those who know the Brahma [truth]. Those who do not know Brahma cannot be called Brahmins. But people claim they are Brahmins by birth, whatever work they do. "By birth we are Brahmins", and it's done! Now even our elections are based on caste and religion. God save this country. I don't know what is going to happen to this country, because caste is that in which you are born.

"Jaatii" means "Sahaja", meaning what you have within, and Sahaja is what you have within you. That feeling within you that is searching for, God is Brahmin. The one who finds pleasure in business is a Vaisya. This is how the caste system in India was developed. And this caste system was given such importance, that we say Gora Kumbhar [potter] in Maharashtra. This is such a good image of the caste system that Gora was called Kumbhar. Tukaram said, "It would have been a good idea if I were a Mahar", (an untouchable community in Maharashtra).

Again and again, all the saints have attacked the idea of the caste system in India. Not only this, Gyaneshwar was tortured by whom? All these people who thought of themselves as intellectuals, and who thought they were big messengers of God, killed him by their dirty tricks. And today all those same messengers are rewriting the "Gyaneshwari", and worshipping him, and making temples in his name. This happened because people were more indulgent towards their brains than towards the spirit.

Spirit should be given priority. All the saints said, "Recognize your Spirit."

Namdev Sahib who is the renowned poet of Maharashtra was a very highly enlightened soul. He has written a very beautiful poem which was given a place in the Sikh holy book, "Guru Granth Sahib". Shri Guru Nanaka recognized it and placed it there. It explains that a man who is in union with God gets into a state that his attention is like a child who is flying a kite and the kite has taken its full flight, flying in full swing in the sky [Bharari – Namdev used this Marathi word]. Now, this boy is talking as well to his friends, running back and forth, but his entire attention is on his kite.

The second poem he wrote was, that - "Women are returning home after fetching water in pots placed on their heads. They are walking really fast, talking among themselves, but their pots are stable on their heads. They are giggling amongst themselves, but their attention is fixed on the earthen pots, skilfully balanced on their heads.

The message from this example is that all the people who talk about religion should first get their Self-realization. Otherwise, they cannot attain their spirit, and by no chance they can say that they are realized souls. They may claim to be realized or get self-certified, but the proof here is that a self-realized person has collective consciousness within him. He should have collective consciousness. However much he self-certifies, if he has no collective consciousness, he is not self-realized. It becomes even more important that the people who take charge of religion, or who are messengers of religion, should be self-realized.

To discuss the issues of religion also, is the right of realized souls. Those who have not got their enlightenment, enlightenment of the Spirit, what can they say about it? They are standing in the dark themselves, and can discuss only the darkness. How will a blind man guide us regarding colors and skills of a display? First open your eyes. And this eye-opening happens only with spiritual enlightenment. It is written in the "Gita" - " " – (Aatmaney Vathmaaney Thushht), which means - The Spirit gets satisfied only with spirituality.

The third kind of blockage in the awareness is worse, in which a man gets emotionally attached to someone. Sometimes we consider that emotional attachment as Faith. This is not faith; this is being blindfolded. Blind faith, like when Lord Jesus came, people ignored him and claimed, "We follow Moses." By then Moses was dead. "Moses is now our favorite. We don't follow Lord Jesus." Like the Jews said, "We do not follow Lord Jesus. We will only follow Moses." Now by then Moses had died. "Moses said that we should suffer. So, we will have to suffer," but with the advent of Lord Jesus all our sufferings were going to end. They refused to accept this. "No, we will suffer." So to actualise this suffering, Hitler came to earth. Now suffer. This was one basic difference, that we should suffer. What you were taught in the name of God, was that you have to undergo circumstances, wrong expectations, sadness and torture. Which is wrong.

The human body was not given to you for this. Even when you were born the entire pain of delivery was taken by your mother. It's not the right thing to say. In Maharashtra they believe that on Monday they should fast; then on Tuesday they will fast for a different reason. Then on Wednesday another kind of fast. In our country there are so many people already suffering from lack of food! Why are you fasting? It is such a habit in India to fast, especially on the birthdays of any of our deities. Like on Sankashti, the birthday of Lord Ganesha, people will fast. Would you fast on the day a child is born in your house? Wouldn't you distribute sweets?

Everything that is taught is the opposite of reality. This kind of belief, that by undergoing this kind of emotional trouble and torture, you attain God, is a wrong belief. Just like what the Shia people do. This is the biggest misconception they are living with. On the contrary, those who are happy-minded, satisfied people, they attain the Divine easily.

In English it is said, "Count your blessings one by one". The one who thinks about the blessings showered upon him, is the one who achieves the Divine. Not the one who always puts oneself into pain. Imagine if a mother sees her child dying from hunger, this would be the saddest thing for the mother. She would say, "What's the sense of my being alive, when my child is dying from hunger?" For a mother, nothing can be more painful than seeing her child hungry. If you feel like fasting, it's okay. You can do it, but do it for improving your health. Don't do it in the name of God! This is a kind of emotional thing that, "I am a sad person".

The second emotional feeling is that, "I have a lot of faith in God". When Shri Ram came on this Earth people said, "We do not believe in Ram. We believe in Parshuram." When Shri Krishna came people started to say, "We believe in Shri Ram." Now, if someone else incarnates, people will say, "We believe in Lord Krishna." Is Krishna standing in front of you today? You should think about who is standing in front of you.

We have no tendency to live in the present. People prefer stay on in the past and become passionate about these feelings. Then we notice that both kinds of people – intellectuals and emotional people – become fanatics. This fanaticism gets stuck to one emotion. This emotion then gets stronger and stronger. But it is a blind faith. It's this blind faith that causes the pure desire of these human being gets destroyed. Just like a river which is flowing through, and then enters a pile of sand, and gets finished there. Similarly, our pure desire to attain union with God, gets disturbed and vanishes here and there. Due to this kind of blind faith, we had huge losses, really huge losses. And the biggest loss is that now we are so separated and so fragmented, and we are dissipated now. There is no provision to bind people together. We live lives which are very secluded and separated from each other. We are living a divided life.

But when our evolution happens, we rise higher in our evolution. When we rise higher and higher in our Ascent, we should attain integration. We should integrate. If we do not integrate we should understand that we will just get scattered! We should try everything possible to integrate. In order to integrate, the most important thread is your Spirit. When you attain your Spirit, when your Kundalini is enlightened by the light of your Spirit, then everything unimportant falls off, and human beings can start seeing the beauty of others as well.

After Self-realization, human beings realize in collective consciousness, that there is no other, as an identity. No one has a separate identity. We are all one. When we all are part and parcel of the same God, then who is the other? We are not doing a favor for any one else. We are all one in identity. We are all the hands, feet and eyes of the same body. With our own hands we are harming our eyes, or cutting our nose with the other hand, cutting our ear with one hand, and then holding one ear in another hand, and claiming that we are religious. And another one is holding the nose, and claiming, "I am religious". There is not an iota of religiousness, in this.

Any human being who is fanatical about religion; should know that there is no religiousness in it, until you have integrated knowledge. This integration comes only with enlightenment of the Spirit. Not a single saint or sage ever said that you should not achieve the enlightenment of your Spirit. Otherwise, if anyone had said, "Don't achieve your enlightenment," people would have caught hold of that wrong statement only. It is a complete divine blessing that this never happened.

God has suffered a lot at the hands of humans and still kept saying, "Achieve your enlightenment and attain union with the spirit." To attain our union with the spirit we do many things. In Sahaja Yoga we see diverse kinds of people come in to Sahaja Yoga. In different countries, many corrupt people from India moved abroad, and claimed to be big saints and gurus, and fooled innocent people. They claimed such stupid things, such as, "If you take drugs you can attain God." Innocent people from abroad took to drugs for that reason. They have such blind faith in these fake gurus. If someone says, "You become naked and you will attain God." People accepted nudity as well.

This is how, anywhere you look around, you will find there is blindness in the name of God. Every fake guru is trying to push every blind seeker into a well. When the well is filled with twenty-five seekers, there is the possibility that they see through the falsehood become enrage. And conflict can happen. People can fight and there can be violence. Fake gurus put innocent seekers in a well and sit over them, claiming their lordship over them, "I am head of the monastery. Pope of the place;" or claim, "I am the leader of a new religion."

Even auspicious things like Zen, which was started by Vidhitama, is a very higher order in spirituality. He used to talk in a very high state of spirituality. But I noticed the Kundalini of the head of the Zen order, was not awakened. I asked him, "You are not even realized. How are you Zen?" Zen means "the one who knows". I asked him, "How can you be here? How is this possible?" So he said, "We only have twenty-six Kashyapas, and after that we had no Kashyapas. How can I be a Kashyap? This all ended in the

12th century with a total of only twenty-six realized souls [Kashyap]." I asked him, "Then why are you sitting on that status? You are occupying that title, but what is your right to sit on that status?"

A similar thing happened with the Vedas. In the Vedas the very first shlok says that the one who gets his understanding of his self, or attains his Self-realization; only he has the right to access the Vedas. The one who has no knowledge of his self, who is ignorant about his self, what can he do with the Vedas?

Now what is "Vida"? It means to understand the self, to understand the consciousness lying within oneself. In English it means to understand our own central nervous system. If we do not understand the knowledge on our central nervous system, then it is not "Vid". All that we have gained in our evolution has to be felt on our central nervous system.

After attaining your Self-realization, what are the benefits? I am short of time to describe that. But tomorrow I will definitely share the benefits of attaining the Self. There are numerous and endless benefits. I can't tell you how much, because every human being first looks out, only for his benefits. As a mother, I know that my children will first ask for a chocolate and then will listen to Me. So I will share the benefits of Self-realization, that while you are growing, how you can benefit others as well. When others are benefited, when other people profit, then we realize what we have achieved in Sahaja Yoga. Before that, you realize that you are selfish. "I am meant for myself. I care only about myself and cannot help others." When you start sharing it with others, it is then, that you start enjoying it the most.

In India lot of issues are debatable, issues related to the incarnations, but no one knows the reality of it. For example, in "Gita" there was no description about Kundalini because it was not the right time for awakening, but he made it clear that "Yoga kshema vahamyam". (First you attain your realization; then the wellbeing starts happening). This kind of belief has been followed in our country for ages, which is giving yoga to people. In Maharashtra the Nath community provided the same service of kundalini awakening to the people, but only one or two people used to get their Self-realization at that time. Merely one or two.

Like during the time of Raja Janaka, only Nachiketa got his Self-realization; and that, too, after lots of tests. Even now, there are only a few gurus who can do this job of giving Self-realization. Earlier, only one or two people used to get Self-realization. Because, back then, our tree of dharma had just started to grow. It was the beginning of its growth. So only one or two flowers used to blossom. But wherever such great people existed, we have twisted their teachings and learnings, and made cults and religions out of their preaching. These cults and religions had physical, mental or intellectual limitations, and there was no actual religion in it.

Religion brings complete balance in human beings. Religion has to bring complete balance in human beings. If there is no balance in a human being, then he is not religious. If he is out of balance, he has wasted his efforts. Religion is given only for the balance. Because if you have to ascend, the first thing you will attain is balance. If there is no balance the roots will not grow deep in religion, and the garden of religion will not blossom.

But instead we don't check about our balance. We are unable to attain balance as we live in a logical world; or we live in some kind of blind faith; or we are busy in some kind of physical prayers with which the true religion doesn't come within us. The first thing is to balance yourself. Look within. What is balance within you. And when you want to achieve the balance within yourself, do not go to any kind of extremes. The wisdom itself starts sprouting within you, and the biggest thing for us Indians is, that this is a very saintly land of yoga. It is a very pure land. It is such a big thing that you are born in this land. This you may not be aware of.

Once I was coming back here from London. On my way back, the moment we touched India's holy land, I told my husband, "We have touched India's land." He said, "How do you know?" I asked him to enquire from the pilot. The pilot confirmed that, "Just a minute back we entered the skies of India". I could see vibrations everywhere. This happens only in India. And what can I say about the land of Maharashtra. That when Shri Rama came to this land, even he entered this saintly land barefoot, to respect this land. This pure land has given birth to numerous saints and sages, but we have made a hypocrisy out of all their teachings.

Every religion taught you to be your own master. Being your own guru doesn't mean that a crooked fellow, who has just been released from jail, and who dons a saffron dress, can claim to be a guru. You have to be a true guru – sat guru. It is said that a true guru helps you attain God. A guru will help you attain union with God. Here, every person is claiming to be a guru. It doesn't reflect on their faces that they are gurus. You can count the wrinkles on their faces. Their faces look like they are about to die. They are suffering from many diseases. If not this, then there are other kinds of gurus who snatch money from other people's pockets and teach them bad things. Teach them things which are non-religious. It is good that most of the so-called gurus have migrated to USA. They should grow there only. In that culture they can grow rapidly. In this holy land of India they cannot grow. They may work here for a while but then they will have to leave this land. They cannot work here.

Another thing which we are very proud of is that we have a very rich heritage and culture. It is a very great thing, because this culture always leads to Divinity. I still remember when we were young My mother used to say to us, "Lakshay Kutte", "Where is your attention?" This was to check our attention, and restrain it from wandering. This is very well explained in our scriptures. It is taught from childhood to children, to stop your imagination, or to restrict your attention from wandering. The cultures abroad, believe Me, are trying their best to finish the human race on Earth. The first thing is to destroy his attention, then to destroy his purity, and fill his mind with filth; and snatch away his money. As long as you have some weaknesses, their industries will prosper. They create industries which take money from people on false promises. So people can be befooled and looted until they are completely destroyed.

You will notice that even science today is stupid. After working so hard what did Science produce? The Atomic bomb! That will only destroy us. That will be the end of us. Why have we created these kinds of things? What is the logic behind it?

We have those powers also residing within us, which are dead. While we want to become the spirit, these dead energies within us, are trying their best to make us dead again. It's very easy to get inclined towards dead things. Rising upwards in evolution is difficult. But coming down to the dead is easy. Falling down is easier. That is why human beings easily get attracted towards falling down. How can you be saved from getting drowned by the dead things?

It is only our Indian culture that lifts you above, and raises you high. It raises you higher in every aspect. Your aim in this life is to rise higher in evolution. The rest of the life is zero. It is pointless and it has no meaning. The life which takes you higher and higher, much higher in your thoughts, that life is the true life; that is worth living. The remaining aspects of life are false, and we should give them up as soon as possible.

All the saints and sages have worked hard in this land. But when I took birth, I saw that people were after their lives; and troubling and torturing the saints and sages. A new thing now has started. Intellectuals have come up with a new claim, that "Saundaraya Lahiri" was not written by Shri Shankaracharya. Communists claim that Shri Shankaracharyaji was bogus and hollow in his preachings. People pursued them obsessively, when they were alive. Now when they are dead, people still do not spare them. This is because people who are after them, still haven't got rid of their egos. The desires to disprove everything sacred, stuck to their egos, and are still troubling them. We must try to get rid of that ego. Once you stand up and quit ego, you will see that your wellbeing is only in this. Your good is only in this, and your ascent lies only in this. This is what we should attain. The rest is all useless. For those useless things in the past, we argued, fought and intellectually differentiated over points of view. At last the human being realizes, "Oh my God! How much time I have wasted over such mundane thoughts."

You all should get this benefit, the benefit of the spirit. You attain your spirithood. This is My pure desire, and you get to know God. When you get close to God, just remember that you are a sprout, and this enlightenment is just like the seed that has sprouted. It's up to you to either destroy this sapling or to nurture it into a tree; but with full humility. Give up being stubborn; and then, with humility, let this grow within you, and understand how it grows within you. Few people have grown so high in this. They have grown in so many ways, crossed so many stages in this growth. But a few are still struggling at the starting point. It is surprising how some people progress in Sahaja Yoga, and some are still struggling at the initial stage. Even this should be understood, that after attaining this, whatever is our position in life, however rich or poor we may be; after attaining spirit we are all at the same level. After this, we should work to increase our level in spirituality, and grow higher. Those who are rich and

those who are poor, are all the same. I don't feel there is much difference between them. But it is better that you come to a certain level and attain your spirit.

Without enlightenment, poverty in your country won't go away; nor will problems like black-marketing; nor will the flaws in administration go away. The lawlessness and all the problems will vanish with enlightenment. Without this there is no other way to clear out these problems. Human beings should ascend. After all, these problems are caused only by human beings. The human being will be cured. His spirit will get enlightened, and if he understands the love of God then you see how much this world will change. The whole country will change. But the sad thing is, how many people want to transform themselves. People think, "It's a short life. Let's just accumulate as much money and material wellbeing as we can, within this time itself. We cannot spend a whole lifetime trying to attain eternal life. Living life for a few more seconds to the fullest, will not make any difference."

So to all you people here, I humbly request you that I am a Mother, and the true purpose of My existence is that you understand this fact, to attain your enlightenment. That now the time has come for ascent from human to superhuman beings. This is the last jump in our evolution. We get enlightenment into our collective consciousness. We get enlightenment in our spirit, and the time has come for attaining the spirit. There is no use missing this chance, of getting enlightenment. Also there is no advantage in keeping people in any sort of darkness or misunderstanding. What has happened has happened. Forgive everyone, and forget everything. Just dive into this infinite love of God. You should enter into the Kingdom of God.

Pranams.

If you have any questions, please ask. Please ask only one or two questions at the most. Don't ask too many questions and also do not take up arms against me. I am not here to trouble you in any way.

(Mother talking to a leader) Let them ask questions Otherwise, they will disturb us during the realization process.

Leader asking the audience: Are there any questions?

Question from the audience: What is the difference between true knowledge and yoga?

Leader: Any other questions? Does anyone else want to ask any other question?

Shri Mataji: (pointing to a gentleman) That gentleman wants to ask a question

[Marathi]

If you speak in Marathi with Marathi people, they like it. Also, Marathi is a good language.

[Marathi]

A leader requests someone from the audience to come in front and speak.

[Marathi]

Shri Mataji: You can write it down, and tomorrow I will answer your queries.

[Marathi]

Mother is reading a question sent from the audience.

Shri Mataji: Please remove your shoes. Now, don't ask questions like, "Why is Mother asking us to remove our shoes?" This is

because the Earth under our feet will benefit us. Mother Earth answers and solves more than half of our problems. Poor Earth, I don't know how many of our sins she is absorbing inside her already. Remove your shoes. Now you are sitting in front of your Mother. So now you don't need to wear a cap or head gear. You don't wear a hat in front of your mother. If it's some prime minister, then the case is different. I am your Mother. You don't have to observe any formalities with your Mother. Human beings go in front of their mother in a simple way. So please remove your caps as the process will work out the enlightenment of your fontanel bone area. So for this, remove your caps.

So now I am telling you that in the left hand is your power of desires, and on the right hand is your power of action, Karya Shakti. The entire process will involve both your hands. The power will flow through these two hands. So now, keep your left hand in your lap.

[Marathi]

Shri Mataji: Kindly listen. Please do remember this, that all the feelings we have about our self, that all the times we feel that, "I have committed this wrongdoing, or that wrongdoing in my life; and I am a big sinner. I am very sad," all these things you have to just drop them outside. Just feel that you are going to enter God's Kingdom and for this you should be happy. If a person is not happy, how will he enter into the Kingdom of God? All those who cry all the time will be sent to jail. Only happy people can enter into God's Kingdom. So please don't be upset with yourself in any way. You yourself are the temple of God. You just have to enlighten it and awaken your spirit in it. Just this much has to be done. Your body is the temple. So now keep faith within yourself and close your eyes. Keep your left hand open, and use your right hand.

[Marathi]

Shri Mataji: Keep your left hand towards Me. You will have to keep your right hand on your different chakras. The first is the heart. Then over the upper part of your abdomen. Then on the lower abdomen. All will be only on the left side of the body.

[Marathi]

Shri Mataji: Then move back from the lower abdomen to the upper abdomen. Then on the heart; and then on the neck. Hold it tightly here on the neck, and then on the forehead. Then on the back side of the head; and lastly on the top of the head. The area is Brahmarandhra. Place your palm over the top of the head, and move it seven times. This is how you do it. Whatever prayer has to be said, at every step, I will keep telling you. Listen carefully, and do it very carefully.

Now do not look at others. Focus on yourself. Keep full faith and surrender towards yourself. Kindly close your eyes.

There is no-one here who cannot achieve his Self-realization.

[Marathi]

Shri Mataji: Kindly close your eyes, and do not open them; because then your attention won't rise. Everyone kindly keep your hand on your heart. Everyone keep your hand on your heart. Many of you who have heart problems will be benefited and the problem will vanish. Keep your hand on your heart and ask Me a question, "Mother, am I the Spirit?" This is the place of your Spirit.

[Marathi]

Shri Mataji: Do not open your eyes. Do not open your eyes at all. Please keep them closed.

Am I the spirit?

[Marathi]

Shri Mataji: Now slowly bring the same hand from the heart and place it on the upper abdomen, on the left side and press it. This is the chakra for the Guru. All the big saints and seers of the world, all the avatars of Shri Adi Guru, this is their place. So when you said that, "I am the spirit". Now ask another question. These gurus have given you this blessing that you can be your own master. So, ask a question.

[Marathi]

Shri Mataji: At this place ask yourself a question, "If I am the spirit, am I my own master, too? Mother, am I my own master?"

[Marathi]

Shri Mataji: Now move this hand below, meaning towards the abdomen, and press it but only on the left side of the body, in the lower part of your abdomen. Press your fingers.

[Marathi]

Shri Mataji: Now you all should know that this chakra at the abdomen, this left side of Swadishthan, creates all the work of the Divine. That is why its knowledge is called the true knowledge. So now ask Me, "Mother, grant me true knowledge."

[Marathi]

Shri Mataji: Mother, please give me true knowledge.

[Marathi]

Shri Mataji: Say it six times. Grant me the true knowledge. I respect your freedom. So you will have to ask for it. I cannot force it upon you. Now it will begin. Now the Kundalini awakening will start happening. So now we will open each chakra. Now you only are awakening your own Kundalini. Keep your left hand open towards Me and do not open your eyes. Now take this hand back to where you placed it earlier. Above on the upper part of abdomen. Place it on the upper abdomen on the left-hand side on your Guru Tattwa.

[Marathi]

Shri Mataji: Now at this chakra please say with full confidence. Till you speak, the chakra won't open. Say, "Mother, I am my own guru."

[Marathi]

Shri Mataji: No one needs to perform any kind of showmanship here.

[Marathi]

Shri Mataji: At this time, keeping your right hand on the stomach on the upper side, say ten times, "Mother, I am my own guru."

[Marathi]

Shri Mataji: Now put your right hand on your heart, and here with full faith you have to say, "Mother, I am a spirit."

[Marathi]

Shri Mataji: You have to assert yourself. You have to assert. Your will power has to be asserted.

[Marathi]

Shri Mataji: Say it twelve times. This chakra has twelve petals.

[Marathi]

Shri Mataji: With full alertness.

Now this right hand, put it on your neck.

[Marathi]

Shri Mataji: Place your hand where your shoulder meets your neck. I am using very easy language that is not at all difficult to understand. Hold it tightly. Hold your shoulder tightly, and all those people who think they are very guilty and think they are sinners and have made big mistakes, is all very wrong to think. This kind of thinking attracts lot of diseases and for this you all say, "Mother, I am not guilty. I have not done anything wrong." Say it 16 times, "I am not guilty."

[Marathi]

Shri Mataji: God, who is the ocean of mercy, forgives everything. You cannot commit any sin, which is so big, which He cannot forgive. Take your hand from the front.

[Marathi]

Shri Mataji: Take your hand from the front and not from your back. Bring your hand from the front towards your left shoulder. This centre is catching too much. Are you all sitting and thinking about all the mistakes you have made? If this is what you all think, then say it 108 times. And this will be your punishment.

[Marathi]

Shri Mataji: Now bring this hand across your forehead, and hold it.

[Marathi]

Shri Mataji: Hold your forehead, like we hold it when we have a headache. At this time you should say with your full heart, "Mother, I forgive everyone. Mother, I forgive everyone." With full heart. A few will think, "I cannot forgive." There is nothing you do. In this. Whether you forgive or you don't, it is all a play of words. But when you don't forgive you get trapped in that problem, which other people have weighed you down with.

[Marathi]

Shri Mataji: None of you should think badly about yourself. Put your right hand on the back side of your head. Hold it tight, at the place where you have your optic lobe. Hold it tight. Now you have to just say, not thinking about any of your sins and not thinking of yourself as a sinner, "God, if I have committed any mistakes, please forgive me."

[Marathi]

Shri Mataji: put your hand on top of your head. Place your palm touching the skin on your head, exactly in the centre. Press it and move it seven times and say, "Mother, I desire my Self-realization. Please grant me self realisation". As I cannot force this on you. So you have to ask for it and say, "Please grant me my Self-realization."

[Marathi]

Shri Mataji: Put your attention on your head and say it.

[Marathi]

Shri Mataji: Now place your right hand comfortably on your lap on the right side of your body, on your right knee. Do not open your eyes. Now, above your head, about four fingers above, put your left hand and see if you can feel something cool.

[Marathi]

Shri Mataji: See if anything cool is coming out of your head. Your head will release coolness out of it, from your head.

[Marathi]

Shri Mataji: Place it a little above the head, 4 inches. You will feel the cool 4-5 inches above the head. Can you feel the coolness or not? Is it coming?

[Marathi]

Shri Mataji: "Is this Ritambhara PrAgnya? Is this the Divine Power? Is this God's All-pervading Divine Power?" Ask this question three times.

Bring your hands down. Now tell Me if you are feeling cool in your hands. Now open your eyes. Slowly open your eyes. Stay thoughtless and do not think. Open your hands and see if you can feel the cool breeze. Do not doubt. This is very subtle.

[Marathi]

Shri Mataji: – All those people who could feel coolness in their hands or heads or anywhere, raise both hands.

Mostly you all have felt it, and those who could not feel it today, they will feel it tomorrow, in full form. Not only this, those who felt it today, tomorrow their feelings on the hands will increase. So now you all have experienced. All the saints have crossed. My obeisance to all the saints.

[Marathi]

1984-1205, Morality preserves your health

View [online](#).

5 December 1984

Morality Preserves Your Health

Public Program

Pune (India)

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

Public Program, Pune, Indai Day 2 1984-1205

[A musical session and recital of popular Marathi songs have started before the address. Shri Mataji is seated on the dais].

[Sahaja Yogini sings a "bhaktigeet" (devotional poem, "Deva Bola Ho Mazhyashi" (Please God, talk to me)].

[First Verse, Chorus]

"Deva Bola Ho Mazhyashi

Tumhicha Mazvar Ruslyavarti

Bolu Mi Konashi?"

(Please God, talk to me,

If you are offended with me,

With whom can I talk?)

[Second Verse]

"Deha Vahila Tuncha Payi

Jeeva Shiva Chi Asha Nahi

Kani Padtil Bol Prabhuche

Asha Hi Cha Urashi"

(I have offered myself at Your feet,

With no hope of life or my Spirit,

That the words of the Lord fall on my ears,

Is the only hope within me, Oh God).

[Third Verse]

"Tumhicha Mazhala Bol Shikavale

Aaj Maun Ka Tumhi Ghetale Deva

Bol Shikavuni Mai Abola

Ghete Ka Pilashi?"

(You taught me to speak,

Then why are You silent today, Oh God?,

After teaching them speech,

Does a mother observe silence with her young ones?).

[Fourth Verse]

"Deva, Bolayache Nasel Jaraka

Bolu Naka, Pun Ituke Aika

Kamalakshatun Kataksha Feka

Mazavarti Avinashi"

(Oh God, If You do not wish to speak,

Do not speak, but please just hear this,

Throw away the sternness from Your lotus eyes,

Towards me Forever).

[The second song is a rendition of a popular Marathi "Narvar Krishna Saman" from a "natyasangeet" (musical), based on the marriage of Lord Krishna and his consort, Rukmini. Rukmini is describing to her friend how Lord Krishna is the ideal groom from all her suitors.]

[After the song, Sahaja Yogi, Mr Mehrotra introduces the session in Hindi].

Sahaja Yogi: "Parampujya Mataji" (Most Holy Mataji), first of all, on behalf of the residents of Pune and Sahaja Yogis, I offer you this garland of flowers.

[Applause].

Those who love seeking, if you have to take the maximum benefit out of this occasion, then I would request you to please remove your footwear and extend your hands towards this compassionate Mother. Extend them as if you are asking for something, ask for this and I assure you that you will get whatever it is that you are asking for. Become seekers with a true heart and do not turn your attention anywhere else. Whomsoever has accompanied you – friend, brother or wife, do not pay attention there. Keep your attention focused only on Shri Mataji and you will see what happens.

I would like to share some thoughts with you, how I came in contact with Shri Mataji. On 17 January 1982, two or three months short of three years before today, I had gone to Delhi. We were having our Rotary District conference in Delhi. Why had I gone to Delhi? On 15th February the next month, I had bypass surgery scheduled in Houston. I was filled with fear and depression and was not sure if I would survive the operation. About two per cent of cases do not recover and I was afraid I would be in that number. I am not, lucky (me).

Therefore, I had come to Delhi to meet old friends and settle unfinished business. In this hope, I went to Delhi, attended a couple of weddings. The Rotary District conference was on and I had been a 100 per cent Rotarian for twenty years. So I decided to meet the Rotarians there and finish any discussion and unfinished business there as well.

While I was there and looking at the program, I saw that on 18th January, there was going to be a discourse by Her Holiness Mataji Nirmala Devi, who will speak on Kundalini awakening and healing. I read it cursorily and then again, saw that there was a second plenary session at 2:30 pm at Hotel Ashoka, after lunch. So I reached there the next day. And at Ashoka hotel, there were

about two thousand people, the high intelligentsia of Delhi, you can say.

Dr Vikram Mahajan, the State Minister for Energy, was chairing or presiding the meeting. And all doctors, scientists, industrialists and professionals were in that meeting. Highly educated and intellectual people were there. Shri Mataji's speech was directly after lunch.

When Shri Mataji started her speech, it felt as if She was talking about me. She said that people are lost in the material world, they are constantly looking at the clock, then they develop high blood pressure, hypertension, blockages in the heart. Then they run for bypass surgery to Houston and elsewhere. When She was saying that, I felt She was narrating my story. And I had not met her before.

And then, you must have seen it yesterday. The brothers and sisters who were here yesterday, you must have seen. How Mother first makes a short speech by which she wants to see how many seekers are there, who want to fully understand about seeking. And how many are there who have come just to see some show or for "time pass".

Similarly, at that time, She gave a speech and then there was time for question and answer. And she said that those who were into "true seeking", who desired their Kundalini awakening, to remove their footwear, and sit with their hands outstretched in front of Her. And simply say that, "Mother, please let me meet my "Atma" (Spirit)". And do not say anything else. Just keep repeating in your heart that, "Mother, please let me meet my "Atma" (Spirit)".

And, I will admit, because the truth must be told, that I had seen some hypnotic shows before this. And I thought, "What if this is some form of hypnotism?". You can get hypnotised only if you co-operate, if you do not co-operate, you cannot be hypnotised. So what I did was do the opposite of what She was saying. Whatever She would say, I would do the exact opposite.

And the expected happened. If you keep a pot inverted, nothing will go in, everything will keep spilling outside. So when Mother asked how many people had felt vibrations – so you will also feel when Mother asks, there will be vibrations on your hands, your fingers. The feeling of vibrations means that the process of your Kundalini awakening has started. You are still not fully realised. A process has started. To go deeper requires a lot of study and practice, that Shri Mataji will tell you today.

But at that time, She saw, and I saw, that in the hall, more than fifty per cent of people were experiencing the bliss. And I remained bereft of it at that time. And, when, Mother had the question and answer session, there were a couple of questions and I just asked, "Mother, what is your program from here?". She said, "I am going to Bombay and from there I am going to Pune".

Now I was a Pune resident and was sitting in Delhi. I asked, "Mother, are you going to Pune?". She said, "Yes, I am going to Pune". "How long will you be there?". "I will be there for 5 days".

So, to cut a long story short, I came to Pune. And then with great difficulty, like they say, after hiding and seek, and when the pre-destined time came, Mother's grace was bestowed upon me. I sat through two sessions and I had a severe attack even as she was explaining the system of Sahaja Yoga. It was my third attack and they say a person passes away after the third attack. And I felt, I am "paar" (Kundalini awakening); whether I am realised or not, I do not know, but at least my Kundalini is awakened." So I said, "Mother, is this my last meeting with you?". Because she was leaving immediately to attend a big camp in Lonavala. And She was sitting in her car and she came out and said, "Son, do not be afraid of anything. You are completely alright. Whatever tests you want to do, you do them." The next day I went to Bombay and met Dr Nthabi Shah. Dr Goyal, the leader of cardiac in India, I went to him and showed him my case papers. Previously he would look at my case papers and say, "You do not delay, go to Houston." And when he personally tested me, physically, with stress test and echography, he said, "These reports cannot be yours." And when he said, it dawned upon me that Mother's grace was bestowed on me.

And I ran from there, looking for where Mother was now. And then I had Mother's darshan in Brahmapuri village, a small village near Rahuri, in Ahmednagar where Mother was giving realisation to the villagers, the inhabitants there. And I went there and before I could say anything, Mother said, "Son, how are you? Have you done all the tests?". And I said, "Mother, everything is all right. I have received all your blessings."

This is not one isolated incident, there have been many instances likes this. Seeing me, many others came, and Mother fulfilled their desires. The healing which is there, it is a by-product of all this entire process. When you get realisation, healing automatically takes place. Afterwards, a lot of people came to me saying, "You got well, we want to be healed also". They had health issues, heart problems. I could not say either yes or no. But they went, and they got healed too.

But I troubled Mother a lot with that. Then I thought that I would not take anyone else to Mother nor send them. Now if someone who is sick comes to me, I tell them that they and their family members should come to our Sahaja Yoga centres, learn this process, get realisation and then sitting at home, give realisation to those of your acquaintances who are sick.

Because you can give a lot of time on your own. Now that Mother is sitting here, you will get realisation. But a sick person requires a lot of effort. And there is a lot of time that should be dedicated to this effort. When Mother is here for a day, She

cannot give that kind of time to everyone. So my friends who have come here, if anyone in their family is sick or they want to attain it for themselves, they should get realised and then they can heal any kind of disease. This heart, cancer, any kind of disease, the disease is nothing.

There is no such thing as disease. The disease is there till the time we are not realised. When the chakras stop working or get blocked, that is when we have all these diseases.

After this, I will not take much more of your time. All I will say is what I said earlier, that spread your hands in front of Mother. The way we spread a "jholi" (like a bag for accepting alms) and pay attention to Mother. When Mother is talking, keep your attention on her, listen and absorb what is being said. And then, the journey inside, within ourselves, focus inside instead of outside.

I pray for you, to God Almighty and to Mother, that She shares Her thoughts and whatever desire you have, that desire is fulfilled. Thank You.

[Applause].

Shri Mataji: If I have your permission, I will speak in English first and then in Marathi.

[ENGLISH PART]

I bow to all the seekers of truth. As I told you yesterday, that when we are seeking truth, whatever we find through our central nervous system is the truth. The rest of it is either your mental projection, or your emotional projection, or your physical projection. It has no connection with reality.

For example, a person says that one can cure cancer, with such and such medicine. Now if that medicine is found out, is being practiced, and is being established as the real cure for cancer, then one can accept such a statement of a person that it is the true statement. Otherwise, it is still in the process of being a hypothesis, it is not the truth.

But there are so many other mental projections that we have, which is really sometimes very surprising, and people feel aghast with the kind of projections we use to stop the progress of human beings as a whole. First of all, we do not think human beings as a whole. We think that human beings are all divided into various parts. God never created this universe with that idea. It was one world that he created. Only thing, to create some variety, he had different types of faces, features that he did, just because without the variety you cannot have beauty.

So, as a whole if you have to see the humanity, we have to understand many mistakes we have committed, otherwise, there is no end to our destruction. Today, we are standing at the brink of a great disaster, it is a great shock we are awaiting with whatever we have done so far in science, in mental processes, in building up our political, economic big enterprises. All those are standing at a point where we are lost and we do not understand how are we going to go further with it.

The reason is the mind, which is more the Western mind, I should say, not the Eastern mind. But the Western mind goes ahead thinking of the future which does not exist. And when it enters into the area which does not exist, it creates so many problems of a very localized type, which has no relationship with the whole.

For example, our whole science is based on analysis. When you start analyzing things, you go on analyzing it to such a limit that there is a doctor for one hand and doctor for another hand, such a sort of thing happens. Apart from that, when you go on analyzing things like that, you do not know what you are doing, is it detrimental to the whole or not?

You go on developing say, atomic energy, you go up to a point and find out that atomic energy is destructive. You develop some medicine like penicillin or Sulphur or something like that, you reach a point where you say, "It is too much". It all goes to the extremes and you feel the impact of that. Like even in cancer, I have seen, people go for chemotherapy. Horrible stuff! You lose your hair, everything happens in such a way that part by part, you start losing your body and you exist as a cabbage. This is no cure, and this is in no way, connected with the whole.

Sahaja Yoga deals with a human being as if they are the whole being and the whole Universe, as a whole. And the human being is a part and parcel of the whole. It does not deal with human beings as something separate. Like Indians have different problems, Russians have different problems, English has different problems. It deals with them as a whole, as one community. If you do too much in one country, you might affect the other country. Like, I think it was Roosevelt, if I am not incorrect, he said that, "Prosperity anywhere can be the threat to the prosperity everywhere." Is a fact. If one country tries to develop too much on a

material level, then there is a threat to other countries which are depending on it or which are going lower than it. Because we do not think as a whole that, "How it is going to affect?"

Our whole system of the body also goes on like that.

Now, in the beginning, I am going to tell you, how medically we suffer with this kind of a treatment that we have. I have not to, in any way, cast anyone, anything wrong about the doctors. I have also done medicine myself, and I know what one has to do about it. But there should be an open-mindedness of a doctor that he should see that there could be a better way of understanding this medicine from a point of view. If you can become a superior personality, what Confucius has said.

To achieve that superior personality, one need not have to go to medical college or to do his other higher studies. But just, it is something he has to find within himself. It is a very simple thing to understand this, that if the tree grows too big - whole Western culture is like that, it has grown too big - it must find out its roots. In the same way, if the human body has grown too much outside, it must find out its roots and also the source of its vital energies. If it cannot find it, it is definite, somehow or other, it will be exploded and finished. Now we think that Western countries are very much advanced. I think they are really on the verge of destruction. The reason is, they have gone so far with every kind of nonsense.

Like immorality. To them, morality is a nonsense. Like Mr. Freud who was just a half-baked personality, I think, suffered from cancer, he had all kinds of complications, mentally he was absurd, such a person was accepted as a guru for them. They even discarded Christ because Christ said that, "Thou shall not have adulterous eyes."

Now how many Christians you will find out like that? Impossible to find one Christian who doesn't have – who is not an Indian of course, Indian have very beautiful eyes. They do not have any of all these adulterous ideas. They are very innocent. But otherwise, you cannot find in the West, one man who has got innocent eyes.

The reason why Christ said this, was not that he was not a medical man. He knew medicine better than so many of the doctors we have. He used to also cure people just by touching them. So why, when you have adulterous eyes, when you put your eyes outside with adultery, what do you develop? You develop a very serious disease with it, which we call as the problems of the Mooladhara.

Problems of the Mooladhara give you so many diseases which we cannot cure otherwise, which we call them as incurable. I do not want to name them because it will have an effect on people who have these diseases.

Now this Mooladhara is the one, the first centre within ourselves. This is a very important centre within ourselves, it is the first centre - we have no map here, does not matter, but you have a book. It is the – what we call the- below the triangular bone, is this centre.

It is below, it is below the triangular bone. Now this one, you must understand. Because the triangular bone is the house of the Kundalini, is the Mooladhara itself. But the centre of Mooladhara is below the triangular bone. Because it is the centre of our innocence. This centre of our innocence is the one that gives us wisdom. That gives most of our powers, till the end [Sahasrara]. We have to have innocence, otherwise, we cannot get Realization.

Under these circumstances, we have to understand that when these saints told us or people like Christ and Buddha told us that we should have innocent eyes, they meant something deeper. And instead of criticizing them, we should try to see why they said it.

Now these centres that are within us are basically seven, there are thousand and one, but basically, there are seven centres. The first centre is the Mooladhara, is of innocence. Even a disease like cancer can be easily cured among Indians. Diseases like a heart can be easily cured among Indians, but very much less with the Western mind.

Because the Western mind is itself is ego personified. It is so egoistical, the doctors, the patients, everybody is so egoistical, that sometimes you really get frightened of them that it is better to talk to a dog than to talk to them. The ego is so great in the Western countries that it is impossible to tell them that this ego is keeping you out of reality.

Now it is a very, very small map and you cannot see it. But it's all right, does not matter. What you have to see [In Marathi: Let it be.]. The main thing one has to see is that we have got seven subtle centres within us. Now the sense of morality that we lack, to

begin with, thanks to the Britishers. When they were here, we never became like them. But when they have gone, now we become "svatantra" [independent]. Actually "sva-tantra" means the technique of the "sva" [self] means your Spirit. Instead of becoming that, now we have become the "tantra" of the spirit, means the alcohol that you get in a pub.

Now this is all the kindness of the Britishers who lived here for so many years that they have given us the boon that we have accepted all that they were doing, absolutely a hundred per cent! And now, they are at the brink of destruction and we are going to follow them. Those people who have no sense of morality are more prone to diseases than the people who have a sense of morality.

I met a doctor in England and he said, "I was amazed that Indians are living with all these mosquitos and parasites and this and they exist! Here, we cannot exist! We cannot exist even for ten days. I have got disciples who come here and they get sick when they come here. Because they cannot bear all the so-called discomfort they have to go through. They get mosquito bites; they get all kinds of things and they feel horrible. They think this is a sort of an aggression of some parasites on India. But we see our Indians are quite healthy people". The reason is they are moral. If they were not moral, they would have been finished in no time. But they are moral people; their morality is keeping them. Despite all that we have done to them, the way they are deprived, they haven't got food, they are starving, whatever it is. The morality is their power, with what they are existing today. And because of that only, you can give them Realization very easily. Like yesterday, you saw you all got Realization so easily.

Can you imagine such a thing in England or anywhere where I go? I go to about fourteen countries, Oh God! I have to work for days together. Break my hands and legs and everything. It pains me so much to raise their Kundalini because they have no sense of morality. Here there must be some people who are like them, no doubt.

But the crowd is such, the whole public is such which believes in the moral sense, in the morality of this country. And that is how it is easy to give them Realization. So, I bow to these people who are coming from villages, from smaller places, who are supposed to be not so sophisticated, not so rich, nothing. But they have one great power within them: it's their morality.

And in these modern times, if anybody wants to talk about morality, he is an outdated person. First time I went to America, it was in 73 and they had started all these perversions which I do not want to name in these holy areas. I do not want to talk about these things. But when I went and told them, "Don't do these things! These will cause you trouble. It will give you diseases". They all shunned Me, they said, "No, we don't want ". They preferred such gurus who said, "Go ahead with it. Do more. Does not matter. You practice it. It is very good. That will help you a lot". All such people became very popular there. While I told them, "This will trouble you". And when I went now, last year, they used to telephone to Me, "Mother we are already in it: we have got AIDS, we have got horrible diseases which are incurable, we are dying, now what to do?" And such a mass of people!

Sixty-five per cent of young people in America are not males, women, they are all frigid people. They are- if you go and see there, everybody has to go to a psychologist, psychiatrist, because they are all mentally off, I think. Something's wrong with them. Are we all going to become like that? Or we are going to come back to our moral sense in India?

Now, because of these moral ideas and because of our high ideas, perhaps there are hypocrites also, no doubt. We have hypocrites. But does not matter, hypocrites are hypocrites. Let us now devote ourselves to one idea that, "I will become so powerful that nothing can tempt me to become immoral". That is very important. That is what is Shri Ganesha.

This Shri Ganesha that we have, this Maharashtra is a great country where we have got "Ashtavinayakas" [8 Ganesha's swayambhus]. Ashtavinayakas are some things which have come out of the Mother Earth. As it is said in the Bible, that whatever is produced by Mother Earth and by the sky should not be reproduced and worshipped. Because people started reproducing, reproducing, selling those "murtis" [idols] and all that. But it has talked about the "swayambhu". And these swayambhus are in this Maharashtra where it has saved Maharashtrians from getting into lives which are not moral. But I hear, I am surprised, I hear that the elite class is very anxious to become Westernized, you see. And let them be Westernized, I do not mind. But they should now go to Houston and stay there. They have got better hospitals than they have here.

This is what you are in for. And as a Mother, I'm sorry I have to tell you very frankly, there is nothing to be learnt from these 'wretched' people. This is the word I have to use; I am sorry to say. Because I have seen them in and out and I am shocked the way they are. There is no purity about the mother. This Freud had no purity of the mother and that is what he has taught it. The

second centre, we can say, the centre important point is your own mother the Kundalini which is a pure thing. It's purity. It's the Shuddha Iccha [pure desire]. Now how can you talk to these people? I have no words to say, they have no pure ideas, ideas of purity, no relationship of purity. Every woman to them, every man to them is nothing but a horrible sex point.

I should not say all these things but because I know there are people who are taking to Western culture so fast, because it is Western. I'd better warn you, be careful on that. Your children will become hippies, they will take to drugs, they will get into all kinds of dirty habits and filth, and they will come back with horrible diseases which are incurable. All such people who believe in the Western culture should go and settle down there and enjoy themselves. It is better to leave this country alone.

This is what we have to understand that all those people who believed that, "What's wrong? What is wrong?" The wrong is not only physical. It is mental, emotional and worst of all, it is spiritual. In every way, it is wrong to be immoral.

And that is what is "dharma", it's the ten valences within us. These ten valences are nothing but dharma which was preached by all the great saints. We can start it from Adinatha. We can say Lao Tse. We can say, Confucius, we can say Zoroaster. We can say Mohammad Sahib. We can Nanak Sahib. We can say Janaka. We can say all of them are the representation or manifestation of Dattatraya, which we know very well in Maharashtra what is Dattatraya.

But despite all that, we do not know: we'll worship Dattatraya and we will not follow him. This is the only problem we have that we have all the ideals, we have all the capacity to understand that this is something great. But we have no power to follow it. Because we are not "samārtha" [capable]. We are not equal to the meaning of a human being.

If we are powerful then it is easy, it is much easier to be virtuous and righteous than to be something else. But it is not so because people find it is easier to become nasty and violent than to be good and righteous and kind. It is very difficult for them which is a natural thing for all of us to be.

So, this the second place, we now come to the triangular bone of the Kundalini where she resides. She resides in three and a half coils. Now, this is the residual energy, I told you about it. Within us, as there are, as I told you, there are three powers, three subtle powers which work out.

The other day, another college friend of mine told Me that they have discovered that, before the thought comes in, there is no- the activity does not show in the brain. So, the pre-thought activity does not show in the brain. That means it is coming from some subtler force. I said it is in the medulla oblongata and the brain, it works out.

Now we have got three channels. One is on the right-hand side as we said it and another on the left-hand side which crosses over at the Agnya. And they fall down. And there is the central path of evolution within us.

Now the subtler side of these three "nadis" is the first one was, I told you, on the left hand is, we call it as Mahakali Power.

Now for people who have never even heard the name of Mahakali, it is shocking. What is Mother talking about? Yes, it is the Mahakali Power. And this Mahakali Power gives you the left sympathetic nervous system.

The right one is the Mahasaraswati Power. This one gives you the right sympathetic nervous system. The central one is the Sushumna. This is the path of our evolution. Throughout we have evolved through this path of Sushumna, where you ascend up to the Sahasrara. And when you cross that, then you become a Realized soul. This is called as the Mahalaxmi's power.

Mahakali, Mahalaxmi, Mahasaraswati. And three of them put together in the brain then become the Adi Shakti, the Primordial Mother. And that also we call it as the Adi Shakti's seat, that is above your head.

Now you will be surprised, in this Maharashtra, we have got all these three and a half "matras" [coils, Marathi], being expressed through the Mother Earth. Imagine this Maharashtra, how great it is! It has got Ashtavinayakas and three and a half coils of these things shown here.

Now people do not know where they are. They don't know, they are not bothered. They are so great and English, you know, that they know more about fork and things, they know about whiskies, but they don't know what a great blessing God has laid for us in this country.

Let us come back. It is not about Hinduism. It has nothing to do with Hinduism or Islam and all that. I will also tell you about Islam. All of them have said about it, it is nothing new. In the Bible it is said, "I will appear before you like tongues of flames". Now, what are tongues of flames? Are nothing but these centres. It has also talked about the tree of fire, which is a silent tree of fire. Moses has talked about it, Christ has talked about it. But the problem with people is that they do not want to see beyond their noses and want to accept everything that suits them, to build up their own empires.

Same about Islam, same about Sikhism, same about all the religions, people have done such a mistake. It does not matter. Does not matter. Whatever is done, is done, can be cured, because this Kundalini is your mother. She is sitting down there. Very comfortably she's sitting down there. She's waiting for a chance to give you your second birth.

Now she is your individual mother. Everybody has like a tape recorder. It is being taped, all your past and everything in that Kundalini. She is the one who is sitting down there. And when she rises, what she does, she enlightens every chakra. And in the chakras, we have different deities. And all those deities, she enlightens.

By that enlightenment, the chakras get vitalized and diseases are cured, there's nothing special about it. Now for angina, he had or we have so many other diseases, let us see now what happens. To the doctors, they can understand it better if I tell them about all these things.

Like, we can say all these chakras are expressed as plexuses outside, as gross plexuses outside which you know of. But they are on the physical level. But these chakras are dealing with your mental, emotional, spiritual and also physical side. Now in the medulla oblongata, most of them are placed, except the Agnya Chakra, we can say, and the seventh chakra which have got the seat there. So, the whole integration takes place in the limbic area.

Now, this is, they say, is the chakra, and these are the left and right sides. Now when we start moving it too much, then what happens that when we start using our sympathetic nervous too much – too much of activity or lethargy, one of the two, then what happens? It gets broken up. The relationship with the whole is broken up and you become on your own now. When one of the cells becomes on its own, that is how it becomes malignant.

When it becomes malignant, you see, an ego-oriented person, if you meet someone, you become ego-oriented. A person I've known, who has been very humble, good, moral, he goes to England he becomes- he talks like a horse. You just cannot understand what happens to him. Because you meet other horses, you just become like a horse yourself. You behave like a horse. All the time, you go on behaving in such a manner, that there is nothing of humanity left in you.

So, this is what happens that the cell itself becomes malignant and such cells are eating other cells and cancer is set up. Now one simple thing we do, it is a tattva, a principle on which we work, is this: raise your Kundalini. Once you raise the Kundalini, what happens, that the centre gets vitalized, comes back to normal. Once it gets to the normal, it gets connected to the whole. You get your cancer all right. It should be all right. Not necessarily in everyone.

But in most of the people, it can work out.

But as soon as I talk about healing – that is why I did not want to talk here. Immediately everybody will try to find out, how many relations they have got who are sick. And bring all of them on my head to be cured. This is not the point. The point is, you have to become the doctors yourself. As Mr Mehrotra has told you very kindly, you have to become a Realized soul and you can cure them. "Mother does not have so much time, so let us do it that way".

You all can become doctors, even a little child knows it. Because what happens that when you become a Realized soul, then your fingers, your fingertips can feel the centres of another person and of your own. They know what's the problem with another person is. You need not tell that person that, "You have got cancer". But you know. You know if somebody is going to die, what happens. These things are to be decoded. That is what only I've done, is to decode it.

Because I had to decode, that is my job. But after decoding, you must practice it and see for yourself that these fingertips, five, six and seven are the seven centres. These five, six, seven are seven centres of the right-hand side. Now if you put them together, they form seven centres like that. So, you can find out if the person is suffering on the emotional side, or he is suffering on the physical or mental side, you can find out on your fingertips.

The only thing you have to know is the permutations and combinations. How it is working out what happens. For example, for angina, now it's a Left Vishuddhi, as we call, on the left-side. Left Vishuddhi and the heart; if these two combine, then you get an angina.

Angina is caused by lethargic heart, heart that becomes lethargic, it cannot produce any more pumping. Because sometimes the arteries are thickened and all those things. But it is not difficult to cure it, because if you can put your effect on the Kundalini to come up here and make it rise, it will work out like in his case also. Same thing happened that when the Kundalini came up to the Vishuddhi chakra, you see, the heart tried to - it is a combination. The heart pushed it because heart got the information, it pushed itself out, and the whole thing opened out. And I knew that he was all right. So, I got into the car and went away but he felt quite nervous, "How is it she's just gone away?" Because I knew he was cured.

You can know, you can cure. The other day somebody came to Me and he said he has got angina, he was very serious, and he had to go to Houston. I said, "All right". I treated him. And he was improving. I said, "It'll take some time". But he could not help it, he came to London, again I treated him, and, "You are all right. Believe me, you are all right. There is nothing wrong with Me". So, he went to Houston despite all that. And the Houston people said that, "All your tests are wrong, it is all hospital's mistake, this". And he went to the best hospital in Bombay.

So, it is nothing special, it is nothing great. I can tell you this much. It is only that you have to use your residual energy to come up and then connect you to the mains so that your energy is all the time flowing into you. You feel the energy all the time like when you are going in the car and the car is filled with petrol, but it goes being used up and you find that petrol is finishing. Then you get worried and you get a tension about it.

But supposing there's a way and method where you get eternally get petrol running into your car, you are not bothered.

But this is not the only thing that happens, so many things happen which I will tell you in Marathi language, later on. I hope you don't mind. Because I think we should come to some language compromise. I must say you are all living in Maharashtra and the Marathi language is one of the most enriched languages as far as Kundalini is concerned. Thank God I was born in Maharashtra, I say.

Because, not only about Kundalini, but it is a very rich language. And the plays and everything so full of moral values. Such a beautiful- of course now we have some horrible people who are trying to copy the West people and some intellectuals are going down. And there are some of course, very rigid, old-style people also.

But, in between, if you see, it is a beautiful language and one should try to learn it. All my disciples are trying to learn the Marathi language. I don't say it should become a national language or anything. My Hindi itself is a very great language, no doubt. We should have a national language. But those who are living in Maharashtra should know Marathi language which is such a literary language. It is such a cultured language that if you know it, I mean, it is so great and deep, you cannot imagine that the whole thing is so historical.

The Maharashtri was the first language that came out of the first "Prakrit" [vernacular]. First the Sanskrit, then the Prakrit, then Sanskrit. And then came the Prakrit, in that second Prakrit, came out the first language was Maharashtri, Magadhi, Paishachi, all these five languages, out of which, the Maharashtri remained the same, the other languages took other forms.

So it is the original language and people have worked very hard on the Kundalini in this part of our country which is such a rich heritage we have. Of course, we have some very rigid people who talk too much, who read too much, who are eccentric who- I know all that has to be a part of it, this you cannot help it. But that does not mean that people are not understanding here the deeper side of human being.

It is in this country, in this part of the country, people have gone to the roots from the very beginning. From the Dattatreya's time, even earlier than that. In this country they have worked it out and they have found out the basis on which we reside. So, it is a very great thing that we have got people like Markandeya, we had people like Shandilya, we had people, very great people we had, we can say those who gave Realization to Indras and all those things.

So, this is what this country is the place where the Nathas, where Macchhindranath, Gorakhnath all these people lived in this

country where they worked for their Sahaja Yoga where they gave Realization to people in a very sacred manner. Because it was so sacred, they kept it a secret also. And they worked it out. They did not talk about religion. They talked about giving Realization, of "amta-bodha". And one of them who came out very well from the South is Shankaracharya, who talked about atma-bodha throughout. But you will still find people who will bring a book of Shankaracharya and argue with Me and discuss with Me, but not understand what he has said. After Realization, you will understand what all these things like Gita or Bible or Quran, all these things mean.

So, I have to tell you these seven chakras are within us. And you have got a book. You can go through and read it. But understand that it is a fact. Within us, all this power lies. So why not, we take to that power? Which is our own, which makes us so powerful and so compassionate, so great? Because this is what we have to be.

Our evolution is not over, our human awareness is not at that point. You will be amazed, in the West, it is much more understood. In the West, people have much more. The intellectuals in the West are much more my disciples than here.

The reason is the intellectuals have reached the height of intellect and they know the limitations of intellect. And they also say that intellect has a capacity to cheat itself. So, they understand it better than the so-called intellectuals in this country. Is very surprising. I think it is better that it should come from the West because we like the fashions to come from the West. If it comes from the West, then people will take to it. Otherwise, here, there are people who are challenging Me, "We will give you five thousand rupees if you cure such and such person" and this and that.

This is absolutely, basically wrong. Because I have nothing to do with money and all that. It is nothing to do. On the contrary, come and see. Get your Realization. Why are you challenging Me? Am I taking your money? Am I doing anything wrong to you? Why are you after my life? I have done no wrong to you. I have not done nor brought anything that is disastrous to you.

I do not want your votes. I am not in politics, or economics or anything. Why should you be angry with me?". The reason is they feel challenged. It is better, all of those who think they are intellectuals must have that true intelligence. That is what I find in the West. They have true intelligence, a sharp intelligence, to see the point that it exists. It is there. And then to respect that intelligence and to accept it full-hearted. That is what is needed today among the intelligent people. Not to be tied down to whatever knowledge they have acquired, but the knowledge is unlimited.

Even Newton who was such a great scientist said that, "I am like a little child, picking up pebbles on the shore of knowledge." Newton said that. But that kind of humility is gone now. People do not have that humble nature. They don't have that normally. Actually, knowledge is more respected. "Vidya, vinaye na shobhate" [Knowledge is adorned by humility]. If you have respect, then you must have the humbleness to see that there is another point which you should see and if you have to really help people and yourself and the whole world at large, you must bow down to understanding that there could be a better way of solving these problems you have not solved at all. Because I tell you all these projections are linear. They move in one direction. They fall off. Everything is linear.

But Sahaja Yoga is a synthesis of everything. It is like a light in the centre which spreads on all sides. It does not go to one side and falls off. And again, turns back to you to harm you. It is not that way. It is one point from where the light emits all over. So, I have to request you to take your science and everything with great understanding. I had to learn science myself and also medicine just talk to doctors – it's not the point.

Also, if it is a doctor who is a Realized soul, it helps a lot on the medical side. If it is a psychiatrist who is a Realized soul, it helps tremendously for the mad people to get cured. So, if you have got that knowledge, it is the epitome of that knowledge. It is the main principle, the tattva of that knowledge, which you catch.

And once you have the principle, it is very easy to handle the whole situation. As my professors will tell you, I used to always top the list in my college and schools. And I never used to study much. And because to Me, it came out very simple. Because the whole, I knew the principle behind everything. So, to weave them together was very easy for me. Because it is the foundation I knew.

In the same way, it should be easier for people who get into Sahaja Yoga, get their Realization, forgetting their education for the

time being. And then coming back to their education to use it for a better purpose, purpose of treating the whole.
May God bless you all.

I hope I have been able to give you some introduction to Sahaja Yoga. But of course, it is not possible to elaborately talk about Sahaja Yoga. I must have given at least two thousand lectures only in England. So, you will be surprised. But they have got my tapes. And if you get your Realization, and if you are established, you can listen to those tapes. Because we have certain ways of avoiding coming in contact with people who are just beginners.

Let the beginners settle down.

Once they have settled down, they have that much power to bear the truth. Otherwise, if you tell somebody the truth, he can come up and beat you. That's all he'll do.

That is what they did. What was the need to crucify Christ? I cannot understand. Can you explain? No need at all, what was he doing? He did no wrong.

And because he did no wrong and he was crucified, in the same way, it is tactful to go slowly about people. So, first of all, you have to settle down in Sahaja Yoga, and then you get the knowledge of Sahaja Yoga. There are certain books which we do not give to people because we do not think that they can read it and understand it and bear it. So, after some time, they can get it.

But I appeal to all the intelligentsia of Pune city, because it is the centre of intelligence in Maharashtra, to stand up to this and to see for themselves. I have not done any studies. I have not read any books. I have done nothing of the kind.

I have just read that compassion is the greatest power and I have known the methods of compassion and love. And I have worked it out with that compassion which is not attached to anything. It has no repayment. It has no advancements. It has no asking. It is just there. It just emits. It just works out. That's all I know. I do not know all these big books. When people tell Me, Gyaneshwari is like that, Gita is like that and Shankaracharya said that – I hear from others. But I do not read, I do not have time to read anything. But I would say that you have to read yourself, through Sahaja Yoga and you can read others also very easily. And then what these books have said, you will understand better.

May God bless you again. And I hope you will sit down for a while to listen to Me in Marathi language.

[TRANSLATED from MARATHI].

In Marathi language or in Hindi language, literature is known as "sahitya". "Sa", "hitya". That means that which gives "hita" (good). During the time of Lord Krishna, this issue came up. It is always there – everyone has some headache, even in those times. It was being said that "satyamvade" (Truth) and "Priyamvade" (Love), how can they be united. If it is the Truth, how can it be Love? How can the two be combined?

Lord Krishna gave the solution. "Satyamvade", "Hitavade" (For Good), "Priyamvade". Whatever is said has to be "hitakari" (good/beneficial). Good, means good for your Atma (Spirit). That which will give you your Spirit. That which will bring you to "Parameshwaracha Samrajya" (Kingdom of God Almighty).

And if you say that, then, in the beginning, it may appear hurtful, not so lovable, perhaps. But once it is understood, and reaping its benefits, it will appear most lovable/desirable. And they also know it is the Truth. That was his advice.

So whatever is for the good, that must be said. And what I feel is beneficial, I feel I must say that. And when listening to it, you must do so without any hostility in your mind.

In Maharashtra, the role of the mother is very great, and people give the highest respects to the mother. This is a great benediction from Parameshwara. And in the form of that grace, if I say something like your mother, if I say a few words, then you should not feel hurt by it.

The most important thing that I have to say is, that in the form of "dharma" (religion), there are many evil ideas that have come up in Maharashtra, that are actually the completely opposite form of "dharma". Just thinking about it socially, the treatment meted out to women, I feel that Apte's "Pan Lakshat Kon Ghetu" (Who Tries to Understand, a classic Marathi novel written by Hari Apte, on the subject of child widows), is being repeated over and over.

So many girls come to me, whose husbands beat them or who have to face other problems at home. Young girls are being tortured, their parents are being tortured, these things are still happening in Maharashtra. What is the reason for that? The reason is that man has still not learned to love.

You cannot tell someone to love. For that Sahaja Yoga is required. Once Sahaja Yoga happens to a person, they experience a

spontaneous feeling of love. And in that love, he forgets all that is low grade and destructive.

Within us, there is one chakra that we consider the heart chakra. That chakra is the seat of Jagadamba. Jagadamba is the mother of the whole world. At the same time, she is the shakti who is the destroyer and fighter of all evil forces. When we lose recognition of Jagadamba, we develop many diseases. Especially, when women start to doubt if Jagadamba is within them or not, they become fearful, especially with cruel behaviour. Then they develop diseases such as breast cancer.

Now to explain it scientifically, there is bone called sternum over here. In this bone, there is power such that up to age twelve, there are several anti-bodies produced here. They spread all over the body. And these anti-bodies fight any kind of torture or outrage.

But these anti-bodies they are really, we know the Goddess Brahambha, these are her brahmars (bees). Whenever she is troubled or diminished, this bone, the sternum starts shaking. Once it starts shaking, a message goes all over the body to be alert.

But when you trouble a person in the most outrageous manner, when you trouble him, then he loses faith in thAT mother. He feels that he does not have a mother. If the mother was there, why am I being tortured so much? And then these diseases start. So if a woman has breast cancer, then it should be understood that someone has been extremely cruel to her.

But if someone gets a heart attack, we look at them with compassion. There are two types of heart attacks. One heart attack is of the kind which we call it "overactive heart" attack. A man who is constantly working has no attention towards God, is constantly running, obsessed with how to make money, how to earn more money, running like mad, day and night, such a person can get a heart attack. The reason is that the "Shiva" (Lord Shiva/Spirit) in his heart is offended.

The other kind is a lethargic heart. The lethargic heart is the other condition. In this, a person gets involved with people who put him under a spell, take him on the wrong path, or teach him evil things, because of that, the power of his heart becomes weak. Through this road, when the heart becomes weak, then the heart becomes lethargic.

Now, we keep the photo of Ganapati in our house. Now, a doctor also does not know how much this Ganapati is going to help us. How many diseases we can cure with Ganapati, who He is. We also revere Lord Krishna a lot. When she sang "Natawar Krishna Samman" so beautifully, I was reminded of my childhood, Bal Gandharva (a legendary actor of Marathi theatre in the 1900s).

Of course, the situation in Maharashtra was different then. It appears to be something else today. But, even so, in Krishna's position, Dhanvantari (the God of Healing) is seated. This is a true fact. Lord Krishna is Dhanvantari. And when you awaken to His Dhanvantari tattva, then any diseases you have been destroyed.

I have to tell you that many disciples of Lord Dattatraya have stomach pains. Why does their stomach ache? The truth is that Lord Dattatraya is sitting in our stomachs. The Lord Dattatraya is angry with them. Why? Because they keep repeating the name "Datta, datta.." over and over again. Because when you take someone's name, there has to be an authority or support for it. There has to be a rite for it. There has to be a protocol for it.

Now suppose you take Rajiv Gandhi's name (then Prime Minister of India) and land at his house, the police will arrest you. It is the same situation. If till today, without the connection to God Almighty, if you keep taking His name, without "Atma-bodh" (Self Realisation), you keep chanting His name with rosary beads, then it will not work. Instead, you will have many physical problems in your body, and a doctor will not be able to ascertain the cause, but a Sahaja Yogi will.

We have one great Sahaja Yogi. He is a devotee of Ganapati and was a very good Sahaja Yogi. But he got a prostrate problem. He came to Me and said, "Mataji, I got a prostrate problem." I said, "That is surprising. You are a devotee of Ganapati and Mine also. And how you got a prostrate (problem), I do not understand." He said, "Mataji, I do not understand why Ganapati is angry with me." Prostrate is being controlled by Ganapati.

That day, we were distributing "chana" (chickpeas) as prasad, we give chana, he started looking here and there. He said, "I cannot have the chana". I asked, "Why?". He said, "Today, it is "Sankashti" (the birth day of Lord Ganesha in the Hindu monthly calendar, when His devotees, traditionally observe a fast). I said, "On the birthday of Ganapati, you are fasting. That is why He is angry. Now you eat." He did and then he came to Pune. This is a true story. You can ask him. He came to Pune and the doctor asked him, "How did your prostrate become all right?".

It is the day of Ganapati's birth. That should be accepted. In fact, it should be celebrated as a festival. So these types of backward beliefs that are there about religion, we should, with a pure mind and cleanly accept them and whip them out.

Now "Satyanarayan" (a popular puja traditionally performed by calling and paying priests to perform, on occasions such as housewarming, marriages). That is absolutely false. Narayana (Lord Vishnu) is "satya" (Truth). "Satya Sai Baba" (another popular Guru in the eighties, no relation with Sai Baba), it appears something like that. Narayana is the truth. Truth means that which our brain recognises. And Narayan is sitting in our head in the form of Virata. Narayana himself is Truth. Narayana is Truth.

And Shiva is "anand" (joy). And Brahmadeva is "chitta" (attention). The one who is the Truth, the people who say "Satyanarayana", and those who extract money for that, one should not go to such a puja. In our Shipping Corporate (of India), there was a Satyanarayan puja. I clearly told them not to hold it. Nobody listened. Thereafter, four men died.

If we do not remove our outdated ideas about religion, then no one will come to dharma. Because people say, "Saying dharma, dharma – Our father does puja morning and evening but his hot-tempered nature does not go away. Then what is the use? Anger does not go away. Stupidity does not go away. Then what is the point of getting into religion".

Dharma can only bring you into balance. But when you are self-realised, then a new personality is developed. Such a personality is developed that looking at that you feel, this is something special. This transformation is possible through the work of Kundalini and unless she is awakened, it is not possible. There is no point in blaming religion. It is necessary to adhere to the tattva of dharma and the Kundalini.

And you will be surprised that when the Kundalini is awakened within you, your face will change, your nature will change, and you will become a very joyful and nice human being. People will look at you and say, "Wonderful. Mataji, now we have seen this".

Now, in Rahuri, we have a great Sahaja Yogi. He went to the collector office and started speaking to the people there. The collector asked, "There is something different about you, Maharaj. What is it?". They just kept after him. He said, "It is nothing. We are Sahaja Yogis". "What is that? Tell us." By and by, Sahaja Yoga spread in the collectorate.

Because that man made such an impression that he was someone extraordinary. To attain that form, the Kundalini must be awakened. But it does not go into people's heads, they say, "Why should we stop what we have been doing?. We get up in the early morning, say the "Sandhya" (prayer) and the Gayatri mantra. Then why are you saying no to that?".

Everyone has a right to say Gayatri mantra. But when – after attaining Sahaja Yoga. But even in Sahaja Yoga, some people can say Gayatri mantra and some cannot. If right-sided people say Gayatri, then they are finished. Because Gayatri is on the right side, where Gayatri is, where other mantras are, people, do not know. Therefore, what mantras should be said, there is a "shastra" (science) for that. There is a very big science behind mantras. What mantra has to be said for all chakra, that should be known.

Those who keep saying "Rama, Rama", then the right heart, which is the seat of Lord Rama, catches. Because you do not have the right. When the Kundalini rises, you should know that which chakra she is blocked. You have to say the mantra of the chakra where she has stopped. Now, if your stomach is paining and you say the mantra of Vishuddhi chakra, how is that going to benefit?

Therefore the shastra behind that should be understood. If you do not understand and are insistent about it, then you are going to lose. What are we going to lose? We are not trying to gain. We have everything in the world. So, instead of being stubborn about it, it is better to understand how each mantra should be said. Where should it be uttered? At what time should it be used? And by saying the mantra, how the Kundalini should be awakened.

Now how do we prove it? Say, we say Lord Krishna's seat is the Vishuddhi chakra. A Muslim might ask, "How?". All right. Then we raise the Kundalini. When the Kundalini comes here, then unless Shri Krishna's mantra is said, she is going to stop. But any Tom, Dick or Harry saying it will not work. Only a Sahaja Yogi can say it. Sahaja Yogi has the authority. If he takes Shri Krishna's name, then Shri Krishna will awaken.

Without singing any "Bhoopali" (morning raga), He awakens. As soon as He awakens, the Kundalini rises up beautifully from there, and all problems of Vishuddhi chakra are solved. So what these mantras are, how to activate them and where that is taught.

Similarly, we say that only our (religious) incarnations should be revered as Gods. If we follow incarnations from other religions, then we corrupted. That is incorrect.

Now Christ was Mahavishnu. We have proof of that. It is described in the Devi Mahatmyama that Christ is an incarnation of Mahavishnu. Who reads Devi Mahatmyam these days? Where do they have the time? But those who have read it should read the description of Mahavishnu. Mahavishnu Himself is Christ, that description is there in it.

But He is Christ. Krishna's son, so Christ. He became Krishna because he did "Krishi" (sowing). Now we are extracting, whatever yield is there, we have received it. It was his krishi and he got His name from there. And Jesus's name has also come from Yashoda.

In our Uttar Pradesh, Yashoda is called "Jashodha". "Jasu Mata". Similarly, He is also called "Jesu". And in Hebrew, He is called, "Yeshu".

In the same way, Mohammad Sahib. He is Muslim, based on what? Islam came after him. Mohammed means "Maha" (great).

Mohammad. "Medha" (Intellect). "Maha-medha". The one who is holding all the "medha", that Mohammad. He said that the time of your revolution, cool breeze will rise from your hands. The whole ritual of Namaz is Kundalini awakening, but who is going to tell them. Just listen.

And if someone goes and tells them, Mataji is saying this, they will chase you to beat you. Cannot do anything else. Just chase to beat like mad. Just listen. But getting angry. They say, "Mataji is saying this, we will fix Her". Everyone is out to correct Me.

So, when any incarnation came on this Earth. Now Lao Tse came, you may not have heard of him. Confucius, you may have heard his name. Sakshat Dattatraya. Mohammed Sahib is Dattatraya Himself, what are you doing? Nanak Sahib, Dattatraya Himself. And now you are fighting with the Sikhs. I do not understand – what is this happening?

Sikhs do not understand, and you do not understand, that we are children of the same God Almighty. What issues are you fighting and quarrelling about?

To bring all these together, an integrated view is needed, and that integrated view takes place only in the Spirit. Because Atma is collectively conscious, that means it is awakened in the collective consciousness. This collective consciousness is in everyone. And when it is awakened within us, it is felt like a cool breeze in our hands and we can understand who the other is.

Now he says that Mataji, you have healed me and so on.

It makes Me laugh. Because I have healed Myself, what have I healed in him?

Because he is part and parcel of me. When you are a part of My body, who do I heal and who do I give benediction to? If you are My hands and legs, My eyes and My ears, then who am I healing? Because when you say, we healed him, we gave him our help, then that is your ego. It is useless. And you have the feeling within that you are the doer.

In reality, man does not do anything. Suppose you do something. Suppose a tree falls and you use it to build a stage. What a great work we did. Oh, we made a stage. That is a dead tree. It is a dead stage.

Show a living activity. If even one man can make fruits from this flower, I am ready to accept.

Till today, we have not done any living work. For the very first time, Kundalini awakening is a living work. Then it is amazing. When you become a Sahaja Yogi, and you give your vibrations to plants and trees, you will be amazed to see that they are revitalized. You can even give vibrations to a dead tree so that it becomes green and is filled with fruits.

We have had many such experiments at Rahuri where the wheat has yielded ten times the crop. Overflowing. If you go to see a Sahaja Yogi's farm, you will ask, "Whose field is this?"

And a scientist in Austria has conducted some extraordinary experiments and he has published papers on it. Then when all these things come from abroad, we accept them. But in a way, it is a mistake. Because this is your heritage.

To tell you, when talking about Ganapati to non-Indians, makes My headache because they have never heard of Ganapati before. Here those who know about Ganapati are not willing to listen also. In these circumstances, how to make everything all right?

Sometimes I go the rural hamlets and there I surrender. The simple village folk get Realization very easily and afterwards, talking to them, it feels like (Sant) Kabir himself is speaking. Kabir himself is personified, so beautifully they talk. (Sant) Tukaram. Tukaram himself. I like that better.

And people in the cities, they are so tangled up, their heads are so spoilt, that bringing their attention to order, making them quiet, correcting it again and again and setting it up on the path, is very difficult. Second thing, illness is also the same. Now if someone is sick, we feel, "Mataji, please heal my husband, cure so and so".

But it should be mentioned that any disease requires effort to be cured. It is not necessary that it will just be cured. Now suppose it heals, we took all the efforts. But again, it is "yere mazha maghlya" (back to square one/history repeating itself). He will not do what is asked, not do meditation and again they are sick.

I cured a Gujarati woman. I healed her at least five times. Cancer, heart, then this – I was so fed up, that when she phones, I say no. Because she does not meditate. Each time Mataji has to do it.

And we have to go deep, then we have to see the Spirit. When we become the Spirit, the light of that Spirit should be spread everywhere. When we get the joy of the Spirit we should distribute it to others. We are not giving something away. When one lamp is lit, it can light other lamps.

And we get engrossed in this type of new environment. We step into the deep end, and when a person goes deep, he does not get these low thoughts. All the gross sicknesses within him just fall out.

And just like from a dirty mire or pond, from which lotuses emerge, I have seen people rise up and bloom like beautiful lotuses and spread their fragrance everywhere. They just cover all the dirt. This has taken up to a large extent, especially in Maharashtra.

I see this mainly in the villages. My greater work is there. I do not often come to Pune. Because this is "Punyabhumi" (holy land) but what you have done with this holy land, I do not understand.

All kinds of things are there, multiple things. Instead of dealing with these, I have started work in the villages, and there is a lot of progress there in many ways. Now, if the people of Pune take some care and understand Sahaja Yoga, then it is not hard. They should go to Sahaja Yoga centres. And establish the Kundalini, get mastery over it.

Because a car has a brake and an accelerator. Similarly, we have these two powers within us. Just like when you learn driving you are using these things. In the same manner, when your dharma is balanced, you are established in it.

Why to get established in dharma? Because you want to go forward. You want to take flight. Later, when you can drive the car properly, you are accepted, you have become a driver. You get a certificate that you are a driver. But the owner is sitting out.

But when you become the owner, and you see the driver within yourself, and witness both these states, then it can be said, you have become a Sahaja Yogi. This is the first state when "Nirvikalpa Samadhi" (doubtless awareness) is fully established.

In the beginning, you all get "nirvichar samadhi" (thoughtless awareness). You may all be in this state right now, there are no thoughts in your head. But this is one-sided work, you have not done any work. But as Kundalini rose, she has crossed the Agnya chakra, and that is why you are in thoughtlessness.

But after piercing the Brahmarastra (fontanelle bone area), you must keep her collected there. Because wherever you have problems, she will go there and help you and look after you. So how to raise her, tie her up all this should be learnt. With humility. You may be a great teacher, an intellectual or anything, this has to be learnt. It should be learnt.

After learning this, when the Kundalini is steady, then in a few days you get nirvikalpa samadhi within you. When that comes, there will be vibrations in your fingers that go up. And now, with so many people in Sahaja Yoga, there is no reason to be afraid.

In the olden days, people would just torture. If any person got realisation, people would start torturing them. They would feel it was better to take "samadhi" (renunciation) than living with these fools. This used to be the situation.

There are quite a few people who are very advanced, about two to four in Maharashtra, who are gurus. But they tell me, "Mataji, please do not tell us to come here. We are better off in the jungles." "Why?" "They broke my hands and legs". Someone says, "They tried to crush my head". They say, "You please work for twelve years and then we will come."

Now twelve years have passed, now you come. But they are still not ready to come. Even now they say, "Let us see. People are writing against you in the newspapers. When that stops we will come". So God only knows for how many years they are going to keep things hanging like this.

So the thing is that now we are our own guru. One should stand up and take up this work as their own. Whatever is "sahaj" (easy), "sugam" (pleasant), that we have made "durgam" (unpleasant). Now Ramadas Swami has also said. Everyone has said it. So you have read so much, whatever is simple and easy, why have you made it so difficult.

It is easy. We have only made it difficult. Now when eating food is such a simple act, and we still insist on eating our own way, then what can be said. The morsel has to be consumed straight (not with the hand around the neck). But we are so distinguished and intelligent. Then invent other ways of eating, what can be done.

But this is the simplest and easiest way, and it should be adopted. This is the "sahaj" path. In this short time, I cannot say a lot, tell a lot, explain about each and every chakra. But I have given a lot of lectures in Marathi also. So if you are enthusiastic and get engrossed in Sahaja Yoga, then you can get to listen to my lectures. Not only that, but you will get books also.

We do take some precaution about this, if we give before, "bhootcha adhi kolit hote" (a burning torch in the hands of an ignorant/mischievous person), that should not happen. So first, once a person is all right, and he comes into nirvikalpa samadhi, then we slowly start telling him the next stages.

If I have made any mistake or hurt you, please forgive Me. I am your Mother, I have to and am telling the truth. Even if you are hurt now, it is beneficial for you, it is for everyone's welfare. I will make this whole world happy, that is what you should say. This whole world should become happy, that is my desire, you should help with it, that is all I ask.

[Applause. Sahaja Yogis and Mother discuss about taking questions from the seekers].

Some people had questions yesterday, they have given them in writing. I have answered them today. And if we start questions again today, then a lot of time goes in that, is spent in that. So yesterday I said, "No darshan". Then it was like in Maharashtra, they were starving for four days, their faces were so crestfallen, so I said, "Fine. Complete the darshan".

But then it gets too late for everyone. So we will not take questions today. Those who have questions, can write them down and send them properly to us. We will answer them. We are not saying no to that. But it should not take up everyone's time. So now, in the Sahaja Yoga method, we will take up the Kundalini awakening.

[Pause for preparations. Mother is having a casual conversation with Sahaja Yogis].

Now, remove your glasses, because, through this, eyesight has been healed. Excessive reading spoils the eyes and many other

things. But by awakening, the Kundalini and her revitalising the Agnya chakra, a lot of eye problems will reduce.

Through this entire time, we have to sit with our eyes closed. So there is no need for glasses. As was told yesterday, put your left hand towards Me. And with the right hand, there is "kriya" (action). With the left hand, there is "icchha" (desire) and with the right there is kriya.

Now place your left hand resting on your thigh. With ease. Those sitting down can place it like this. Resting. The hand should be placed so that you do not start feeling it is paining or something. Now the right hand is for action.

Yesterday some people starting barking and doing some other things – that is not to be done. There should be no "tamashebaazi" (dramatics), like hysteria.

Just be straight and clear one's path; within – this yoga is "antaryoga" (within). For that nothing should be said, no drama, whatever is happening within, let it happen. We do not have to do anything. Kundalini herself is going to come up and do everything. So we do not have to do anything or mess around with that. So do not do any such thing. Just sit quietly.

Yesterday, when that incident took place, I felt now this is going to escalate. So if anyone feels like doing it today, they may please go out. One should sit here with a quiet mind and quiet attention.

[Mother guides the seekers through instructions in Marathi and also repeats the same in Hindi and sometimes English].

Now, left hand towards me, that means, we have the desire that we get self-realisation. And with the right hand, perform all the action.

Now place this (right hand) on the heart when I say, then above the abdomen and then below the abdomen. Then, again above the abdomen, on the heart, on the neck, on the forehead, behind the forehead and then on the head, place it. That means the palm has to be pressed on the crown of the head. That is in the end. Do not do it now. When I tell you.

I am telling you these things now because you are going to do this with your eyes closed. Do not open your eyes because your attention will go out. If your attention goes out, then it will be difficult. Keep your attention inside. Not outside. If someone has their attention within, then there will be no problem. If your eyes are closed, your attention is inside. If the eyes are open, the attention will come out.

Although your attention is not inside. We cannot take our attention within just because we say so. But when the Kundalini awakens our attention is attracted to what is within spontaneously. So at this time, just keep your attention light.

Do not think, "I am this, I have done something wrong, I am terrible, I am ill, I am a big person, I am a sinner, I am a good person, Someone has harmed me", just do not think any such thing. Just keep your attention light.

But do not fight your thoughts. Gradually you will realise to your surprise that you have come into thoughtless awareness.

Now just one more request, please do not be angry. If you have any (holy) beads or necklaces, please remove them. Ladies do not have to remove their mangalsutras or other ornaments, but other forms of necklaces, please remove them. Of any kind. Of Shirdi Sainath or any other. Do not keep in your (shirt) pocket. Because the heart is there. Anywhere else is fine.

Do not feel bad, but you will understand the reasons. There is nothing wrong, but it should be removed. It puts a load on Vishuddhi chakra. Do not say any mantra, or "jaap" (repeating mantra) or anything. You will get the mantra "siddhi" (power) later and you should learn that. And you will come to know that we were just sitting in one place and that was not right.

Now put your right hand on your heart, close your eyes and put your left hand towards Me. The heart is the seat of the Spirit. So ask this question in your mind, "Mother, am I the Spirit?" or "Shri Mataji, am I the Spirit?". This is a mantra.

I have told you before, that when our attention goes away from our heart, we can sometimes get a heart attack. Or if we are mesmerised by someone, then it can happen. So I am a Spirit. Our Spirit is "nisang" (detached). So place your hand on your heart and ask, "Am I the Spirit?" Ask this, three times.

There is a meaning and mathematical laws behind all these things – one day I will explain this to you.

Do not open your eyes. You can remove your glasses. The eyes should not be opened. If there is something tight around the stomach, you can loosen it and be more comfortable.

Now place your right hand on the left-hand side above the abdomen. And press in the fingers there. This is the centre of Gurupad (the seat of Guru). You are your own guru. If you are the Spirit.

And you had asked Me the question, "Mother, Am I the Spirit?". Now the second question should be asked, "Mother, if I am the Spirit, then am I, my own Guru?".

This does not mean that we leave aside all the "Satgurus" (masters of Truth), on the contrary, this is honouring them. They have only made this seat possible, so be thankful to them and ask this question. This has the efforts of all the saints and holy men.

Now, place the right hand below the abdomen, near the groin, on the left-hand side. Again, press the fingers in there. At this place, the question should be asked whether you desire or not.

If it is your desire that you get pure knowledge, understand the rules of God Almighty and you can apply it, bear its shakti, that is pure knowledge. And this pure knowledge emanates from this centre, which we call Swadishthana chakra.

On the left-hand side of this Swadishthana, you have to say, "Mother, I desire pure knowledge". You must desire it for Me to give it to you. Because you have complete freedom. And when you wish to come into the complete freedom, then how will it work with the limited freedom that you have?

Pure knowledge teaches you how to apply the pure love of God Almighty, "Rutambhara Pragyna" (the all-pervading power of the Divine) and the power of God Almighty.

I cannot force it because I have to respect your freedom. So you have to ask, "Mother, please give me pure knowledge". Say it six times.

Now the Kundalini has started rising. Place your hand over the top of your abdomen and press it there.

You may not realise that your Kundalini has started rising. But I can understand. It is a good sign that you do not feel it yet. Because, if you feel any heaviness there, that means there is a problem.

Because where there is an obstruction, there will be problems there.

Place the right hand over the abdomen. Because the Kundalini has started awakening, where the Guru tattva is and say first of all, "Shri Mataji, I am my own Guru." Say it with full faith and confidence. Do not think at this time if you are guilty, I did this wrong, I am no good and so on. Just say it.

Any caps have to be removed because this work is at the Sahasrara (It is commonplace in Maharashtra to wear white caps). Why have caps in front of Mother? Say with full faith and confidence. Say it ten times. There are ten guru tattvas.

Now Shri Ganesha is the "Brahmaswarupa". And we are talking about the Spirit and He himself is the "Atmaswarupa". "So do namaskar" to Shri Ganesha in your mind and place your hand over your heart.

Because you have to say the greatest thing here. So take Shri Ganesha's blessings and say with complete confidence, "Mother, I am the Spirit". Say it twelve times.

Without having any doubts about yourself. We will prove it whether it is there or not. At this time, do not debate, there is time for that.

Say it twelve times. Apply some pressure with the fingers of your right hand on the upper part of the heart.

Now place the right hand on your neck, at the joint of the neck and shoulder on the left-hand side, curved around. From the front. Press it hard.

This is a very important centre. This spoils very badly in people these days. If you are saying mantras, chewing tobacco. But do not feel guilty about it. Of course, it is a "boon" in Maharashtra, smoking, or feeling guilty about yourself, or become pessimistic, then this left Vishuddhi catches very badly.

Place your hand on this chakra and say sixteen times, "Mother, I have not committed any wrong. Mother, I am not guilty".

And those who are feeling very sad, or guilty, or are feeling guilty after My speech, then it is wrong. It is very wrong. Lowering yourself in your own eyes is very wrong.

You have not created yourself, God Almighty has created you. And it is God's desire that you are His son and you should enter his Kingdom. So who are you to think of yourself at a low level? Do not take it on yourself to punish yourself. Let God decide.

If you are going to keep on feeling guilty about yourself, nothing good will happen to me, what will God do? You are a living image of God. God has made you as a temple and only the lamp has to be lit. So stop saying, "I did this, I did that, I am guilty." Say, "I am not guilty. I have done no wrong".

Say it sixteen times. And still, those who are still feeling sad, they can say it 108 times. Might as well give yourself a punishment. Again I say, be cheerful. Man has to have a cheerful countenance.

God Almighty is the ocean of mercy, ocean of grace, ocean of love and ocean of forgiveness. But greatest of all, He is the ocean of forgiveness. In that ocean, what mistakes can you make? Why blame yourself?

Forget what anyone else has said. We do not need any other certificate, just the certificate of God Almighty. Kundalini herself will give you the certificate.

This is the last judgement. At this time, you have to give yourself the judgement.

Is it clear? The left Vishuddhi is not clearing.

[Shri Mataji says "Aham Sakshat Sarvamantrasiddhi" fifteen times.]

Now is it clear? Good.

Now place the right hand across on the forehead. Just a little more effort.

Now press the forehead on both the sides. Keep the palm on one side and press it.

And pressing it, forgive everyone. You will not forgive, or you cannot forgive, there is no meaning to it.

If you do not forgive, you become a plaything in the hands of the person who is troubling you. So say, "Mataji, I have forgiven everyone". Say this, with all your heart.

And do not keep count of whom to forgive, just say, "I forgive everyone". Say "mogham". Some words in the Marathi language are not found in Hindi.

Now Hindi speakers need to forgive the Marathi speakers and Marathis forgive Hindus. Looks like that (laughing).

Just be happy, I am trying to make you laugh and no one is cheering up. Where is the seriousness in it?

Now place the right hand behind your head. Now, this is the optic lobe, see how much it benefits the eyes. Press it from both sides. Left hand towards Me.

And here, tell God Almighty, "Please forgive me". But there should be no inferiority about that, just say it as it has to say.

Tell God, "If I have read too much, spoiled my eyes or I have made a mistake, please forgive me".

No need to count your faults or feel down. God knows it all and also Kundalini.

Now place your right hand on the crown of your head. Press in the fingers and rotate it clockwise. Left hand towards Me.

And even here, I cannot come in the way of your freedom. Say seven times, "Mother, please give me self-realisation". Move it hard.

[Mother blows into the microphone].

Take your right hand down and place it on your right knee. Keep your eyes closed.

Now place your left hand over the crown of your head. Hold it mid-air, about 4-5 inches above. See there is a cool breeze coming. Some may get a warm breeze, it happens initially. It is very subtle. Make your attention subtle. You are already in thoughtless awareness.

Now see with your right hand.

Now you can open your eyes slowly. You can keep them closed also. Just remain in thoughtless awareness.

Now everyone put your hands up.

Now say, "Mother, is this the power of Brahma?

Is this Brahmashakti?

Is this Rutambhara Pragyna?

Is this the subtle power that is pervading throughout the Universe?

Is this the power of the Adishakti?"

Ask this, three times.

"Is this the cool breeze of the Holy Ghost?" Ask the question.

Now lower your hands. Like this.

Is the cool breeze coming? It is coming.

Nirvichar. Absolutely silent. This silence is the peace of the Spirit. Without attaining this, it is useless to talk of peace.

Done?

Now the people who are feeling the cool breeze, in their head or in their hands, raise both hands. All of you. Those who can feel the cool breeze.

Nice. Excellent. Almost everyone has got it. Some people may not have it, they may have some disease or other problems or have been to other gurus, that is why it has not come. Does not matter. Lower your hands.

Now I will tell only one thing, how to take a bandhan around yourself, take a kavach and how to raise the Kundalini. Someone come forward.

Now left hand towards Me. No thoughts, no doubts – you are beyond thoughts. Left hand towards Me.

Now we will tell you how to take the bandhan. First, take the right hand towards the left. This is a kavach for our aura, meaning protection. With this, no destructive power can enter us.

One..start..Take it carefully over your head. This is very important.

This is pure knowledge.

This is One..this is two..this is three..this is four..this is five..this is six...and seven. Take this before leaving the house. Nothing will happen to you.

Second pure knowledge is this, suppose you have to call someone, get some work done or someone is troubling you, simply

write their name (the action) on your hand. And give three bandhans (encircle with the right hand). The work will be done.

You can try it now. The work will be done. One..two..three. This is of love. Bandhan of love.

Now to raise Kundalini. Also, take my photos, the photos have vibrations – they (Sahaja Yogis) will tell you everything.

[Mother demonstrates how to raise the Kundalini – left hand still, encircling right hand and tying the knot at the Sahasrara. One knot, two knots the second time and three knots the third time].

It is coming, see. This is subtle. Now the awakening has taken place.

These are the seeds sprouting, now the tree has to emerge. Everyone should respect this. Understand that this is a very great thing. It is the accumulated wealth from multiple births.

Look after it and nurture it, so that the tree is formed. This is my request to you all.

And now without saying anything, be silent. No debates or quarrels about this. Enjoy your thoughtlessness.

And this is flowing through your hands. Now learn how to heal others and heal yourself. You will be taught everything. There is no money required for this or any compensation. Only it should be learnt.

Now the darshan has to be given today. So form a queue and come forward without pushing. This is not Lord Vithala (temple) – I am sitting in front. There other people are watching, here Sahaja Yogis are watching. So come forward with ease, no pushing. I am here, even if it takes till 1 am.

Stop, now come forward. Bring the garlands. Keep them here. What are you doing?

[Darshan starts and continues until the end of the video. Sahaja Yogis guide seekers and announce centre locations in Pune]

1985-0113, Welcoming Talk at the beginning of India Tour

View [online](#).

13 January 1985

Talk to Sahaja Yogis

Navinbhai Thakkar Hall, Mumbai (India)

Talk Language: English | Transcript (English) – Draft

Speech at the beginning of India Tour, Bombay (India), 13 January 1985.

I am very much overjoyed to say anything really and I hope you people are also happy to be here with me. So now we are all going to get in to this new venture of entering into the countryside of Maharashtra. I have to only tell you that my concern is that this tour should really to go [UNCLEAR] with it. For example this is the Country where lots of vibrations are there, lots of freedom and lots of love. But as far as the material comforts are concerned, it's lacking quietly. If you go to New York it is the other way around. If you have money you can get lot of comforts there but none of the other things. So here we have come not for our comforts. Even if we pay more we cannot get comforts. So here we have come to feel the comfort of our spirit. You have to feel comfortable with our spirit and once that you achieve you will enjoy every second of tour. Don't pay attention to small small discomforts here and there. But know that you have to be deeper and deeper every mile you travel. Otherwise it is a waste of time for you and for me also.

Regarding your health I will always worry about your liver problems. Those who think they have liver problem should take more to the liver diet on the way which I have tried to keep it very well arranged. I have told everyone not to give you too many fried things and too many sweet things and all the things that we think they should look after. Because as I said in that love they are so fond of feeding and they give you so much three days you would all have become sick. So I corrected it again and again and told them make it simple so that they can digest. Of course the climate is not very bad now only so hot. Still, you have to be careful because you all have this problem. So I have tried to put down, but I would say that you should also be careful about your health. Because, if you have come to enjoy here and if you have liver trouble you cannot enjoy because your attention will be disturbed. And also some other provisions I will make which you should take so that you really enjoy your tour around.

I hope this journey it is really for our [UNCLEAR] not for outside world will do you good. You have to travel inward and not outward and that is why you're here today. Because, you are the foundation of international Sahaja Yoga. Today if you all become that foundation stone the whole temple of Sahaja Yoga can be raised very easily and thus will be proud pioneers of this earth.

So remember what is your responsibility. What is your moral responsibility and not your physical responsibility. If you understand your moral responsibility you will be very discreet, not only that, but you will find a great direction from within how to have your attitude built up so that you enjoy every bit of the fragrance of this country. It is a beautiful country as I told you but you must have eyes to see that. Those eyes by God's grace all of you have got. Only we have to keep them alive and alert. Thank you very much. May god bless you.

[

[Shri Mataji]: You have any questions? [Pause] No questions at all. It is a very big group this time. This may be little bit [UNCLEAR] you will see in villages you see we have limitations. So doesn't matter. I mean we can manage things. We have to little bit lead us [UNCLEAR] that's all. Now if you have any questions ask Me. Anything, about anything. About marriages. I know that. I can see with large. Now what is it? Now for that Mr. Varan, if he is overcome his troubles since it is possible and we have another great priest who have come here to certify as Danny. So you take Danny with you for this thing. We have to form now few committees, which we should appoint. If you want that one is a marriage committee. Now let us see who will be the marriage committee. Because it is really a big [UNCLEAR] I don't know how it is going to work out together and how the whole thing is going to be channelized but we have to work it out. Now let's see. Who else? One is Danny because he is a priest and one is Warren he cannot escape. Till he is married, he has to do this job. So now whatever are your proposals and all that, I think it is better you

give it to Warren tomorrow morning and day after I will go through them. Lots of them we have sorted out and I have to sort out about Indian girls also. Age and all that should be given clearly so that there is no more problem of again changing them and changing them. But one should take a very detached role and you will enjoy very much more. Those who want to Indian girls should also mention definitely Indian Girls. So that we will keep to that all the boys or anybody who wants to marry that way should inform Warren or should write it down is better. That is another problem seems to be coming up. [Yogi Talks - UNCLEAR] If there is any you please tell to Warren to sort it out. Who has come from London? Ravi has come?

[Yogi]: Not yet, he will be coming.

[Shri Mataji]: Bala?

[Yogi]: Bala will coming. There are about fourteen people who will be coming at various stages during the tour. And Bala will be here very soon.

[Shri Mataji]: As if you have come here to build a building. You have not come here for personal comfort. The only thing that will be paid back will be your spiritual comfort, which you all have been seeking for ages. That's what you have been asking for and that's why you will have it. Any other problem you have please tell Me because I would not like you to be saying that "Mother was not accessible so we could not tell Her. We could not reach Her". Anybody who wants to see Me, let them see. But let Warren find out what's the matter is and then you can come and see Me. So there should no sort of a barrier in between. Any problem, any personal thing anything or you may write a letter to Me.

1985-0114, Makar Sankranti Puja: Let us be peaceful within

View [online](#).

14 January 1985

Let Us Be Peaceful Within

Makar Sankranti Puja

Suryavanshi Hall, Mumbai (India)

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

Makar Sankranti Puja in Suryavanshi hall at Mumbai (India), 14 January 1985.

[Starts at 9:13]

Today we are celebrating here a special day called Makar Sankrant. For the information of the foreign Sahaja Yogis, I will explain to you what it means. [Shri Mataji explains that She will speak first in English then in Marathi]. It means the day, today is the day the sun crosses over from the Tropic of Capricorn to the Tropic of Cancer. It is a very big day for us because, now during the summer time we have the harvest, and we look forward to the rain and so many things that happen in every country.

The sun falls at right angles in this country during the summer season and so we welcome the sun. We eat something - that you must have eaten already - what we call as til and jaggery. It is to prepare your body and your mind to give it sufficiency to receive the sun. Because if you are living in the cool season, then all your body, mind becomes lethargic and you become also sometimes very lazy about things in the sense, that the day is so small, that you cannot achieve many results. So the body has become cold as we call it. We take these things, which give us heat so body is prepared to receive the heat of the sun to welcome.

To overcome the inertia setting by the cold weather and also to invigorate the body's strength, tuned to the sun, people take to all these ways of greeting you by which they give you something that is heat creating in the body.

But it has another very subtle expression, which I find is this, that when they give you these, they say now, you take now til and gul, and you say things, which are sweet. Because when you are taking til and gul, your body gets heated up and you become right sided person, and when you become right-sided person, you seldom speaks sweetly. So, it is a contrast that they give you a thing to heat you up so that your body gets heated up, but you must be sweetly. So there is a warning, that you are eating all these things, but that doesn't mean now you ride on a big horse of ego and start slashing every one. It's a very subtle thing to understand that when we become temperamentally right sided, we are so much covered by our ego that we do not feel that we are hurting others by what we say. If there are two egoistical people, they can manage among themselves.

But if there is one egoistical and another one who is subdued, then the subdued will be finished. That's why they say, today is the day when we start speaking very sweetly. Even if there is some enemy or somebody who is not friendly with you or there has been some misunderstanding, this is the day we say that : "all right take this and say something very sweet." Talk sweetly to each other.

But today only I think I received a letter from a Sahaja Yogini, which was so full of harshness that I was surprised that I should receive it today - not to Me, but some other Sahaja Yogi. So one thing today we have to decide and take a vow, that to another Sahaja Yogi we are not going to say harshly. And talk to him in a way as if he is an ordinary person. Now supposing he is a leader, then there is more reason that he receives respect. And if he is a senior leader, then there is more reason that you must respect. The first thing one has to learn that we have to respect.

Now the Sun is so much respected in this country, that in early morning time all the people get up and say namaskars to Surya with all His names and do a particular type of exercise to show that they are completely surrendered to the will of the Surya. When you do that then the ego doesn't come in. Now the sun, when He shines here, it gives you a feeling that you have to be active you have to work very hard. As a result of that you might develop ego. But when you develop ego then its surrounds your brain completely and when the brain is surrounded with ego you do not know which way to go. You do not know what is right what is wrong. You do not have any discretion and no direction. You do what you please, whatever pleases ego.

And this is the day when we celebrate it, in a way to surrender ourselves to the Surya, to the Sun which is, as you know, is the residence of Shri Lord Jesus Christ. He resides on the Sun. So how humble He was, how humble He was residing on the sun. The more you live on the sun, there should be much more humility. Of course I must say in India, people are humbler. But still, the quality of Sun can make you extremely arrogant and very unpleasant person. This unpleasant person can really ruin all kinds of good relations. But the worst thing that happens to us, is that we lose our integration. Because when we say harsh things to anyone we feel guilty, so we have another problem, our heart feels bad, our liver feels bad everything is upset and thus you feel absolutely disintegrated. And this disintegrated is the sign of our not evolving at all, or we should say devolving.

Disintegration is such a common thing that we see, in ourselves; we see that we fight with our ego, then we fight with our super ego, then we fight with our heart with our emotions and all the time we are fighting within ourselves. So, at least, within ourselves we should speak sweetly on this day. Then we can start speaking to others very, very sweetly. Now some people think, to speak sweetly is a sign of weakness. In some countries people believe that if you speak to someone sweetly, it is a sign of weakness. It is the greatest strength of a Sahaja Yogi to speak to others with respect with proper protocol and with proper understanding.

Now because of arrogance, people also forget what is their situation is, and this indiscreet temperament gives you no sense of direction. You move in every direction and you don't know where you are going. As long as your ego is satisfied you go ahead with it. And by the time you discover that you have really become a humpty-dumpty, you do not know what you have done to yourself. So, the best way to conquer your ego is to speak sweetly first of all. It is such a small thing to be done but it brings you to that synthesis of character within yourselves first of all and to the synthesis of all the beautiful principles of lives. Like you talk to somebody sweetly, the person may like you. He may tell you something, which he may be knowing of a very great importance for you. If you talk to somebody sweetly, then you may get the peace of mind because you have given peace to another person. Whatever you give to another person, that you feel within yourselves. But if you are quarreling with another person, actually, it is the reflection of your quarrelling nature within yourself.

Today, there is a big dearth and big cry and big organizations working out the peace missions. The peace mission is within yourself! Let us start all of us the Sahaja Yogis, who are great saints sitting here, decide today that we are going to make peace with ourselves and with others. But first and foremost thing the peace cannot be made with quarrels. You see, like America and Russia want to decide it, with missiles - the peace part. They say: "Let's fight out. As many as will remain, then they can live in peace. Let us, all those who are fighting, kill each other!" [Shri Mataji laughs] They think this is the solution of the problem. It is the other way around. Let everybody live peacefully within themselves and give peace to others, so that this peace will become a nucleus for the peace of the world. So your great task today is to establish a great source of peaceful people.

We have so many Sahaja Yogis here. You're sitting in complete peace and happiness and joy, you don't know you are emitting all that peace, channelizing it and doing it. But still, there are some who are suffering from horrible ego, and with hurt ego. And they are trying to do something, which they should never do, is to think just now. [Shri Mataji smiles] If you are thinking just now, you will not register what I am saying. Because this is another quality of a person who is ego oriented, is not to register. You may say anything you like, but they don't hear. They hear what they want to hear or they don't hear.

So, this is another thing we have to, today, decide, that we'll register things than to tell out. Let us register. This is a sign of a character that wants to know, wants to know more about. The criteria of ascent is synthesis and integration. A person who is not integrated with other Sahaja Yogis is not a man who has ascended, [but] who tries to divide and talk of divisions: "We, the English, we, the Germans, we, the Indians". Then they are not Sahaja Yogis, they are Indians all right, but not Sahaja Yogis. Sahaja Yogis have no caste, creed or nationality. We have to carry our passport only because we are born in this jail. So we have to carry our criminal number. [Sahaja Yogis laugh] But actually you don't need it. You don't need all those things.

Now for us today to decide first of all in our hearts, that we will take to peaceful methods, when we are troubling, we will be taking to peaceful methods. Anybody who is trying to provoke you or trying to create a problem or divide you on any issue whatsoever, run away from that person as fast as possible. Anybody who talks of peace, the peace makers, stick on to that

person. Then only you will understand that you are also getting peace.

You, here, you have come to get peace, not to create problems or to listen to your problems, but to get to peace. Peace is a nature or is the quality of your Spirit. So, once you jump onto your peace, somehow, what happens that you go beyond the cause and the effect. You are beyond the cause and the effect. So the cause disappears and the effect also disappears. So, today we all have come here to worship the peace, the within and the without. Let us be peaceful within. Let us not join groups who hate, who talk big, who wants to hate one person, wants to create a group, who says, "We, the Americans" or "We, the this", just. In Sahaja Yoga, you must learn from people who have advanced who have very much progressed. For example, I would say, among all the Europeans, Australians have done very well. There is nothing to feel jealous.

All right, if Australians have done well, all right, that's your glory. So, ask them how they have done it, how they have worked it out. Tomorrow, may be that Americans - I wish that very much- may do the best.

So, then you should ask them, "How have you done so well?" That's the way we are going to live. We are not going to compete. We are not going to be jealous, but we are going to absorb all that is best. This is Sahaja Yoga, it is the other way around. Like, if they discover something, a pilotless bomb, then they will discover something as, which is a machineless bomb. No. It is another one: we develop a mind, which absorbs everything, and then we develop a bigger mind, which gives everything. There is no secret in Sahaja Yoga.

Everybody who has known something better, have had some good experiences of Sahaja Yoga, should tell. But then in ego I have seen people start preaching that, "All right, this method you try, that method you try". There is no need to do that also, because of lack of discretion. If you had discretion, you would have known that this is not to be done. What is not to be done in Sahaja Yoga is not to be done ! But how will you know when you don't have the discretion, like a lost ship? So then you have to see how your Mother would act at such a position. And then I am sure you will go beyond the cause and the effect.

So, today is the day I should also not say anything that is in anyway hurting to anyone. [Laughter] And I am trying to make you smile and laugh, but you are so serious! [Laughter]. So, today, we decide on peace. Peace with ourselves, peace with others and that is how we worship the Sun, Christ the one who was the emblem, who was the absolute practical symbol of that peace.

And once you understand this, I am sure you will try to follow that instead of hitting everybody, getting angry with everybody. Just forget all these things. You have come here to ascend and your gain is your gain. Your fighting is not your gain, remember that. Your quarrelling is not your gain. The gain is the peace that you have achieved, the love that you have developed, the compassion that you can emit, the amount of relationship and the rapport you can penetrate into others [with vibrations]. This is your gain which we have to receive today, a mind, a heart like a lion and not chicken hearted people. Not people who would be angry and this. To boast of your anger: these days are gone, we boast of our peace. We boast of our contentment, we boast of our glory and we boast of our state. And that is the state where we are now in the Kingdom of God.

May God bless you!

[Marathi translation part starts at 27:49]

Now I want to tell you that so many guests have come to us responding to your cordial invitation and you have made proper arrangements for their stay. None of you have indicated to me how much trouble you have taken or efforts you have made. Especially, the Mumbaitees have made great efforts. So on behalf of all of you and these people here, I must say that the Mumbai people have taken a lead. However I am telling you the same thing which I tell them. Today we offer the sesame and jaggery mix, so as to avoid any ill effects from the Sun.

First issue is, with Sun in the sky one becomes irascible. One speaks in an insulting manner with others. The person's ego strengthens. People who are directly exposed to Sun have big egos. Hence such people should remember that this is a mantra - "Talk sweetly". Consuming sesame and jaggery increases the body heat and the person starts shouting. This is strange. Just a short time back you were offered sesame and jaggery, at least converse sweetly with me! But even that seems difficult. They accept the sesame-jaggery mix and start shouting the next moment. What sesame-Jaggery? Throw it away! So, on this occasion,

we should understand that this is good opportunity. Shri Mataji came here and however fervently she advised us, it will not enter our heads.. If there is heat in our head nothing will enter. This heat should go away. And from where does this heat come in us? It emanates from our ego. In the past, when I commenced with Sahaja Yoga, all were having disputes. So much so that it was fortunate that they did not break skulls. However the heads are intact now. But quarrels abound. They were rampant due to one or the other reason. Half of them ran away and half remained. I thought , Sahaja Yoga was not possible because one person would join in and run away after two days, Another would come and run away after three days. This was the situation. We have established Sahaja Yoga.in such a commotion.

There is only one main reason and that is, you should have the desire that “whatever may it may be, we have come to meet God almighty. We want His blessings, we want to know the Divine Principle. We want to obliterate all those things in the world that torment and trouble everyone.” Hence we cannot afford to fight here. This ego has caused so many problems all over the world. Now we should completely give it up(tilanjali) in Sahaja Yoga. Tilanjali means offering of sesame.That means take sesame in hands held together in the cup form, and do your offering that we shall not find faults with others, get angry with them.

Try it once. You should try it once. One can resolve many things without getting angry. One can face so many things, and that a number of problems get resolved just because you have not paid attention to those things. You will see that whatever issues that were there, have been resolved. If we give too much importance to a particular thing then one could say that you have acquired a Tamasik temperament. (vengeful). What is the meaning of Tamasik? A person who makes a big issue out of small thing. Suppose a woman, whose husband is ill. “ My husband is ill, my husband is ill”. Agreed, but you are there! you are in good health !. What about you? But she will not think thus. While it is true that husband is important but one gets fixated over a small thing. Blow it out of proportion and harass others with it, trouble others. This is a common practice with us and the reason behind it .is that we give importance to small issues and ignore the big ones.

For these people, small and big are just the same. They do not understand anything about it , but you should understand. The reason is that whatever great things we have , the heritage, that we have received, is great. So we got heritage. We were born in this land of Yoga (Yoga bhoomi). What did we achieve after having born in this yoga bhoomi ? It is said that one is born in India after the Tapasya (penance) of a thousand years and after another thousand years, in Maharashtra. When I see drunk people on the road , I don't know if they are from Maharashtra or elsewhere. I mean one cannot understand how these worms were born here.

You have become Sahaja Yogis because of your Tapasya (penance) in the last life, now you are getting its reward. But it does not mean that Shri Mataji has to perform the rest of your Tapasya of this life. The first penance of this life is to talk sweetly with each other. Behave lovingly. Not to be curt. First thing. Hence we have initiated the practice of having the Puja on this first day. On this day we all should speak sweet words and behave amicably. Because speaking sweet words is very easy. Getting angry is more difficult. And beating is impossible. Then why to do these difficult things? Just speak sweetly and you are done. Amongst us, there are many whose surname is ‘Godbole’(“Sweet speaking person”). I thought that the people from their families speak sweetly. They really spoke sweet but while using sugar coated words they used to cut others’ throats. So, I asked,” What is this? ” They answered, “In the past while our people spoke sweet language, others took their advantage . So we use sweet words and also cut the throats.” I asked, “Why ? Is this something good that you have learnt ? Has it done any good to you? Have you risen above it? Those who spoke sweet language were all right. They lived comfortably and contentedly.”

Suppose you quarrel with two persons and you cut their throats, then what have you gained? One must see what one has gained. So today is the day of a special festival which everybody enjoys.. Atleast I do not want to say bitter things at this time. So I say with due respect to everyone that I take enough care that it should not happen that people feel bad or so. Now, some people come and suddenly touch my body. It troubles me a lot. One should not do so. But, how do I tell ? So I to bear it. Let it go, what else can I do? As that person will feel bad. Thus I have to bear a lot. I do not mind bearing it. If I hurt the person, he will feel bad.. So why do that? I can bear that much pain.. I do not mind it, being aware that I have the strength to bear which others do not have.

The same is also true about love. If our power of love is stronger and the others’ is less, then who is greater, we or those people?

In general if we think that we are Sahaj Yogis and our Mother has bestowed on us the power of love so we are superior than them. . So, what do we lose even if they say something? What is the need to fight and get angry with them.? As your temperament becomes peaceful, your face will have a glow. Not only this, when people around see you, they will say that he is a peaceful person. However, being peaceful does not mean that if somebody beats you up, you should bear it. Not at all! Christ has said only for Sahaj yogis, that if you are slapped on one cheek, show the other. Only for the Sahaja Yogis. Not for other people. For other people, I would say that if they slap you once, you give them four slaps. Because if they have ghosts(catches), they will go away.Among Sahaja Yogis your talk with each other should be pure and loving. It is very necessary. All should talk lovingly amongst each other. I do not mind if you speak this way with an outsider. But, one who is ours, a Sahaja Yogi, is embodied in me.. Every Sahaja Yogi is in my body. Hence if you are kicking each other or abuse each other, then you should think that you are abusing me.

Because if there are ten branches on a tree, if these fight amongst themselves, what will happen to the tree and what will happen to its leaves? If my hand starts quarrelling with my other hand then what will happen? If it is understood that we all are one..... Overall, we have so much unity amongst ourselves that we are elements of the same body. Then how should we behave, how much understanding we should have , how warm our love for each other should be, how desirous we should be to give pleasure to each other, ---what should be done to make them happy..what should I give them? What will they like ? Now in Diwali, or during Sankranti, we give presents..

What present should we give them – so we give them something that is cheap and low value. This is typical. We are very intelligent in such things. Get the cheapest thing from the market and offer it saying, 'Accept our gift' – so that the other should take it and throw it away. So unless there is benevolence in the heart, this thing cannot happen. And you have not lost that benevolence of heart. You have that heart in you because now the lamp of atma, that has lit in you – has given you immense illumination. Such a clean beautiful, chaste heart . Whatever - full of love that is flowing through the heart - .one should continue to gaze at it happily. I came here and seeing you people I felt amazed – look, what all is flowing from the light of the heart – What a great pleasure it is ! Thus you all should feel that we are the elements of Shri Mataji's being. If we make some mistake, it pains Mataji's body. It will cause pain to her being... So we should not behave like that at all. We should have a sort of prudence in us, a sort of understanding in us and we should have a courteous behavior.

There are some who stall others like a disoriented person; or who indulge into mindless childish prattles. Many have a compulsive habit of singing and some read poems incessantly or something else. This is not right. We should do things that are proper, pragmatic and elegant. Even in our behavior there should be elegance. When we make ornaments for Mother, how beautiful they are! But you only are my ornaments and I have adorned you on my body. If those ornaments lack cleanliness, or are impure that is they lack the main quality -- meaning if they are gold ornaments without gold, or contain brass instead of gold, then what is the use? The same applies to you too. If the main element embodied in you is fake then where will I go showing it off ? So you are my ornament, you only have decorated me. I do not need any other ornament. I submit to you in great earnest that while speaking with kids or anybody else, one should perform the task very sensibly, very politely and slowly. There is no point in forcing, in being rude or doing hurry with anyone. This way there will be a day when the whole world will behold you with great awe. " Where do these people come from, who are these people ?". Then they will know that these are messengers from the heaven. To take care of the whole world, to bestow success on the world, to escort the world to God's doorstep. These are messengers sent by the Almighty.

I bow to such messengers..

1985-0116, Public Program

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16 January 1985

Public Program

Vaitarna (India)

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

There must be something special here. We should understand that these people have come from so far, from foreign lands. We should try to understand what they get here. We need to keep this much understanding

Maybe due to our economic situation, we haven't given much thought to this. But if we think about it, why people from 14 countries come here, we'll realize many things. We still don't know much about our own religion. Our religion, the Indian religion, is ancient, but it has been reconstructed many times. Finally, in the 6th century, Adi Shankaracharya took incarnation and reconstructed this religion again completely and wrote many books on Kundalini Yoga. He openly said that without Kundalini, there's no other way."He said everything by focusing on the truth".

Similarly, Lord Krishna said that you should achieve a witness state , which means you should attain self-realization. We understand the word 'self-realization,' but we don't know what it truly means. Now it's time to share this knowledge with people.

But because our thinking is not very deep, we continue with our traditional practices only. Means now we beat the drums and go to Pandharpur. But our parents did not got anything from it. Even though we did not get anything. Did we beat the drums? To meet Pandharinath. Meeting with Pandharinath doesn't just mean going to the temple and breaking our heads. We need to understand this.

Even if we're uneducated, one thing should be clear: Instead uneducated people should understand very easily that going to the temple and breaking our heads will help us in finding God? Will not find it. Has anyone found God this way? No one has found it. Has anyone's addiction been cured? Have people's quarrels stopped? . Has anyone's nature improved? No one improved. You people blame God for this. Has our poverty ended? No. Has our misery gone? No. Have our troubles disappeared? No. Have our illnesses been cured? No. Then what God has done people ask me this question several times. We run around so much for God's sake, and now you're talking about God in this modern era, Mataji. So Where has God gone? What wrong have we done? The main mistake is that in all the big books, what all we have including the Vedas, etc it's written that we need to attain self-realization. First We have to meet our own spirit. Our spirit needs to be awakened first. That's what if you see from Ramdas Swami to Tukaram ,you all sing their bhajans while beating drums, but they all said the same thing: become self-realized. Then you all say to become self-realized, become self-realized.

But who should become self-realized? Recognize God. Recognize God and let Him reside in your heart. But how do we do that? This question should arise in your minds: how do we do it?

Things to talk about, 'The talk is just rice, and the talk is just curry.' What does that even mean? Nothing seems to be happening. We don't see anything good happening to us. Then people sit against God. Then they adopt communism. They say there is no God. There are many countries in the world like that. They say there is no God. How can there be a God? If there were, why would things have turned out this way? But the straightforward answer is that we still haven't established a relationship with God. As long as we haven't established a relationship with God, we have no right to make any claims on Him. Now, if this device or machine hasn't been connected, if there is no relationship, can I speak to you through it, and will you hear it? It's the same with us. When we have no relationship with God, we keep crying out to God, 'Oh God, do this, do that,' we keep ordering Him Daily, as if He is right in our pocket. But what have you done for God? Just remember one thing: you still haven't experienced self-realization. You haven't had self-enlightenment. That needs to be achieved. Some of us claim to be big Muslims, some claim to be Hindus, some claim to be Christians. Everyone is a bead on the same string. No one has experienced self-realization.

Everyone is just fighting among themselves. They find reasons to fight over something or the other.

The main thing, the core of Hinduism, the central principle means is to achieve self-realization. Ask anyone. Anyone who has read even a little can tell you. Namdev said it, Janabai said it, Tukaram said it, and Gnaneshwar said the same. But when it comes to Gnaneshwar, it's often associated with 'wearing a dindi.' We had gone to the temple of Gnaneshwar once and said, 'Let them meditate.' They replied, 'No, you wear the dindi.' We asked, 'Did Gnaneshwar wear the dindi the first time?' You wear the dindi in the name of Gnaneshwar. Did he wear it? He was roaming around the jungles, wandering. No one accepted him, and now also don't accept me. But who told you to wear the dindi? Did Gnaneshwar tell you? No? Then..

Now, when I say this in front of you, you have placed them in a statue. What can I say to you now? If they were alive, they would have corrected you. But if they were alive today, you would have tortured them. After death, you start placing the dindi. This is the current degraded state of our religion. This religion needs to be re-established, and everyone should pay attention to this. Just because you think you're great, no one will consider you great. Until there is awakening within you, until there is the light of religion in you, no one will respect you. Now, just yesterday, I tell you, I lost my way while coming. I went ahead and entered a shop. Everyone there was in a daze. They were all like that, from here to there. Now, who could I ask about the way to Modak Sagar? Everyone was in a daze. Finally, I went back and caught a servant, and he told Baba to go back. He was the only one who was conscious. How, I don't know. The rest of them, too, were going to be out of work in a little while. This is our condition. And what is the point of feeling sad about it? Until our soul doesn't give us light, we don't understand anything. We don't have light within us. We don't even realize what divine power is. How much we can utilize that divine power, and how much great work we can do through it. We say, 'We are villagers Mataji, what would we understand?' You all don't need to understand anything. There is no need to even think too much. It happens easily and naturally.

What have you achieved by thinking aimlessly and causing disturbances? Nothing. Now, how does self-realization happen? It happens only through the awakening of Kundalini. This is what all the scriptures tell us. So, what is there to debate about it? The path of devotion has been prescribed so that you remember God, stay in His meditation. But even if God Himself appears before you, please recognize Him. Why is He not recognizable? If tomorrow, Ram or Krishna were to appear before you, would you recognize them? If the Goddess stood before you, would you recognize her? No you will not recognize. How would you recognize them? What is the sign to recognize? Until you realize your soul, you will not accept any recognition. That's all that will happen. Now, we say this is a self realised place, Mataji. Based on what? Someone has told you that's why. Do you know whether it is a self realised place or not? Do you know anything about it? No, you don't. How do you recognize if something is a self-realised place? That's the question. How do you recognize whether someone is a fraud or a true sage? How do you know if they are good or bad? Is there any way to recognize? Even if something seems positive on the outside, is there any way to recognize if it is true from the inside? There is only one way. The light of your soul must awaken. There is only one way. There is only one answer to this. The light of your soul has not yet awakened. That's why you are confused. When the light of the soul enters a person, then the param chaitanya touches them on all the fingers from all sides.

Human Being ,who has the belief that whatever he does for the sake of God is acceptable.Reciting God's name is enough for them. Feel like drinking alcohol,feel like beating his wife, or even feel like committing murder. Feel like doing any kind of work if God's name is taken, it's considered fine. You Believe in Him.But how do you truly believe in Him? Has dharma truly become a part of you? Is there love for others in you?Do you have compassion for others? If you do, even then, your ego will come. You may think, "I do this much for others," "I do that much for others ".But if human being gets their self-realization then they don't say like that.He will say that it is happening .It is happening.It is happening for this also.It is happening for that also. In that state, the individual starts speaking in the third person—"It happened, it happened, it was him, it was her" (laughs). He moves beyond actions and becomes detached from the ego. He doesn't say like this, "I did it, I did it." This thought fades away. Self pride is completely lost.But this to happen/achieve one should get his self realization.This is what I am saying.But where did you bring religion into it?.Still the religion is not yet established fully.So now you all are saying that please establish religion Mataji.But I have a slightly different thought on it. Understand the difference, and then you will get a better idea of Sahaja Yoga. Earlier, it was like, you clean up. Clean up every single person well. The gurus would work hard to get people cleansed. Even if just one person

left, they would forcefully cleanse them out. They would beat them, do this, do that, like real gurus. Not fake ones. What about the fake ones? Give them money and it's done. But I'm talking about the real ones. Praising fake gurus is very much famous here. But still one should understand in this that if a person is real he will never take money from you, he will not live on your money. He will never take money from you. In fact, he will give you, but never take from you. God cannot be sold. That's the first thing. If this kind of fake guru culture grows, we end up getting trapped in it, and since Mataji is against this fake guru culture, we go against HER too. But how long will these fake gurus last? Tomorrow, if they cause you trouble, you'll come to me crying. Mataji, that fake guru took all that money and left. He took so much money and left. But first we have to understand what true religion is.

Datta's birth anniversary was celebrated. The main thing is Datta's birth anniversary. But do you know who Datta is? And you all celebrate but do you have any relationship with Datta? All those who are Datta devotees. All those who have not received their self realization will have a stomachache. Write it down from Me. If someone has a stomach ache, go and ask them if they are Datta's devotees? Because Datta is very angry. Datta is sitting in your stomach. He is the one who is angry with you all. If you really have a relationship with Datta, you won't get any disease. If you are really related to God, then no disease even like cancer will happen to you, on the contrary, it will get better. If this does not happen, then what is the benefit of that God. So, those who follow such a path should think like this, do something externally. We just celebrated Datta's birth anniversary. Why is it like this? Then what? We brought rice, we brought this, we brought that. We had fun. Then say something like that. You had fun. You entertained. But Datta's birth anniversary was celebrated? Datta Jayanti will happen when you have realized yourself. Everyone celebrates Datta's birth anniversary. Everyone does. But these people have realized themselves. So Datta Jayanti means that you cultivate the religion that Datta taught within you. You have to cultivate it. You have to get into the essence from within. You have to immerse yourself in it. Then there is a meaning to Datta Jayanti. Otherwise, you just have to entertain yourself in the name of God. That is also acceptable to some extent. God is not entertainment. He is a joy. What is entertainment? Today, there was entertainment. We laughed and played. We started crying again.

Joy does not have two sides. There is no happiness or sorrow. There is only joy. Pure joy. You should get that pure joy. It is within you. It is all within you. I come here to give that joy to you. But you will put your head into it. "The most intelligent are their oxen empty". It is a very true saying and I feel it very much that these people are so educated but not very intelligent. We are very intelligent. So, has our nature changed since then? Has anything improved for us? Has anything improved for our children? Has our health at least remained good? At least do we have that much strength? That we will not take any addiction. Are we capable? That we are still very weak-minded people. When we see a bottle of liquor, we run there. If we can get two paise to eat, we quickly eat it. If we can harm someone, we sit and think about it.

That divine love has come within us. That the power or the strength of which we can do good to others has come within us? No, it has not come, has it? Then get it. It must be acquired. It does not require any education. It does not require any big education, no reading. It does not require anything. This power is dormant in every human being. It is called Kundalini. Once it is awakened, it sprouts. But after that, it becomes difficult to grow it like a tree. Especially in our Maharashtra. Because we use our minds very much. Once that sprout sprouts, it must be nurtured and taken care of. Every farmer knows. We have to nurture it and make a beautiful tree. We have to make a tree and then no matter what happens, even if it gets into a storm, how does that tree stand in our midst? In the same way, we have to stand in our midst. This is a sign of self-realization.

I am your mother and what I explain to you is for your good and welfare. But it all goes over your head. No one listens at all. It is not coming to anyone's head. Now even after coming here so many times, there are still the least Sahaja Yogis in Vaitarna. It is very sad. The least. In comparison to India, and to the whole world, there are very fewer people in your Vaitarna. Yet we give them so much importance. People of Vaitarna have come. Take care of them. But here, I think the saints and sadhus have never come. Maybe it is. Because this desire that we should get self-realization and take all the knowledge that we get for free is natural in everyone. It should be innate. But it is not. Now, however, some progress has been made. I am very happy with it and may God's grace be upon you. Get the blessings of God. This time has come. And it is a time of emergency. At this time, whoever will achieve their realization will be there and others will remain as it is. This situation is going to happen. I am saying this. Then later you will say, look, Mother, you did not tell us clearly. Now, I have told you as much as I can tell you as a Mother and I have explained to you that you should pay attention to Sahaja Yoga. Take care of your own health. Do good to yourself. As Krishna said, "Yogya Shemah: Vahamayam". Krishna said, after yoga only I will do your wellbeing. He did not say that I will take care of

your health and wellbeing. He did not say that anywhere. It was asked to him. So he said, I will take whatever fruit or flower you give me. But when he speaks, he uses a word. Do undivided or exclusive devotion. Exclusive means when there is a relationship with God, it is exclusive, seeking nothing else. Whether it is there or not. When there is no other, there is no relationship with God. Then there is no point in doing devotion. He has said this word "Ananya Bhakti" many times. Even in karma, he has correctly stated that whatever karma you do, leave it to God. A human being cannot leave it to God. Because if you say, I do everything for God. If you steal and you leave it to God. I kill someone and leave that to God. If a human being does any work for someone then he thinks that no he has done something special. Reason Why? He still has ego within.

But when you realize yourself, you do not say that I have done it. You do not say that God has done this. You say that it is all happening. Happening easily. Mother. Everything is happening. It is happening easily. This happened easily. Whose event happened easily. Sahaj. Sah means with you and born within you this Kundalini and its connection with God is your birthright. The yoga you received from her. The worthiness/qualification to establish the union with GOD is there within you. But you do not have it. It is your right. You take it. Take your right. I am saying this with full of my heart in front of you. But still, this all whether it is going into your heads or not this God only knows. Then the situation of all of us should be good. Our children and families should be good. Our house needs to be in good condition. We need to keep that in mind. We need to think about that.

Now I will tell them this for two minutes. Look how calmly they will listen. They don't understand your language. They don't understand a single letter of Marathi language. But how calmly they listen. Well, if you ask them what you understood from Mataji's speech? They will say that they were receiving param chaitanya from it. We were just feeling that. Because they all are in that state. They are all Sadhu n Saints. So we were receiving this param chaitanya. What about us? Whatever Mataji was saying was a mantra for us. Then we were just receiving the param chaitanya from it and even if I had kept talking like this for six hours, they would have remained sitting. But shouldn't that state come to us also? Their economic state is better. But at least our cultural state is better than theirs. Ours cannot be said to be the least but still our spiritual state is better as compared to theirs. Our religious/dharma state is better. But where did we go wrong? Extreme smartness. I will not say anything beyond that. At least a little humility should come. It will not happen without humility. So now, when you reach the end of the path of devotion that you have taken, come to the temple, because there you will wander back and forth. Nothing comes in the temple. Devotion is the path and the goal is the ultimate goal. It is self-realization. I have come to give that. We did it in our previous lives. We did it in that lives. In every birth, you have been devoted to God and so only you all have been taken birth on this yoga land and still now also keep doing the same. Now receive it. For which you have done so much devotion. You have broken so much, the day has come for you to receive it. That You should achieve it. It will be good for you. It will be good for your children. It will be good for everyone in every way.

Sit down. Now just keep your hands in this way. Straight . Just keep your hands like this, everyone. Sardarji do the hands like this. Ha. Come on, everyone do the hands like this. Why did they start running ? Look at this. I call them. Oversmartness. Do the hands straight. Do the hands like this. First see it is very easy and close your eyes.

Now see if in your head you all are getting cool or not? See if you all can feel cool. Now look at your head. Is it coming out of your head cool or hot? First it will come out hot. Is it coming out? Hot or cold? Cold. First some people will get hot. Let the heat come out. Then it will come out cold. Now bring your right hand towards me. Raise your left hand and see. See if it comes out?

It is coming. It is coming. Up, up, Hold it up. This is the Kundalini. This is what She came out from inside. This is like what Param Chaitanya means. This is the Adi Shakti Adi Maya. This is HER form. Look at this. Now a cold is coming out of your head. Up ,Hold it up, up. Now on the other hand. Now see if it is coming in your hands. Is the coolness coming in your hands? Yes. Do this hand again. It should come. If it does not come, then there is something wrong. Look again. And you will be completely thoughtless. No thoughts will come now. There are no thoughts in your head; see. Are there any thoughts?

No. Look. Hmmmm. Now do both of your hands like this. Coolness is coming. Very tremendous. Now ask the question in your mind. Mother, is this Chaitanya?

Is this Brahma? Ask this in your mind. This is Chaitanya. Please ask the question. Mother is this brahma. Is this chaitanya? Ask a

question. You all have got it. Hmmm, has it increased? It has increased. What? Has it come? Has it come or not. Hmm (pause) Now everyone will say Mother how you do it? Nobody does this. But if I am doing it, that means I should be someone great, right? Is it true that I am doing it? Then I must be someone great. But We are not considering this. Why should I do it unless there is something? There must be something. We should always look at it the other way around.

Now close your eyes and keep your attention here. Close your eyes.

Hmmm. Done. It is coming. Did you all feel cold on your head. Okay, now I will be going.

Now it will come next year. This year's program is over, now it's for next year. At that time, if the land becomes available, we'll start — we'll build a school here for you. And you people will get work, you'll get employment, and you'll get a lot of opportunities to learn. And if we manage to start our own school, then this whole area will benefit from it. Because outside from here, people are doing very well. But stay with love. We shouldn't oppose everyone. They have not come for some election campaign. They don't want anything from you. Understood? Alright, we'll leave now.

Victory to Adi Shakti Shri Nirmala Mata! Victory to Adi Shakti Shri Nirmala Mata!

They got it so fast.

Clapping...

That I couldn't even say "put your hands to this chakra or that chakra" — they just got it. They are such simple and good people.

Over there, you have to work hard to get it.

Here, it happens quickly — but it also fades away just as quickly.

Just like we got independence — it's the same kind of thing.

It came for a moment and then went away.

Nothing remains.

It doesn't last.

But it should last.

It shouldn't be momentary.

How important this is!

Don't let this remain momentary — think about it.

Also, we have our photos and all. If you want them —

The photos you brought — some photographs —

You can come and collect them from that bungalow; okay, we'll send them to you tomorrow as well.

Those photos have vibrations, just so you know.

People have been healed by those photos.

How that works — we'll explain it to you tomorrow, take some time to understand it.

And these people here will explain everything to you as well.

1985-0119, Havan

View [online](#).

19 January 1985

Havan

Dr Sanghvi's House, Nashik (India)

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

Transcript and Translation of Havan Nasik, 1985-0119

[Note: Transcription from a two-part audio recording of the Havan. There are some breaks and duplicate recordings in the first 8 minutes].

[Side conversations. Sahaja Yogis start by chanting the three Maha mantras. Shri Mataji is giving instructions on the Havan offerings].

Om Twameva Sakshat Shri Mahalaxmi, Mahasaraswati, Mahakali Trigunatmika, Sakshat Shri Adishakti Mataji Shri Nirmala Devi Namoh Namah.

Om Twameva Sakshat Shri Kalki Sakshat Shri Adishakti Mataji Shri Nirmala Devi Namoh Namah.

Om Twameva Sakshat Shri Kalki Sakshat Shri Sahasrara Swamini Mokshapradayini, Mataji Shri Nirmala Devi Namoh Namah.

Shri Mataji: Agni Devata.

Sahaja Yogis: Om Twameva Shri Agni Devata Sakshat Shri Nirmala Devi Namoh Namah.

Shri Mataji: Remove these buckets from here. Have you put them all there?

Shri Mataji: Yes. Are the "drona" (leaf bowls) there? Are "vatis" (metal bowls) there? OK, come. Put it in the centre.

Sahaja Yogis: Om Twameva Shri Agni Devata Sakshat Shri Adishakti Mataji Shri Nirmala Devi Namoh Namah.

Shri Mataji: Do not add "govaris" (cow dung cakes made for Havan offering). Put it in the middle. Is the camphor there?

Sahaja Yogi: Yes.

Shri Mataji: Add it in the middle. And add ghee.

[Inaudible. Side conversations in multiple languages and Havan set-up].

Shri Mataji: Add it. Are the matches there? "Lava, lava matches lava" (Light it).

[Inaudible. Mother is guiding the kindling of the fire, speaking with Sahaja Yogis in Marathi and English, some side conversations etc.].

Shri Mataji: [Inaudible]. (In Marathi) - Do not hide in the kitchen. (Pause).

To a Sahaja Yogi: Come, come. You sit here. Do you know it?

Shri Mataji: [Inaudible/more people to start the fire].

Shri Mataji: [Inaudible]. Because of the river. Nirmala. So [inaudible] Nirmala.

(In Marathi): Not like that. Take that and paper shavings and arrange/light it under there. First light it. Light it. First, you light it and then light it the way it is done with paper. First, extinguish it.

Sahaja Yogi: The wood has lighted up. Now it will not go off.

Shri Mataji: Now you get the “katoris” (bowls). Give some more. Give it to everyone. Just pass on these little things. Sit down. Sit down. Just pass on. Do not get up. Just pass it on.

[Inaudible/To a Sahaja Yogi]: Shiva, you have to look after the...

[Break in audio. When it resumes Sahaja Yogis have just started chanting 108 names of Shri Nirmala Devi.]

Om Twameva Sakshat Shri Śhrī Mātā (The Sacred Mother, who gives the Highest Knowledge, Brahma Vidya, to Her devotees.)
Namo Namah.

Om Twameva Sakshat Shri Mahā-rājñī (The Great Empress) Namo Namah.

Om Twameva Sakshat Shri Deva-kārya samudyatā (Emerging for a Divine Purpose; whose rising has a Divine Effect (Kundalini))
Namo Namah.

Om Twameva Sakshat Shri Akulā (Beyond family, caste, race, or measurable dimensionality, residing in the Sahasrāra, beyond the ‘family’ of the lower Chakras.) Namo Namah.

Om Twameva Sakshat Shri Vihu-granthi-vibhedinī (The One who cuts the Knot of Illusion in the Solar Plexus allowing the devotee to perceive the unreality of body, mind, etc. and losing the sense of limited ‘I’-ness) Namo Namah.

Om Twameva Sakshat Shri Bhavānī (The Queen of Bhava, that is Śhrī Shiva, and Giver of Life to the Whole Universe) Namo Namah.

Om Twameva Sakshat Shri Bhakti priyā (Fond of Devotees) Namo Namah.

Om Twameva Sakshat Shri Bhakti gamyā (Realised by Devotion) Namo Namah.

Om Twameva Sakshat Shri Śharma dāyinī (The Bestower of Happiness and Divine Bliss) Namo Namah.

Om Twameva Sakshat Shri Nir-ādhārā (Unsupported, as You are the Support of the Entire Universe) Namo Namah.

Om Twameva Sakshat Shri Nir-anjanā (Unstained by any limitations whatsoever) Namo Namah.

Om Twameva Sakshat Shri Nirlepā (Untouched by any Karmas or dualism) Namo Namah.

Om Twameva Sakshat Shri Nirmalā (Pure) Namo Namah.

Om Twameva Sakshat Shri Nih-kalakā (Faultless Brilliance) Namo Namah.

Om Twameva Sakshat Shri Nityā (Eternal) Namō Namah.

Om Twameva Sakshat Shri Nir-ākārā (Formless) Namō Namah.

Om Twameva Sakshat Shri Nir-ākulā (Unruffled) Namō Namah.

Om Twameva Sakshat Shri Nirgunā (Beyond the Three Gunas, Sattva, Rajas and Tamas) Namō Namah.

Om Twameva Sakshat Shri Nihkalā (Indivisible and Complete) Namō Namah.

Om Twameva Sakshat Shri Nihkāmā (Desireless, having everything) Namō Namah.

Om Twameva Sakshat Shri Nir-upaplavā (Indestructible) Namō Namah.

Om Twameva Sakshat Shri Nitya muktā (Ever Free, and Your devotees ever free) Namō Namah.

Om Twameva Sakshat Shri Nirvikārā (Changeless, but the Unchanging Basis of all changes) Namō Namah.

Om Twameva Sakshat Shri Nir-āśhrayā (Having no refuge, as You are the Refuge of all) Namō Namah.

Om Twameva Sakshat Shri Nir-antarā (Undifferentiated) Namō Namah.

Om Twameva Sakshat Shri Nih-kāranā (Causeless, as You are the Cause of all causes) Namō Namah.

Om Twameva Sakshat Shri Nir-ūpadhi (Without Illusion or Plurality) Namō Namah.

Om Twameva Sakshat Shri Nir-īshwarā (Supreme, having no higher Deity) Namō Namah.

Om Twameva Sakshat Shri Nirāgā (Unattached) Namō Namah.

Om Twameva Sakshat Shri Nirmadā (Prideless) Namō Namah.

Om Twameva Sakshat Shri Nīshchintā (Without any anxiety) Namō Namah.

Om Twameva Sakshat Shri Nir-ahakārā (Without ego) Namō Namah.

Om Twameva Sakshat Shri Nirmohā (Free from Illusion) Namō Namah.

Om Twameva Sakshat Shri Nirmamā (Without Selfishness) Namō Namah.

Om Twameva Sakshat Shri Nihpāpā (Beyond Sin) Namō Namah.

Om Twameva Sakshat Shri Ni-saśhayā (Without any doubts) Namō Namah.

Om Twameva Sakshat Shri Nir-bhavā (Unborn) Namō Namah.

Om Twameva Sakshat Shri Nir-vikalpā (Beyond all doubt) Namō Namah.

Om Twameva Sakshat Shri Nir-ābādhā (Untroubled) Namō Namah.

Om Twameva Sakshat Shri Nir-nāśhā (Deathless and Indestructible) Namō Namah.

Om Twameva Sakshat Shri Nihkriyā (Beyond All Actions, not involved in any action) Namō Namah.

Om Twameva Sakshat Shri Nih-parigrahā (Taking Nothing, as You are the Source of everything) Namō Namah.

Om Twameva Sakshat Shri Nistulā (Unequalled) Namō Namah.

Om Twameva Sakshat Shri Nīla-chikurā (Dark-haired) Namō Namah.

Om Twameva Sakshat Shri Nir-apāyā (Beyond Danger) Namō Namah.

Om Twameva Sakshat Shri Nir-atyayā (Impossible to cross or transgress) Namō Namah.

Om Twameva Sakshat Shri Sukha-pradā (Conferring Happiness and the Bliss of Liberation) Namō Namah.

Om Twameva Sakshat Shri Sāndra-karunā (Intensely Compassionate to Your Devotees) Namō Namah.

Om Twameva Sakshat Shri Mahā-devī (The Greatest of Goddesses) Namō Namah.

Om Twameva Sakshat Shri Mahā-pūjyā (Worshipped by the highest of Gods, the Trimurtis: Shrī Brahma, Vishnu and Shiva) Namō Namah.

Om Twameva Sakshat Shri Mahā-pātaka nāśhinī (Destroying even the greatest of sins) Namō Namah.

Om Twameva Sakshat Shri Mahā-śhakti (The Great Power) Namō Namah.

Om Twameva Sakshat Shri Mahā-māyā (The Supreme Creator of Illusion and Confusion even to the Greatest of Gods) Namō Namah.

Om Twameva Sakshat Shri Mahā-ratī (The Greatest Bliss that is beyond all sense pleasures) Namō Namah.

Om Twameva Sakshat Shri Viśhva-rūpā (Having the Universe as Your Form) Namō Namah.

Om Twameva Sakshat Shri Padm'āsanā (Seated in the Lotuses, in the Chakras) Namō Namah.

Om Twameva Sakshat Shri Bhagavatī (The Matrix of the Universe, having all Divine Qualities) Namō Namah.

Om Twameva Sakshat Shri Rakhā-karī (The Saviour) Namō Namah.

Om Twameva Sakshat *Rākhasa-ghnī (The Slayer of Demons and all evil forces) Namō Namah.

Om Twameva Sakshat Shri Param'eśhwarī (The Supreme Goddess) Namō Namah.

Om Twameva Sakshat Shri Nitya-yauvanā (Ever Young, untouched by time as it is Your Creation) Namō Namah.

Om Twameva Sakshat Shri Punya-labhyā (Attained by the Righteous, being worshipped as a result of good actions in previous

births) Namō Namah.

Om Twameva Sakshat Shri Achintya-rūpā (Beyond Thought) Namō Namah.

Om Twameva Sakshat Shri Parā-śaktī (The Supreme Power) Namō Namah.

Om Twameva Sakshat Shri Guru-mūrti (Of the Form of the Guru: every true Guru is a manifestation of You) Namō Namah.

Om Twameva Sakshat Shri Ādi śakti (The Primal Power, being the First Cause of Creation) Namō Namah.

Om Twameva Sakshat Shri Yogadā (The Bestower of Yoga) Namō Namah.

Om Twameva Sakshat Shri Ekākinī (Alone, the Sole Basis of the plurality of the Universe) Namō Namah.

Om Twameva Sakshat Shri Sukh'ārādhyā (Easily worshipped) Namō Namah.

Om Twameva Sakshat Shri Śhobhanā-sulabh'āgati (The Most Auspicious and Easily-attained Path to Self-Realisation) Namō Namah.

Om Twameva Sakshat Shri Sat-chit-ānanda-rūpinī (Having the Three Attributes of the Ultimate, Truth, Consciousness and Bliss, as Your forms.) Namō Namah.

Om Twameva Sakshat Shri Lajjā (Bashful Modesty, residing in all beings as modest chastity) Namō Namah.

Om Twameva Sakshat Shri Śhubha-karī (Benevolent. The greatest good is the Realisation of the Ultimate and You grant that to devotees) Namō Namah.

Om Twameva Sakshat Shri Chandikā (Angry with evil forces) Namō Namah.

Om Twameva Sakshat Shri Tri-gun'ātmikā (Assuming the Form of the Three Gunas) Namō Namah.

Om Twameva Sakshat Shri Mahatī (The Great, Immeasurable, Supreme Object of Attention and Worship) Namō Namah.

Om Twameva Sakshat Shri Prāna-rūpinī (Of the Form of the Divine Breath of Life) Namō Namah.

Om Twameva Sakshat Shri Param'ānu (The Ultimate Atom, too minute to be comprehended) Namō Namah.

Om Twameva Sakshat Shri Pāśha-hantrī (Destroying Bonds and Liberating the Soul) Namō Namah.

Om Twameva Sakshat Shri Vīra-mātā (The Mother of Devotees who are Courageous) Namō Namah.

Om Twameva Sakshat Shri Gambhirā (Of Fathomless Depth, a Vast Lake of Consciousness uncomprehended by space and time.) Namō Namah.

Om Twameva Sakshat Shri Garvitā (The Proud, as the Creatrix of the Universe) Namō Namah.

Om Twameva Sakshat Shri Khipra-prasādinī (Showering Grace on Your Devotees very quickly) Namō Namah.

Om Twameva Sakshat Shri Sudhā-suti (The Ambrosial Flow of Bliss in the Sahasrāra) Namō Namah.

Om Twameva Sakshat Shri Dharm'ādhārā (The Support of Right Conduct) Namō Namah.

Om Twameva Sakshat Shri Viśhwa-grāsā (Devouring the Universe at the time of Pralaya, the Ultimate Dissolution) Namō Namah.

Om Twameva Sakshat Shri Svasthā (Established in Yourself; also, You establish the Self in Devotees) Namō Namah.

Om Twameva Sakshat Shri Svabhāva-madhurā (Of Natural Sweetness, residing in the hearts of devotees as Bliss.) Namō Namah.

Om Twameva Sakshat Shri Dhīra-samarchitā (Worshipped by the Wise and the Brave) Namō Namah.

Om Twameva Sakshat Shri Param'odarā (Of Supreme Generosity) Namō Namah.

Om Twameva Sakshat Shri Śhāśhwatī (Ever-present, Continuous) Namō Namah.

Om Twameva Sakshat Shri Lokātītā (Transcending all Created Universes, being seated above Sahasrāra) Namō Namah.

Om Twameva Sakshat Shri Śham'ātmikā (Having Peace as Your Essence. Devotees with their minds at peace are Your Abode) Namō Namah.

Om Twameva Sakshat Shri Līlā-vinodinī (Whose Sport is the Universe, the Entire Act of Creation is Your Play.) Namō Namah.

Om Twameva Sakshat Shri Sadāśhivā (The Eternal God Almighty into whom all other forms dissolve at the time of Pralaya) Namō Namah.

Om Twameva Sakshat Shri Puhi (Nourishing the Soul with Divine Vibrations) Namō Namah.

Om Twameva Sakshat Shri Chandra-nibhā (Luminous like the Moon) Namō Namah.

Om Twameva Sakshat Shri Ravi-prakhyā (Radiant like the Sun) Namō Namah.

Om Twameva Sakshat Shri Pāvan'ākitī (The Sacred Form which washes away all sins) Namō Namah.

Om Twameva Sakshat Shri Viśhwa-garbhā (The Mother of the Universe) Namō Namah.

Om Twameva Sakshat Shri Chit-śhakti (The Power of Consciousness that dispels ignorance and confusion) Namō Namah.

Om Twameva Sakshat Shri Viśhwa-sākhinī (The Silent Witness of the action of the Universe) Namō Namah.

Om Twameva Sakshat Shri Vimalā (Clean, Pure, Untouched) Namō Namah.

Om Twameva Sakshat Shri Varadā (The Bestower of Boons) Namō Namah.

Om Twameva Sakshat Shri Vilāsinī (Charming and Playful, opening or closing the way to Self-realisation at Your Pleasure) Namō Namah.

Om Twameva Sakshat Shri Vijayā (Victorious) Namō Namah.

Om Twameva Sakshat Shri Vandāru-jana-vatsalā (Loving Your devotees as Your Children) Namō Namah.

Om Twameva Sakshat Shri Sahaja yoga dāyinī (Granting Spontaneous Self-realisation) Namō Namah.

Om Twameva Sakshat Shri Lalita Sakshat Shri Durga Mata Sakshat Shri Mataji Shri Nirmala Devi Namō Namah.

Shri Mataji: You should also say that "Vishwa Nirmala Dharma Sthapini" (Founder of the Universal Pure Religion). Hello?

Sahaja Yogini: Vishwa Nirmala Dharma?

Shri Mataji: "Vishwa Nirmala Dharma Sansthapini". "Om Twameva Sakshat".

Sahaja Yogis: Om Twameva Sakshat Shri Vishwa Dharma Nirmala Sthapini Devyai Namō Namah.

Shri Mataji (slowly): "Vishwa Nirmala Dharma Sansthapini".

Sahaja Yogis: Om Twameva Sakshat Shri Vishwa Nirmala Dharma Sthapini Shri Adishakti Mataji Shri Nirmala Devi Namō Namah.

Shri Mataji: Done.

[Inaudible. Discussions about the offerings. Havan fire can be heard blazing away].

Shri Mataji: You have not been keeping all that. Keep all that. Now the purnauti.

Sahaja Yogi: We have to apply ghee to this.

Sahaja Yogini: There is a lot more in the bowl.

Shri Mataji (to a Sahaja Yogi): You say the mantra for purna.. purnavidam.

Sahaja Yogi: Om Pūrnam-ada Pūrnam-idam Pūrṇāt Pūrnam-udachyate

(Om, that is complete, this is complete;

from completeness, this completeness has come forth.)

Pūrṇasya Pūrnam'ādāya Pūrnam-ev'āvaśhihyate Swaha!

(From that completeness this completeness has been removed;

yet the completeness remains complete.)

Shri Mataji: Put all the ghee here.

Shri Mataji: Now the badhas.

Sahaja Yogi: Take it one country at a time.

Sahaja Yogis: All the badhas of India, Om Swaha!

All the badhas of England, Om Swaha!

All the badhas of Spain, Om Swaha!

All the badhas of Switzerland, Om Swaha!

All the badhas of [inaudible], Om Swaha!

All the badhas of France, Om Swaha!

All the badhas of Italy, Om Swaha!

All the badhas of Germany, Om Swaha!

All the badhas of Malaysia, Om Swaha!

All the badhas of [inaudible], Om Swaha!

All the badhas of South America, Om Swaha!

All the badhas of North America, Om Swaha!

All the badhas of Canada, Om Swaha!

All the badhas of Russia, Om Swaha!

All the badhas of China, Om Swaha!

All the badhas of New Zealand, Om Swaha!

All the badhas of Singapore, Om Swaha!

All the badhas of Saudi Arabia, Om Swaha!

All the badhas of Hong Kong, Om Swaha!

All the badhas of Vietnam, Om Swaha!

All the badhas of Africa, Om Swaha!

All the badhas of Cambodia, Om Swaha!

All the badhas in Lebanon, Om Swaha!

All the badhas of [inaudible], Om Swaha!

All the badhas of [inaudible], Om Swaha!

All the badhas of [inaudible], Om Swaha!

All the badhas of the world, Om Swaha!

All the badhas of United Nations, Om Swaha!

Shri Mataji: You have taken out all the badhas of the world (laughing). Now all the badhas of Sahaja Yoga.

Sahaja Yogis: All the badhas of Sahaja Yoga, Om Swaha!

Shri Mataji: All the badhas of Sahaja Yogi marriages.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of the ascending people.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of the rajasa (guna).

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of tamasic (guna).

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of the sattvic.

Sahaja Yogis: Om Swaha!

Shri Mataji: Now you say [inaudible]

[A Sahaja Yogi leads with badha name and all follow with Om Swaha!]

Sahaja Yogis: All the badhas caused by our big eagles, Om Swaha!

Sahaja Yogis: All the badhas which make us think that because Mother has put us in charge, we are better than others, Om Swaha!

Sahaja Yogis: All the badhas of the so-called trustees, Om Swaha!

Sahaja Yogis: All the badhas coming in the way of establishing schools, Om Swaha!

Sahaja Yogis: All the badhas of the co-ordinators, Om Swaha!

Sahaja Yogis: All the badhas which prevent us from recognising our Mother, Om Swaha!

Sahaja Yogi: Again.

Sahaja Yogis: Om Swaha! Om Swaha! Om Swaha!

Sahaja Yogis:[inaudible], Om Swaha!

Sahaja Yogis: All the badhas which prevent us from knowing this is Vishwa Nirmal Dharma and stop us from marrying other nationalities, Om Swaha!

Sahaja Yogis: All the badhas that still exist in Sahaja Yogis so that they see different races and religions and colours in people.

Shri Mataji: And caste.

Sahaja Yogis: ..and caste, Om Swaha!

[Pause, Mother is inquiring about Havan camphor etc.]

Shri Mataji: Other badhas you want to suggest? Anyone of you?

Sahaja Yogis: [inaudible], Om Swaha!

Sahaja Yogis: [inaudible], Om Swaha!

Sahaja Yogi: He said all the badhas of Sahaja Yoga centres.

Sahaja Yogis: All the badhas of Sahaja Yoga centres, Om Swaha!

Sahaja Yogis: All the badhas of ignorance, Om Swaha!

Sahaja Yogini: Catholic Church.

Sahaja Yogis: Om Swaha!

Shri Mataji: And Hindu temples.

Sahaja Yogis: Om Swaha!

Shri Mataji: And Muslim mosques.

Sahaja Yogis: Om Swaha!

Shri Mataji: And Gurudwaras.

Sahaja Yogis: Om Swaha!

Shri Mataji: And zen systems.

Shri Mataji: Namahs (?)

Sahaja Yogis: Om Swaha!

Shri Mataji: Jainese.

Sahaja Yogis: Om Swaha!

Sahaja Yogi: All the badhas hanging around holy places.

Sahaja Yogis: Om Swaha!

Sahaja Yogi: All the badhas [inaudible].

Sahaja Yogis: Om Swaha!

Sahaja Yogi: All the badhas [inaudible].

Sahaja Yogis: Om Swaha!

Sahaja Yogi: All the badhas of money.

Sahaja Yogis: Om Swaha!

Sahaja Yogi: All the badhas of Swiss banks.

Sahaja Yogis: Om Swaha!

Shri Mataji: Developed countries.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of the developing countries.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of the greedy.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of the vulgarity.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of the world.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of our joy.

Sahaja Yogis: Om Swaha!

Shri Mataji: All badhas against joy and present [inaudible/tense].

Sahaja Yogis: Om Swaha!

Sahaja Yogi: All the badhas against impulsive behaviour.

Shri Mataji: Against what?

Sahaja Yogi: Impulsive behaviour.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of leaders.

Sahaja Yogis: Om Swaha!

Sahaja Yogi: Negativity against Mother.

Shri Mataji: Against what?

Sahaja Yogi: Negativity against Mother.

Shri Mataji: [inaudible], but all right. I do not want to believe but all right.

Sahaja Yogis: Om Swaha!

Sahaja Yogi: All the badhas against pure thoughts.

Sahaja Yogis: Om Swaha!

Sahaja Yogi: All the badhas that prevent discretion.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of enjoying physical comfort rather than spiritual comfort.

Sahaja Yogis: Om Swaha!

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of asceticism.

[Laughter]

Sahaja Yogis: Om Swaha!

Sahaja Yogi: All the badhas of bachelors.

Shri Mataji: All the badhas of the past.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of the future.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of all the chakras.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of the weak Kundalini.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of wrongdoing.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of demonic forces.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of flippant nature.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of frivolousness.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of undignified nature.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of not having proper strength.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the badhas of against willpower and discipline.

Sahaja Yogis: Om Swaha!

Sahaja Yogi: Badhas of parents.

Shri Mataji: Oh, very much so.

Shri Mataji: Attachment to parents.

Sahaja Yogis: Om Swaha!

Shri Mataji: Attachment to sisters and brothers.

Sahaja Yogis: Om Swaha!

Shri Mataji: Supporting the wrong people.

Sahaja Yogis: Om Swaha!

Shri Mataji: Attachment to your own children.

Sahaja Yogis: Om Swaha!

Shri Mataji: To your own country, your own culture.

Sahaja Yogis: Om Swaha!

Shri Mataji: Attachments of my and mine.

Sahaja Yogis: Om Swaha!

Shri Mataji: Attachment to the cause and effect.

Sahaja Yogis: Om Swaha!

Shri Mataji: Attachment to gross living.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas in becoming the subtlest personality.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas against compassion and love.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas against pure knowledge.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas against the poverty of thinking.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas against bombastic talking.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas against murmuring souls.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas which create an atmosphere against Sahaja Yoga.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas against those who combine together in groups.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas which bring people into economic and political groups.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas against dissolving into the Divine.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas against registering what Mother always says.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas against understanding what Mother says.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas against practising what Mother says.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas against people saying, "Mother said so".

Sahaja Yogis: Om Swaha! [Laughter].

Shri Mataji: Badhas against self-appointed leaders.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas which make you suddenly "John Gilpin's" (of the comic ballad The Diverting History of John Gilpin).[Laughter]

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas which do not give you a proper sense of balance.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas which do not give you the Spirit.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas which do not give you subtler understanding.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas which do not give you the insight into the lines of the spiritual.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of worshipfulness.

Sahaja Yogis: Om Swaha!

Shri Mataji: The right correct method.

Sahaja Yogis: Om Swaha!

Shri Mataji: Self-appointment of and also, self-generated ideas of worship and also other nonsense ideas like leaves(?), and future, what do you call that?

Sahaja Yogi: Seeing into the future.

Shri Mataji: Yes, seeing into future, supraconsciousness.

Sahaja Yogi: Clairvoyance.

Shri Mataji: Clairvoyance.

Sahaja Yogis: Om Swaha!

Shri Mataji: All the problems of physical being.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas that create mental problems.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of people who try to find fault with others and not with themselves.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas who find faults with My arrangements and with the leaders I have appointed.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas that make people become arrogant with the leaders I have appointed.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas that create [inaudible].

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of Mine where I cannot open My Heart to you.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of Mine also where I feel little hesitant to tell you about My feelings.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of Mine, of too much forgiveness.

Sahaja Yogis: Om Swaha!

Shri Mataji: Badhas of Mine, of forgetfulness.

Sahaja Yogis: Om Swaha!

Shri Mataji: Actually, that is the only badha I have. [Laughter]

Sahaja Yogi: [inaudible].

Shri Mataji: This is a badha, isn't it? Today, actually if you hear what the saints were saying. They were praying, and they were saying that "Oh Mother, in your forgiveness, You also forgive these horrible demons. And you kill them in the, in the wars and then they are again forgiven. And they will be born again. So please do not kill them, destroy them and make them into ashes.

Shri Mataji: All the badhas are done.

Sahaja Yogini: All badhas that prevent us from becoming one with the Absolute.

Sahaja Yogis: All badhas that prevent us from becoming one with the Ocean of the Divine, Om Swaha!

Shri Mataji: Badhas of your equipment. [Laughter]

Sahaja Yogis: Om Swaha!

Shri Mataji: Now, anything else? Badhas of your travelling and roaming in buses. [Laughter].

Sahaja Yogis: Om Swaha!

Sahaja Yogis: Badhas of the drivers, Om Swaha! [Laughter].

Shri Mataji: Badhas of not getting the right places and having bad.

Sahaja Yogis (laughing): Om Swaha!

Sahaja Yogi: [inaudible/brothers and sisters].

Sahaja Yogi: The badhas that prevent all our brothers, there we are!

[Laughter all around].

Shri Mataji: Badhas of Bala (Sahaja Yogi).

[Laughter all around].

Sahaja Yogis: Badhas of Bala, Om Swaha!

Shri Mataji: All right, all your individual badhas.

Sahaja Yogis: Om Swaha!

Sahaja Yogini: [inaudible]

Shri Mataji: She is saying that all the badhas, all the badhas of people who are [inaudible/torn?] of not getting realisation and [inaudible] carry Sahaja Yoga.

Sahaja Yogis: Om Swaha!

Sahaja Yogis: [inaudible. Laughter all around]. Om Swaha!

Shri Mataji: Who said that?

[Laughter all around].

Sahaja Yogi: There is going to be retaliation. [Laughter].

Shri Mataji: All right. What about the badhas of the wives?

Sahaja Yogis: Om Swaha!

Shri Mataji: And the badhas of the children.

Sahaja Yogis: Om Swaha!

Shri Mataji: All right. I think we have covered most of them. Actually, some loopholes are left, I think. [Laughter].

[Talks to Sahaja Yogis in Marathi].

Shri Mataji: They want to show you some film. And you can have a look at it if you want to. But I better go and have some rest. Because [inaudible]. But if somebody can sit down here and see that it is burnt away. Some of you can take away the [inaudible] from this. And then you can see the film.

[Conversation in Marathi].

Shri Mataji: What film are you showing?

Sahaja Yogi: Film.

Shri Mataji: Film. But where will you show it? On that wall?

Sahaja Yogi: No, no, in the centre. Up.

Another Sahaja Yogi: No, no. How can we do it here?

Shri Mataji: Hang something there.

Sahaja Yogi: Yes, we will bring a curtain.

Shri Mataji (in English): They will show you some nice film they have. Now if you will excuse Me now. I better go and have some sleep.

Sahaja Yogis: Om Twameva Sakshat Shri Mahalaxmi, Mahasaraswati, Mahakali Trigunatmika, Kundalini Sakshat, Shri Adishakti Mataji, Shri Nirmala Devi Namoh Namah.

Om Twameva Sakshat Shri Kalki Sakshat Shri Adishakti Mataji Shri Nirmala Devi Namoh Namah.

Om Twameva Sakshat Shri Kalki Sakshat Shri Sahasrara Swamini Mokshapradayini, Mataji Shri Nirmala Devi Namoh Namah.

Mataji, Shri Nirmala Devi Namoh Namah.

Shri Nirmala Devi Namoh Namah.

Shri Nirmala Devi Namoh Namah.

[End of tape].

1985-0119, Talk, Marriage Couplets (incomplete)

View [online](#).

19 January 1985

Talk to Sahaja Yogis

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

TRANSCRIPT OF MARRIAGE COUPLETS JANUARY 19, 1985

Shri Mataji (to someone): I vibrated some water for you; I hope it helps your nabhi.

(in Marathi): So, is it done? Who? Taught them? Whom?

“Nava ghya” (Literally take the name – also called “ukhana”, this is an old wedding custom of the Maharashtrian community in India to subtly announce the name of your spouse. Married couples recite rhyming couplets after the ceremony and later on, during festive gatherings, in which the names of their spouses figure).

Shri Mataji (in Marathi): In Marathi? Who.

Someone: Dalvi.

Shri Mataji: Yes, take it (the name). Come on, take the name in Marathi. If the husband is English, take it in English.

[A Sahaja Yogi is reciting a couplet, but this one is in praise of Shri Mataji, not an ukhana].

Sahaja Yogi: Phate Geli, Phala Geli, Nash Hoto Thanana, Ayushacha Nash Hoto, Nirmal Naav Mhanana (The trees and fruits are gone, there is destruction, as life is being destructed, please take the name of Nirmal).

Shri Mataji: Life is destructed, says Nirmal's name?

Sahaja Yogis: Take the name, say the name.

Shri Mataji (in English): It is that the time is passing fast. Every moment is going away. It is best is to take the name of Nirmala.

[Applause].

Shri Mataji: Yes, go ahead.

[Inaudible. Someone is reciting in English].

Sahaja Yogi: Can you repeat, please?

[Inaudible].

Shri Mataji: Warren is practising well. (Laughter all around)

Another Sahaja Yogi: He is all attention.

Shri Mataji: All right. The next.

Sahaja Yogini Bride (in English): My husband's name is Paul. There will be nobody else at all.

Sahaja Yogi (repeating to Shri Mataji as the words are inaudible): My husband's name is Paul. There will be nobody else at all.

Shri Mataji: Nobody.

Sahaja Yogi: Nobody else at all.

Shri Mataji: Good.

[Laughter all around].

Sahaja Yogi: Coordinate, coordinate. Louder.

Sahaja Yogi Groom: I just now married my wife, Wendy. I had to because she is so friendly.

[Sahaja Yogi repeats to Shri Mataji].

Sahaja Yogini Bride: I just now married my husband John. He is the only one.

Sahaja Yogi: Cannot hear you.

[Sahaja Yogi repeats to Shri Mataji].

Shri Mataji: That is good poetry coming out.

[Laughter].

Shri Mataji: You do not have this custom though. I think I started well.

[Laughter].

Sahaja Yogini Bride (in Marathi): Ashiwardache sumane vechali khali vakun, Atul Ravache Nav Ghete, Shri Mataji Ani Sarvancha Maan Rakhun (I bend down to pick the flowers of blessings, I take the name of Atul, respecting the honour of Shri Mataji and everyone else).

Another Sahaja Yogi: Name, please.

[Inaudible].

Shri Mataji: What?

[Inaudible].

Shri Mataji: With respect to Mother, I take the name.

[Sahaja Yogini repeats the couplet. Sahaja Yogi repeats it to Mother].

Shri Mataji: You must collect the flowers of blessings by bending down. I take the name of, what is the name?

Sahaja Yogi: Atul.

Shri Mataji: I take the name of my husband Atul, with all respect to my Mother. You see it is said that, because my mother has asked me, so with respect I take the name of my husband. It is like that.

[Applause].

Shri Mataji: It is a very beautiful poem.

Sahaja Yogi Groom (in Marathi): Ya Mangal Dini Asmita Sampavi, Mhanun Mi Smitache Naav Gheto Matajincha Charani (On this auspicious day I take the name of Smita at the Feet of Mataji so that my ego identification is finished).

Shri Mataji: Wah, wah, wah.

[Applause].

Shri Mataji: Now Asmita. What is the English word for it? What is the English word for Asmita? It is a spiritual word.

Sahaja Yogi: You could say mirthless.

Shri Mataji: Yes?

Sahaja Yogi: Mirthless. Smita smiles..

Shri Mataji: Asmita has a different meaning. So, what does Asmita mean? Yes?

Sahaja Yogi: No Smita, Asmita.

Sahaja Yogi: Self-respect.

Shri Mataji: Pride?

Sahaja Yogis: Ego. Durabhimaan (absence of pride).

Shri Mataji: Yes?

Sahaja Yogi: Durabhimaan.

Shri Mataji: Durabhimaan. Asma, should be said asma. Should be called ego. Asmita is a subtler version.

Sahaja Yogi: No it is not.

Shri Mataji: What is the abstract for ego? The essence of ego?

Sahaja Yogini: Egotism.

Sahaja Yogi: It is a cult.

Shri Mataji: No, no, no, no. So whatever it is, is the essence of ego. The essence of ego. I take the name of Smita, means the smiling grace. As I finished with asmita, Asmita means the essence of ego. That is rather difficult to translate but that is what it is.

(in Marathi): Yes, take the name.

Sahaja Yogi Groom: By Mataji's choice, Zorana is my bride, She is leaving left nabhi for the vishuddhi right side. (Shouts of laughter).

Shri Mataji: That is a good one. That is a tremendous one.

[Mother cannot stop laughing].

Shri Mataji: It is a very good one. Very good one. I think everyone must have understood it; I need not translate. That is a very good one, I must say. Let us have it.

Another Sahaja Yogi: Repeat it, repeat it.

Sahaja Yogi Groom: By Mataji's choice, Zorana is my bride, She is leaving left nabhi for the vishuddhi right side.

Shri Mataji: That is himself, right vishuddhi. And she is left nabhi. All right. Great. Ah, that is a great one. Now let us have it. Zorana?

Zorana: I love Michael because he came to me, He was sent to me by the blessings of Adishakti.

Shri Mataji: Great, sweet, sweet. Very good.

[Applause].

Shri Mataji: All right. Let us have it.

Sahaja Yogi: [Inaudible].

Shri Mataji (in Marathi): What was that?

Another Sahaja Yogi: Repeat.

Sahaja Yogi Groom: My lovely wife is Nutan. Now my life is sweeter.

Shri Mataji: Nutan.

Another Sahaja Yogi: Lovely wife is Nutan.

Shri Mataji: Good.

Sahaja Yogini Bride: You are my Rama, sweetheart Because Shri Mataji sent me as Sita.

[Laughter and applause].

Shri Mataji: It is a little one. But that is only, she is only eighteen years. Very sweet girl. Purna(?)

Sahaja Yogi Groom: I love Cindy like no other Because like me she's recognised Mother.

[Applause].

Shri Mataji: That is a good one.

Sahaja Yogi: It is improving.

Another Sahaja Yogi: It is catching up.

[Applause].

Sahaja Yogini Bride: I love my husband Nick, He makes my heart go tick.

[Prolonged laughter and applause].

Shri Mataji: That is a good one. Yes, good.

Sahaja Yogi: Once more for this.

Another Sahaja Yogi: You repeat the word, Nick, so it will be a tick, tick.

[Laughter].

Sahaja Yogini Bride: I love my husband Nick, He makes my heart go tick.

Shri Mataji (in Marathi): Poor [inaudible], he blushed.

Sahaja Yogi Groom: Now I have married Sheila, I know I have become crazy.

Sahaja Yogi: Good.

Sahaja Yogini Bride: Mother's love says clearly, I love John dearly.

Shri Mataji: Mother's love says? Clearly?

Sahaja Yogini Bride: Mother's love says clearly, I love John dearly.

Sahaja Yogi: Mother's love says clearly, I love John dearly.

Sahaja Yogi Groom: I love you, Patricia, I always want to kiss ya.

[Laughter all around].

Shri Mataji: What?

Sahaja Yogi: I will always want to kiss you.

Shri Mataji: Good idea.

Sahaja Yogi: Good idea [inaudible].

Sahaja Yogi Groom: Patricia, I always want to kiss you.

[Laughter].

Sahaja Yogini Bride: I love you, Otto. From now on, loving Otto will be my motto.

[Laughter].

Shri Mataji: Ah?

Sahaja Yogi: Loving Otto will be my motto.

Sahaja Yogi Groom: I will speak in Marathi.

Shri Mataji: Yes, take it in Marathi.

Sahaja Yogi: In Marathi.

Groom: Matajincha photola suvarnachhi frame, Yoginicha naav ghetto, khara, khara prem (Mataji's photo has a golden frame, I take Yogini's name, with true love).

Sahaja Yogis: Wah, wah.

[Applause].

Groom: Love of Mother is spreading the masses through Kundalini, Washington is going to get it through Yogini.

Sahaja Yogi: Very good.

[Laughter and applause].

Shri Mataji: Right thing to the right place. Right idea.

Bride: Now that I have Bhaskar, What more could I ask for.

[Laughter and applause].

Shri Mataji: Bhaskar and ask for.

Groom: May we get close together Christine, Through Mother, She is supreme.

Sahaja Yogi: Very good.

[Applause].

Bride: I love you, Anthony, Because you have shone Mother's lamp on me.

Sahaja Yogi: Very good.

[Applause].

Groom: There is a word in Hindi, "girgit". Girgit means chameleon. Now, I love Gilgit because she does not change colours like a girgit.

Bride: Nitin, you are my husband. To whom laugh and joy are all spent.

Sahaja Yogi: Nitin you are my husband. Very good.

Shri Mataji: Nitin. Nitin Gupta.

Groom: Natalie's love is not hard to coax. Because she laughs at all my jokes.

[Laughter and applause].

Sahaja Yogis: Repeat.

Groom: Natalie's love is not hard to coax. Because she laughs at all my jokes.

Sahaja Yogi: Oh, she laughs at all my jokes. Very good. Can we have one?

[Laughter].

[Bride speaks in German].

Sahaja Yogi: Gregoire.

Shri Mataji: Please again, please again. Natalie please again.

[Bride repeats and Gregoire translates].

Gregoire: John will hold me by my hand and lead me to the altar of Maya. Something like that.

Shri Mataji: Altar of my?

Gregoire: Maya.

Sahaja Yogi: Maya. Very good.

Groom: Nirmala ma ne mujhe aaj ke din diya, France ki ek acchi yogini Sylvia (Mother Nirmal has given me today, A nice Sahaja Yogini from France, Sylvia).

Shri Mataji: That is a good one. He says that Nirmala Mother has given me a very good yogini, a very good girl, yogini from France. But the rhyming is very good, diya and Sylvia.

Sahaja Yogi: Yes, the rhyming is very good.

[Applause].

Shri Mataji: That is a good rhyming.

[Bride speaks in French.]

Gregoire: That rhymes in French. Avadhut from today on we walk on the same road.

[Applause].

Groom: I love you, sweet Dory. There is nothing to feel sorry.

[Laughter].

Sahaja Yogi: This is a bit understatement.

Groom: I love you, sweet Dory. There is nothing to feel sorry.

[Laughter].

Bride: I love you Otto, wherever we will go to. Whatever you say to, I will try to obey you.

[Laughter].

Shri Mataji: Quite sweet.

Sahaja Yogi: German training lady (?).

Groom: I love you Maya. I hope I never get lost in your maya.

[Laughter].

Shri Mataji: Good.

Bride: Kanva rishcha ashirvaad, Shakuntalecha maher, Rudolphji ni dila mala saubhAgniyacha aher (The blessings of Kanva Rishi which is the mother's home of Shakuntala, Rudolph has given me the gift of marital status).

Shri Mataji: She says that Kanva rishi's place, there was the maher?

Sahaja Yogi: Mother's place.

Shri Mataji: Mother's place was found for Shakuntala in the ashram of Kandva and Guiseppa has given me the aher, gift of, what is Saubhaya?

Sahaja Yogi: Bliss?

Shri Mataji: Of great fortune.

Another Sahaja Yogi: Marital bliss.

Shri Mataji: Marital bliss.

Sahaja Yogi: Marital bliss.

Shri Mataji: Given me the gift of marital bliss.

Shri Mataji (in Marathi): Marital bliss is not called Saubhagnya.

Sahaja Yogi (in Marathi): But it is valid there.

Shri Mataji (in Marathi): Correct. Let it be. Does not matter. It is more than marital bliss, it is spiritual married bliss we can say.

All right. Who else? Come along now. Let us have it.

Groom: I love you Tina very much Because our love is the blessing of Mother Nirmala.

Sahaja Yogi: Nirmala.

[Laughter].

Bride: My husband, Jean(?) comes from France, Where we had summer, song and dance.

Sahaja Yogi: Very good.

[Applause].

Shri Mataji: That is very good.

Groom: I love you, Selma, you are now called Mohini. That is because you are such a sweet yogini.

[Applause].

Bride: I love you, Christopher, Because you are a gift from my Mother.

Sahaja Yogi: Good.

Shri Mataji: Good, excellent. Now, what else? Finished?

Sahaja Yogi: I love you Christopher, Because you are a gift from my Mother.

Groom: I love you Sue, That is why I am getting married with you, please give us many "babus" (children).

[Laughter].

Sahaja Yogi: Babu. His was very babu. His was very babu.

Shri Mataji: Ah?

Sahaja Yogini: Bebu, "bacche" (kids).

Sahaja Yogi: One more for this.

Gregoire: Be careful.

Shri Mataji: Gregoire is already suffering from it.

[Laughter].

Groom: I love you, Sue, That is why I am getting married to you, please give us many babus.

[Laughter].

Bride: Yudas(?), you are always in my heart, Now we will never be apart.

Sahaja Yogi: Once more.

Bride: Yudas(?), you are always in my heart, Now we will never be apart.

Shri Mataji: This is the answer to the babus, is it?

[Laughter].

[Groom speaks in German or Russian].

Sahaja Yogi: Yes, Gregoire.

Another Sahaja Yogi: Translation, please.

Shri Mataji: Who is this now?

Gregoire: Can you repeat, please.

[Groom repeats in German or Russian].

Gregoire: With Anjali, an angel has come into my heart. But this is not strange because the angel is the name of Hanumana.

Shri Mataji: Anjali, yes.

Bride: Now I am Mesmo's wife, And he is my life.

Sahaja Yogi: Very good.

Sahaja Yogi: One in Marathi.

Same Bride: Himalayat barfancha rashi, Mesmoraoanche naav ghetee aajcha shubh divshi (There are mountains of snow in the Himalayas, I take the name of Mesmo with respect on this auspicious day).

Shri Mataji: Himalayat?

Sahaja Yogi: Barfancha rashi.

Shri Mataji: Himalayas is covered with heaps of ice. It is a rhyming word, I mean, rashi. I take the name of Mesamirao on this auspicious day.

Groom: Lata, Lata, the spirit that we share symbolises our marriages, So let's always care.

Sahaja Yogi: Very good.

Shri Mataji: Very good.

Bride: Netrarupi niranjanat preetichi lavte phulwat, Michosovache (?) naav ghetee karte Sahaja Yogatun suruvaat (In the lamp of my eyes I light the wick of love, Taking the name of Michosov, I make a start in Sahaja Yoga).

Shri Mataji: Wah, wah, wah.

Sahaja Yogi: Once more.

Bride: Netrarupi niranjanat preetichi lavte phulwat, Michosovache (?) naav ghetee karte Sahaja Yogatun suruvaat.

Shri Mataji: The eyes are lamps and I have put the light in my eyes. In the presence of my husband, whose name I have taken, I start my Sahaja Yoga with this light. But it is done very well, poetically.

Groom: I love my wife, Ann, Because of an Indian telegram.

[Laughter].

Shri Mataji: What is it?

Groom: I love my wife, Ann, Because of an Indian telegram.

[Laughter].

Shri Mataji: What is it?

[Prolonged laughter].

Sahaja Yogi (in Marathi): I think he was called here by telegram (to be married).

Sahaja Yogi: Once more.

Sahaja Yogi: Could we know the contents of the telegram?

[Laughter].

Groom: I love my wife, Ann, Because of an Indian telegram.

[Laughter, Mother is also laughing].

Shri Mataji: Called by telegram.

Sahaja Yogi: He says, I love my wife, Ann, Because of an Indian telegram.

Another Sahaja Yogi: Ann or and?

Sahaja Yogi: Ann.

Shri Mataji: Her name is Ann. So he was called by telegram.

Bride: I love you, Luvisha (?), Because you came so quick to India.

[Lots of laughter].

Shri Mataji: Who is this one?

Gregoire: Yuvisha, he is the Yugoslav boy. He came; was sent by telegram – “come and marry her”.

Shri Mataji: Who?

Gregoire: Annagret from Munich.

Shri Mataji: Oh I see. Good.

Groom: I love my Nicole-Ann Because that is our Mother's plan.

[Laughter].

Sahaja Yogi: Agreed.

Bride: [Inaudible].

Shri Mataji: That is all right. Ask someone else. She is shy.

Bride (repeats): Bernard takes us to Shri Mataji.

Sahaja Yogi: What is that?

Shri Mataji: Bernard, take us to Shri Mataji.

Sahaja Yogi: Good.

Groom: In the [inaudible/first] my bride was called a lighthouse by dear brother Warren. And therefore I say, I love you, Angelina, Because you brought to light in my life.

Shri Mataji: Good.

Bride: I love you, John, Because you bring me to the heart of your Mother.

Shri Mataji: Good, good. (in Marathi) Are they over?

Sahaja Yogi (in Marathi): Nearly over.

Groom: Maureen is my love, Her purity shines like a very white dove.

Sahaja Yogi: Like a very white dove.

Shri Mataji: Great.

Bride: Mother has given me Michael, And from this day in my heart lies an angel.

Shri Mataji: Good. Michael, angel.

[Probable cut in recording or something has happened, laughter].

Shri Mataji: Who is this girl?

Sahaja Yogi: Translation.

[Laughter].

Shri Mataji: You could not do it even once. You could not do it even once.

[Groom speaks in French or German].

Gregoire: I love you, Natalie, Because your smile will enlighten our home like the glory of our Mother.

[Applause].

Bride: Since we married Scott, my only feelings of marriage would be a big smile.

Sahaja Yogi: Very good.

Shri Mataji (in Marathi): Over?

Sahaja Yogi (in Marathi): No there are still some more.

Groom: I love you, Lynne, Because you are the gift which I asked for from the Adi Shakti.

Bride: My mother has given me a very big favour, With the love of Vasudeva.

[Laughter].

Shri Mataji: With the?

Sahaja Yogi: Very big favour with the love of Vasudeva. Repeat.

Bride: My mother has given me a very big favour, With the love of Vasudeva.

Groom: I love you very much Christine Because your heart is very pure and clean.

Sahaja Yogi: Very good.

Bride: I will always love and believe in, My wonderful husband whose name is Steven.

[Laughter].

Sahaja Yogi: Very good.

Groom: My wife is called Devi, And she is such a sweetie.

[Laughter].

Shri Mataji: This is Venugopalan.

Groom: My wife is called Devi, And she is such a sweetie.

Bride: Asmany (?) is your love, I pray that many people feel our love.

Shri Mataji: May God Bless You.

Groom: Dear Kay/Sky[?] I thank Mother in every way, For giving Her blessing to this wedding day.

Sahaja Yogi: Very good. Once more. Once more.

[Applause].

Groom: Dear Kay/Sky[?] I thank Mother in every way, For giving Her blessing to this wedding day.

Bride: I thank you Marvin, For your love for this darling.

[Laughter].

Shri Mataji: Good.

Groom: Katrina, you are the girl I was always looking for, By the blessing of Mother may we grow higher in the spiritual life.

Shri Mataji: Very great.

[Bride speaks in Italian].

Gregoire or another Sahaja Yogi: I love you Antonio, Because we live in the pure love of our Mother.

Groom: Mistrica (?) is in a big shock, [inaudible] set up shop.

[Laughter].

Sahaja Yogi: Could you repeat.

[Recording ends at this point].

1985-0119, Shri Krishna Puja: Announcement of Vishwa Nirmala Dharma

View [online](#).

19 January 1985

Announcement Of Vishwa Nirmala Dharma

Krishna Puja

Dr Sanghvi's House, Nashik (India)

Talk Language: English, Marathi | Transcript (English) - Reviewed | Translation (Marathi to English) - NEEDED

Shri Krishna Puja. Nasik (India), 19 January 1985.

Yesterday, in the lecture, I gave a new announcement about Sahaja Yoga. But the whole lecture was in Marathi language and before it is translated I would like to tell you what was my announcement.

There was a question that, in America and in England, no trust which is not a religion can be registered. Of course, Sahaja Yoga is the religion, no doubt, is the universal religion, is a religion that integrates all the religion, brings all the principles of religions together and shows the - shows the oneness. It integrates all the incarnations. It integrates all the scriptures. It's a very integrating great religion which we can call as the universal religion and, in Hindi, it is called as Vishwa Dharma.

Now to make it more particular, I thought that if you say universal religion then it may not be that particular because like the Buddhist, then we have got people who are called after Christ as Christians and after other people according to the incarnations. So this time the incarnation being Nirmala, I thought we can call it "The Religion which is Universal, in the name of Nirmala." So to make it short, I thought we can call it "Universal Nirmala Religion". What do you say to that?

Now Nirmala, you'll be all called as 'Nirmalites'. Is the one who have been enlightened by Nirmala, it goes, light shabda (word) goes, the word light goes very well with you people because you are enlightened. Others are just lights without any flame. So this is Nirmalites, means the ones who are being enlightened by Nirmala. So if you like the name, we can call it 'Universal Nirmala Religion'. If that suits your people in the west, I think that's a good name. So we have now proclaimed and pronounced that this is a religion which is a pure universal religion. When you say Universal Nirmala means pure or immaculate religion. And I hope you are agreeable to that.

Now, once we accept that religion, once we become universal then we have to forget about our small little caste, customs, our old dead traditions and the things that are not keeping with our spirit. Whatever is comfortable to your spirit has to be accepted as the principle of our religion. And whatever is not comfortable for it, we are not going to accept.

So whatever is the way I have brought you, these are my teachings. Out of my teachings, whatever you have achieved, belongs to this religion. Of course in this religion, as you know, all the great prophets are really respected. The best advantage of this religion is ki (that), so far, all the religions, though they were true religions, were established by true people and prophets, were all ruined by their disciples. The reason was they were not given realization, firstly, and secondly there was no proof of that religion.

Now we can give them the proof of everything, of how it is doing good to your body. Once you know that you can prove it, that it does good to you, then people will take to this religion much faster and they can test it. Because the word 'religion' makes people quite nervous. They think religion means you are binding and then you have to get into some sort of a traditional style of living which is dead. But here our traditions are that we accept which are comfortable for our spirit and for our ascent. So that gives us the complete freedom to enjoy ourselves in the fullest way. Under these circumstances, we forget what country we come from, what caste we come from, what families we come from, all these past things we forget and we become new blossoming lotuses spreading our beautiful fragrance all over the world. So all these old ideas which are just curbing our progress should be given up.

Now, I told them another thing: that we are three types of people in this world, mainly divided into, one are people who are tamasik, another people who are the rajasik, now be quiet and observe and the third person is the one who is called as sattvikas. Now tamasik are people, as we say that, they take wrong things, attach attention more to the wrong things and then waste all their life. They will say, for example, a woman, she gets attached to her son, she gets so much attached to that son that that covers all entire activities, her whole life is covered with that, which is a wrong thing. It can be anything. Like I've seen most of the Sahaja yogis when they come, "Mother, please treat my sister, please treat my father, treat my husband, my husband, ..." My husband is very common.

So all these things are absolutely frivolous and flippant. So those people who indulge into such petty things which are wrong and waste their life are the people who are tamasikas. So that's one extreme. The goodness about it that such people are loving, they're affectionate, they are kindly, they are not aggressive, but they are so much attached to their family life and family things that to them it is only the family and nothing else. Now these people being extremely left sided have much more children than normal. That's why in India we have more children.

Now the another style is the western style is called the rajasik. Now the rajasik are the people who are the ones who do not know what is right and wrong. They are, they think they are the wisest in the whole world and they said, "This is also good, that is also good." As Satan is also good, and God is also good. They go on like this, you see, as if they are very generous people, they are very kindly, trying to show off. But such people become extremely right sided. Especially their women become very right sided. As soon as the women become right sided, the men loose their potency, I should say. Because the women start dominating them all the time so men become just like cabbages. You see that very clearly. And the women decide for everything, they'll sit on their heads, they'll take a decision and the men start accepting everything, "All right, all right" because they want peace at any cost.

But there is nothing like "right," so they are confused. You ask anybody, "I am confused." They are not ashamed to say that also. In India if someone says, "I'm confused," they'll say, "Go to the lunatic asylum." But, they say, "I'm confused," because by that they try to show that I'm very aware — because I'm confused, you see? That's not the sign. You must know the right path. How are you confused? If you don't know the right path then something wrong with your brain. And that's what happens that the people, as a result of not deciding this, not deciding that, all the time wavering, this is good, that is good, should I do this or should I not do that. They become really stupid sometimes. To them, it's alright if they have to puncture their cheeks with nails or some pins or something like that, which you call as punks or something. That's also good. It's alright. After all, "what's wrong, what's wrong?" Let them be punks, you see? All sorts of stupid idiotic things they do. And they become such idiots, I tell you. And for them, nothing is wrong. They will aggress another person. They'll go and aggress other countries and do all kinds of dominating, aggressive acts without feeling there's anything wrong in it. I mean, they loose all their guidelines. There's no discretion. There's no guideline. And they don't know how to go. It's like a lost ship, you see. But still, the worst part of it is that you think, "What's wrong?" I mean, if it is not silly, it is happy going to hell directly. That sort of a mentality develops and it's very dangerous.

Here, now, and naturally with this kind of right sided people, they don't produce children much. They don't produce, that's why all these western countries are on the minus side because love part is missing. To them, love is also mechanical. Love is also a sort of a thing, "Let me think then I will love." Then they will write it down, I don't know what they do for their love also, must be planning how to love. They loose all spontaneity. Being so much mechanized and thinking, they loose all the spontaneity of all the normal things and that's how they are like that. All the time they are confused, they say "Oh! Have I done right? Have I done wrong? Should I do like this?" And they cannot enjoy anything. Because even if there is something you give them to eat, then they'll think, "Is it good or bad?" Eat it! See for yourself! Your tongue will tell you. But tongue also does the same, I think, in their case. It's such a confused state they are in. They cannot enjoy their marriages, they cannot enjoy their family life, they cannot enjoy anything. They are absolutely joyless and in a pursuit of joy they do all kinds of nonsensical things which are so stupid and so idiotic and so adharmic. Still they are never joyous. They'll say, "We are very joyous." Certify! All such clowns you must have seen around. So now we don't belong to those clown stage so let us stand up and say that we know what is wrong, right and what is wrong. Don't stand wavering. If you are wavering like that then you are not a Sahaja yogi. Now stand on right path. Say that, "This is it and I'm going to do this." If you know that then you are sattvikas, then you are in the center.

So you neither too much attached to your family, this, that, neither you are too much attached to your own thinking and understanding but you are in the center where neither you think nor you worry but you stand in the center to enjoy the present moment, which is to be enjoyed. And so this is a spontaneous thing that has to come. Now there's a big cry for spontaneity in the west. How can they have spontaneity? They cannot have spontaneity, that's why they think they pierce a little bit, some sensation is there, is good, they go in for sensation. Even in the newspapers they must have everyday some sensation because they are getting deadened with this kind of indecision. So now you decide! And the decision only can come in a person who has developed that wisdom through understanding of Sahaja Yoga, through its Kundalini, that you have to stand in the center.

Even in the case of marriage. Even if you marry them, after that, "I wonder Mother if I could carry on with her or with him." I said, "Why? Why are you wondering that?" "I think Mother ..." "Oh that's your wife! Enjoy it!" I've been busy fixing up marriages. But I hope you will not neutralize all my efforts, all my trying. Because I still see some of them who are married look little miserable. Because you think, because you want them to be like this, they are what they are, try to enjoy! Now why do you want to change your wife and change your husband, change everything? You're married, that's the way she has to be. In any case, you'll be changing as you'll be growing old.

So, one must understand that: "at every moment, how much I have enjoyed myself?" That's the test of a Sahaja yogi. Some people who are married must have had children before because they've divorced. There may be some who might have had some other attachments. Forget it! Forget it. Otherwise this miserable nature is not going to go away. So forget all that is miserable, come in the center and enjoy everything.

Now, for the first time I'm venturing now to have widow marriages. In India widow marriage is something was tried long time back, people tried it but still one can say that it was not so successful.

Now, if you have to have a Universal Religion, you have to marry people from one place to another. You have to! That's one of the things. You, we call it roti biti, means you must eat food, in India I've seen people who won't even eat food I don't want to talk about it in India because they are so particular, when, with whom they eat the food. Their own relations also in that, if there is a little caste difference they will not eat food at their place. And with that what they have achieved is starvation. They don't mind starving. But they will not eat food at a particular caste because that's a different caste. Such stupid people live here also. So, this has to go away.

Gandhiji tried, before that many people tried that you must marry outside but they didn't say marry in the foreign countries otherwise they would have been murdered ten times more. But now I'm saying, it is now the Universal Religion we are talking about so we should accept these marriages and must keep the sanctity of the marriage.

Now the ladies, I have to especially request you, now that you are the one who are going to marry or make Sahaja Yoga alright. If you try to dominate your husbands and overdo things, they are not going to be normal people and I don't want cabbages here. You have to become sweet, extremely sweet, nice, kindly and attentive. You see, that's how you can capture your husbands. You don't know how to capture. You are stupid women, I must say. You see, how we, actually my husband if you ask him he'll say, "I'm so dependent, I don't know what to do." That's what it is, absolutely dependent, 100%. And then he sometimes gets angry, "You made me dependent, now how can you leave me and go away?" But you people have funny ideas, you are not men, you are women. You are much more powerful than men are. But stupidly if you want to become less powerful then become men. So the women should try to be little simpler, easier, kindly, compassionate, affectionate, let them dominate, they feel they're dominating, let them dominate. Doesn't matter. If, supposing your husband says, "Alright, I like the blue color." Alright, you buy the green say that this is blue, they'll believe you. They don't know green from the blue. You see, they don't know many things. You don't know, they don't know anything about life. The things that are important to you, they don't know, they just try to say "do this" but they don't know anything. I mean, at least our men are like that. Absolutely hopeless, they don't know anything. And if you tell them, alright, I am buying, supposing we say that we want to plant a mango tree. They say, "don't have a mango tree." "Then what should I have?" "Uh no, you should have another tree," uh, some other name they'll give you.

Supposing they'll say that, "Put some, uh, we can say, coconut tree." Now you know that you cannot plant coconut tree in a particular place. But they don't know that you cannot plant coconut tree.

So you say, "alright, I'll put coconut." Then you put the mango there. "What a nice coconut tree," they'll say. And when the mangos will appear, you see, when the mangos will appear then they will look at them, "Oh! Our coconut tree has given mangos! That's wonderful. Better, this is better." And then they will laugh.

So you shouldn't, they are worried about bigger things like world peace, atomic bombs. You just don't worry about these big things. Let them worry about these big things, you see. And all, they will be worried about traffic lights, motor cars and all that let them worry. You worry about the things which concerns you. And you'll be surprised that this division of labor will bring more joy and more happiness.

Like the nose has to smell, mouth has to eat, ears have to hear. But if somebody, that's what I've seen in the west that, everybody does everybody's work. You know, a president can be a garbage cleaner also. That is not done in India. Everybody has his own capacity. Of course nothing, no work is higher or lower, but whatever is your capacity you should do accordingly. Specially with ladies and men, this is very important. And if you have not learned how to be sweet, try to learn from some Indian women how they manage their husbands.

Now, regarding the Sattvikas, are the people who know what the right thing is. They are actually the category of the seekers. And such seekers automatically find the truth. They are the people who come to the right thing. They have a special sense, a special seventh sense, that sense gives them understanding. What we call a very deep penetration and a pure intelligence which gives them an understanding that this is the way it is. This is it. Of course some of them take time, because they are left sided or right sided, to come in the center. But even if they come to the center, they may just go to the right, they may go to the left, they may little bit go like that, but these are the people who come to Sahaja Yoga. Those who are extremes will never come to Sahaja Yoga. You should not try to pull them in, specially men on the right, women on too much on the right or too much on the left, even the men who are too much on the left, like here in Nashik, I find people are so conditioned. If you are too much conditioned then, also, you cannot come to Sahaja Yoga.

Now all such people, even if they come to Sahaja Yoga, they'll stay for a short time and go away. That's why sometimes I say that such and such marriage won't be successful. One should try to understand why Mother has said it. Because they will deliberately force that marriage on me, "Mother, no, we want to get married. We have decided." And within three days they'll come back for divorce. So one must understand why Mother has said that this won't work out. It's important, very important for us to know that there are many other things within ourselves which also work out.

Now sometimes the men also can be extremely dominating that they should not... [Come inside. Why is he standing here?] They should not be dominating also. I have seen that they get very dominating. Some of the men who have married Indian girls have become so dominating that I'm shocked, how did they learn it? And then try to tell the wife, "do this, do that, do that," if she doesn't do it then they feel bad. Italians also have a habit, I have seen. They also dominate Italian women very much. And the Greeks too. Because they are suppose to be traditionalist like us, you see, Italians, Greeks and Egyptians and Indians. But Indians are the worst ... and I cannot number the rest. But they try to dominate their women. Money they will control, this they will control, that they will control, they will control the women, they can't control themselves. So, this is what one should not try to do. That when it comes to women, you must respect them. They are respectable. And if you cannot respect them, you cannot marry them and live with them.

Now these people, who are very dominating, hot tempered, puzzled type of people, they actually spoil Sahaja yoginis, I've seen them. Very good Sahaj yoginis have been spoiled by such men. By marrying them, sometimes I feel: why did I marry this good girl to this horrible fellow? Because the girl, first of all, opposes such a man. She says, "Mother, I can't bear such a man. It's too much for me, I just .. it's too much. He's too rustic. He behaves in a funny manner." And then she herself starts behaving in the same

manner. Her language changes, style changes, it's something surprising! A person who is a good Sahaj yogini. Extremely good sahaj yogini and we have in London, we have in America. I've seen such girls.

So I would request you that don't try to put your tempers and all those things on your wives because then they react and you will ruin their lives and their ascent, as well as yours, you have already ruined. Try to bring down. You have to be peaceful, loving, affectionate people.

You have no reason to have any temper whatsoever. No temper, at all. So that is extremely important. You must remember that Krishna started with the temper. That how a person gets spoiled is through the temper. Temper not allowed. As soon as you get into temper, go and beat yourself with shoes. That's the best way or you cannot just go on beating there. So that no temper should be allowed to come up because this will spoil Sahaja Yoga out and out. Is not allowed to have any temper whatsoever at any cost. Except when your Mother has been .. of course then I cannot stop it because it's too much to expect .. when people abuse me, say bad thing you get into temper, doesn't matter. But even then you need not answer them back. I look after them. Don't you worry. They'll have to pay for it.

So don't show any temper. Of course for women it is out of question. And they should be not like matrons like Mrs. Thatcher is. Alright? Like, "Why did you not clean? Do this. Do that." They are not to say that. Not even once! You better do everything yourself. Don't tell your husband, "Do this. Do that." like a servant. Don't make them into servants. It is your job to do something. It is their pleasure to help you out. It's a fact. But you will see that that once you start doing everything then, men become your slaves. And... (automatically) Automatically he says! So because we are in a very joyful mood today. So many are getting married, you know. Just before you came I was late because I was arranging marriages. We have arranged about ten marriages within this time.

So now we have to be in the center. We have to be in a joyous mood. We have to enjoy our wives and our husbands. That's the only thing that is your own, is your private, which is just something great. But don't start crying, weeping about the past. Forget the past! Don't discuss it! Don't talk! No one likes it. These all romantic nonsensical ideas, throw them out! They're all nonsensical ideas. Just start it afresh with a great idea that you are going to start a new life of understanding and joy. Doesn't matter what your mother says father says, anything. That's not important for us. I'm your father, I'm your mother, I'm your sister, whatever you may call it. And I have given you a wife. So now you cannot blame me for anything.

Now, let us start afresh with this new Universal Nirmala Religion. So you are all the members of the Universal Nirmala Religion, alright? All of you agree?

Sahaja Yogi: "Bola Vishwa Dharma Nirmala Dharma ki jay"

Shri Mataji: "Vishwa Nirmala Dharma" say it like this.

Sahaja Yogi: "Vishwa Nirmala Dharma ki jay"

1985-0122, Devi Puja: On Leadership (Morning)

View [online](#).

22 January 1985

On Leadership (morning)

Devi Puja

Rahuri (India)

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

Talk about leadership, Rahuri, Maharashtra, India, 22nd January 1985. (English/Marathi)

Rahuri is a place where a rakshasa called, demon called Rahu was killed by Goddess. And this is the place where my forefathers reigned as kings, and they had a dynasty also. Now, the other place we went to, Musalwadi, is the place where the Goddess first of all hit him with a beam, so it is called as Musalwadi. It means a beam, 'musal' means a 'beam'. So this is a place where [the] Goddess has done a lot of work. There is another place called Aradgaon where he was running and he was screaming, so it's called as arad. 'Arad' means 'screaming' ('gaon' means village).

So the whole place is already very much vibrated because also the Nathas, the nine Nathas – we saw one Kanifnath there – but all of them lived in this area and worked very hard. The last of all, Sainath, was very near here, as you know, in Shirdi.

So this is a very, very holy place and a place of great worship where many a times the Goddess was worshipped. Rahuri itself, if you go round, you'll find there are nine deities sitting there. These are also created by Mother Earth. They are beautiful things. No one knows about them. You can go and have a look. There are nine of them and these represent the nine incarnations of the Goddess, or nine styles of the Goddess.

Now, in this beautiful place we are here, though it is spoiled by many things, but, as you can see, it's very comfortable for our Spirit to be here.

At this place I have seen a negativity, kind of a thing, was working out about [which] I want to tell you today again. That works out everywhere wherever there is a leadership of a person.

Here Mr. Dhumal came and he got his Realisation, in Bombay, at my residence. And he came back [and] he started working it out here. His brother brought him, but his brother became quite negative to begin with, and then the negativity started working out and people started opposing him and troubling him and I had to go through a very difficult period during that time. So now, as you are travelling, I want to tell you: don't challenge your leaders. Because not only that it disturbs the whole organisation, but it gives me a physical manifestation; I suffer physically.

Specially if you come and say things against the leader in my presence I feel even worse. And once it happened that somebody was talking about a leader and the whole of my back became so red that lots of blisters came out, I suffered a lot.

So I beg of you not to decide about the leaders and don't try to criticise them and take up the ego position and try to see that, "He's like this, he's hot tempered" or "He is this, that."

They have to be hot tempered! Because I'm not. Because I cannot be very angry, they have to protect me. As my protection, they have to be hot-tempered and they have to tell you off. And if they tell off, then you should not feel that they are bossy or they are doing these things and all that. Actually those people who are bossy only feel it, because they can't bear that others can tell them anything.

So they think that others are bossy and they are fine: that's not so.

So the trouble is that one should understand that one has to work in this fashion. I know what the leaders are. When I find the leaders are going wrong, immediately I try to correct them. But you should not try to challenge the leaders. But this is the greatest problem I had in the West and later on I found here also, in India, it used to brew up.

Whenever I went away, then it started off: the leader was challenged. As if I don't know about the leaders, as if I don't know anything about them, as if I am to be told, as if I am absolutely ignorant.

So you don't have to worry. You shouldn't worry about it. I will tell you who is the leader and how to work it out.

It sometimes, of course, happens that the leaders go off. I know that they go off. It happens that they fall a trap to a wrong person. It's quite possible; after all they have become leaders just like you, with my special permission.

But could be such a situation can come up and I want to then correct them and I always tell them that, "This is a wrong thing you have done. This is to be corrected."

But otherwise the whole administration of Sahaja Yoga is impossible. It has to work through the leaders. You shouldn't see how they talk, what they say to you, what they work out, but do what they tell you. There is no freedom lost in that. You will see that your freedom will be maintained, respected and will be done. On the contrary, I will say, when there is a sloppy and a mild leadership it's just impossible. Everybody else becomes the leader.

Like England, we can say, that Gavin was very, very mild and now there are so many leaders who come up, talk big, "Do this! Do that!" I'm having a big problem in England of so many mushroom-like egos coming up. And they become so flippant and nonsensical, and they talk all nonsense, they start giving lectures, this, that.

It's impossible then to control. If Gavin was a strong fellow he would have put them right. But he's too good and too much of a gentleman, I think. That much of gentlemanliness is of no use in Sahaja Yoga. So if he had handled the whole situation, with that thing is all right, and would have worked out very well.

But sometimes also the leader is told to shut up, "You shut up!" And like that he goes on shutting up. Everybody joins hands and shuts up the leader and the leader becomes absolutely a cabbage — he doesn't say anything. So this is also a very bad habit is to say, "Shut up! Don't say anything!" I don't like it. If somebody is talking to me, anybody who is talking to me, you shouldn't just in front of me say, "Shut up!" to that person or pull his hand, or just punch him; I don't like all that, at all. That hurts me. You should never do like that.

I have seen people have a this very bad habit, "Don't say!" "Don't talk!" As if they are the greatest, wisest people ever born to say such a thing: is a very wrong idea and this should not be done. This should never be done in my presence, I don't like it, it hurts me, and physically it manifests.

So don't do like this, don't say anything, don't do it! I know how to handle it. If somebody is very funny I can tell that person, "Now stop it!" I can do it. But you just don't try to take over things like that.

Of course the leaders can do it, leaders, the ones who are grown up, matured people, can just tell them to keep quiet. But all the time some people have the habit of saying, "No!" and "No!"

It's bhootish, I would say. It's really bhootish. Because they never allow me to see the reality. We must know what's happening, what people have to say. I should know about it. There's nothing wrong in it.

But on the contrary, they come and tell me, "Our leader is like that, our leader is like that." That you don't worry because my

attention is most on your leaders. I do change leaders and I will change leaders in case they are wrong. But let me decide. That decision you leave it to me.

So this is another point I wanted to say about Rahuri, which I learnt a lesson here.

Then another thing I found out: The villagers here are much more easily convinced, they take to Sahaja Yoga very well.

And while the educated take time to take to Sahaja Yoga; naturally because they think they are very well educated! And they find it difficult to forget their education and become simpler people.

So in the same way, you will find the simple people will take to Sahaja Yoga much faster than the people who are educated; because their mind works too fast, they cannot catch the vibrations. The mind is running fast, the vibrations are running after them and it's a big game of hide and seek going on! But doesn't matter.

Still, once that intelligent get to Sahaja Yoga, then it works even wonders. Once they get to it, they take time, no doubt. They take time, but once they take, get to it then it works wonders.

So some people take [to] it easily, but they don't work out that well; those who take with difficulty, work out better; in the sense that they can intelligently manifest it and talk to people and tell them about it. So this is another thing one has to remember that: try to understand that through your education you have not known anything. Because you never felt vibrations, you did not even know that there was something like that existing! This is a new knowledge, absolutely a new thing. Absolutely it has nothing to do with your degrees, M.A.D. and Ph.D.s and all those things.

It is something else that is existing, which you have to feel. So if you take that simple attitude it would be a better idea.

Now the fourth thing which upsets me is grouping, to form a group. That's another very upsetting thing is to form a group. This is one group of this place or group of that place: who belongs to this place. And this grouping, once it takes place there is a gap in the collective.

When there's a grouping, say, a nose and eyes they become one group; then there's a gap between them and the hands. So if there's a problem in the nose, the hands will not act. So the whole activity becomes a disintegrated activity. So one should never form a group. Those who have a habit of forming a group must be completely discouraged.

They start saying against somebody, then against that one, then this that, then they form a group, the one group goes there, one group.

So grouping is not allowed in Sahaja Yoga, it is malignancy. It is malignancy. If it starts working out, you become malignant. The whole group becomes malignant and it's a very difficult problem then to put them right.

And one should not accept any sort of a sloppy or a very mild leadership also. One should accept a strong, fierce, I would say, to some extent, leadership. That will help. Because our ideas are very different from what you have had so far, that, "The leader should be pleasing to us. He should have a personality that will be extremely lovey-dovey type."

That's not so. The leader has to be a strong, fierce personality that should make people respect him and have awe for him.

But because we are so free we can pass remarks about the leader and say, "This leader is bad, that leader is bad." But it's not a good thing! It doesn't help. It doesn't help.

On the contrary, as I told you, the sloppy people create horrible problems! And then you get so many egoistical people who come up.

I mean a sloppy person, if there's one sloppy person, or who has accepted such a domination, if he is there as a leader, all the rest of the people, those who come in contact with that person, also become ego-oriented.

They also start behaving in such a manner that you can't imagine.

Like Gavin's is a very good example: in his office he had arranged work for some people. Everyone who worked in his office got into this trouble, because he was so good that they picked up their ego, you see, because the superego was there, so they thought better to use your ego and that's how the whole thing worked out. Poor fellow had to ask all of them to get out of the office.

So this is an example for us and there's nothing to feel that it is any criticism of anything. But it doesn't work out, this system doesn't work out. So you should not try to make an effort that you criticise them.

Now, another thing about leadership I have to tell you [is] that supposing I have appointed Christine as a leader. She is the leader of North America: then she has to take the decisions for North America. But nobody else, not even her husband should take any decisions. He should not. He should have nothing to do. He should be in the background. Whosoever is the leader should deal with the problem.

This is the trouble is, if the wife is there, then the husband takes over, husband gets, then the wife.

Like I should say Poona, Poona, I appointed somebody there, he was shut down and his wife took over; and the wife is a horrid stuff. I mean, I don't know what to do with such things. It is very difficult that, if it's a husband, it's a husband, it's a wife, it's a wife.

Then the wife becomes little dominating, the husband comes back and then the husband starts ruling. Then my attention is on the wife, here the husband becomes... In leadership there is nothing like husband and wife. They have nothing to do.

Whosoever is the leader is to be accepted as the leader, whether he is the husband or the wife. This is one thing: in Sahaja Yoga there is no discrimination between women and men. Not that the men should always rule nor the women should rule. It is whosoever is appointed as the leader is the leader.

I must tell you these things because these little, little things make such a difference to the whole organisation that I don't know how to tell. Because husband has no right as a leader. He's not appointed as a leader, so he has no right as a leader.

If you all understand this point that leadership is very important part. It's like the main organ of the body. And that leadership should not be challenged at any cost, any time.

Like Dr. Sanghvi is the leader of Nasik.

So he is the leader. He has to do it.

It is he who decides, it is he who says. Nobody should challenge it [him]. So we have got leaders of different places, if you have any problems about deciding who is the leader, you come and ask me.

I always appoint one person. In Italy, Gregoire, I don't know why, he said there should be two persons. I don't know why he said two. But I told him, "Gregoire, it's not a wrong thing," but he just said, "No. You must have." And the second one was dropped out so badly, I mean he really harmed us. So just listen to me! I know, I understand.

Guido can say that, what has happened in Italy, is because they didn't listen to me. Here we are not to please everyone. No, we are not here to take any voting or anything. We are here to do the job, and for doing the job we must take the right course, right methods.

So those who think, "Oh, have three of them then!" Then, "Have five of them!" This is nonsense! For what? Just to pamper ego?

Any leader is as good as you people are, [the] only difference is my attention is on that leader. That's why it works out better. Don't allow your ego to dominate you. There's nothing... What does he do? Poor man, the leader now?

For example, I would say, Warren: he worked so hard, he really laboured through. And he worked so hard he got so sick. I was wondering. It's all right for me. I am after all a Adi Shakti, so it doesn't matter (laughter) I can be, I can be a marathon.

But this fellow was working with me. I knew he'll have to give way at a point. It's too much. And then people start criticising Warren, I can't understand. I mean, he is working day in and day out. Can't they see this? Without him what would have happened to us?

I mean, those who are leaders work so hard, they do so much and then you start criticising. That's not proper. That's being a bit ingratitude towards them and towards me.

On the contrary, I feel so much obliged to them. After all this is my job.

This is I am paid for it, I can say. So I am doing this job, all right.

But what about them? They are human beings, they have got their other things. I don't have to earn money, I don't have any problems.

So why? Why bother them? They are the ones who have dedicated their lives doing so much, and then you start criticising them. It is impossible. But if he says anything to you, "Don't do this, and don't do that!" And sometimes it is with my consultation he does it. Which things I cannot say directly, he might say indirectly to you. So you shouldn't challenge such things.

This is one of the things today I wanted to talk, about leadership, because this is a place where I have faced some problems of leadership. And one should understand that this is the only way Sahaja Yoga is going to work out.

In the body also, as you know, it is not that the heart, which is the heart, is the complete pumping source. Now the heart's work is to be accepted: that it is this pumping source, and it gives to all the other organs. So liver is liver, brain is brain. Brain doesn't want to become the heart, heart doesn't want to become the liver. Now the liver cells, if they say that, "Now we will work for the heart!" or "We'll form a group!" then how can you do it?

So as we have got very important organs, we have got very important leaders.

And I know what they are up to, I know what's wrong with them, so you leave it to me to correct them.

All right, this is for the foreigners today. Because now we'll be moving further and further into more difficult time, I think, because there may be little spartan living for you because you asked for it! You wanted to have a camping ground, so I have arranged a camping ground for you. So then you should not say [about] the leader, "Where is he? Now call him! What have you done?"

It's all arranged by me, so don't blame him. And enjoy yourself. And don't try to say that it's he who should have looked after: he's not paid for it. He's not paid for it. I am paid for it. They are not. In the sense [that] I am paid because I am made for that. It's my job. I am doing it because I have to do it. I cannot do anything else but to do this job, otherwise I won't exist, you see.

So mine is a different point. But if he's doing it, then it is an obligation on me. And in a way I feel, and you all should feel, also, obliged.

May God bless you all.

[Marathi to English translation 22.00]

Most of you know English but I would still like to tell you a few things in Marathi.

If you want to progress in Sahaja Yoga you'll still need to introspect yourself, ask yourself where did I go wrong, what am I doing wrong by Sahaja Yoga. Also what to think what faults do we have within us. But if you start to think, you are perfect, nothing wrong with me, we are the best in the world that is wrong.

Those people are seriously caught up, they try to sit on the head, then some people from the same collective think we should give some importance to them, then this way all the bhoots sits on their head. Then this is the way all my work gets ruined, for example when you plant a crop, all of a sudden a pest comes there to destroy and tells I am the truth, my destruction is the way. And this way everything gets destroyed.

This is how our organisation failed in many places. These bhoots and egotistical people start to raise their heads and starts to think they are great and even try to get my attention on those things, but I pay attention to the whole world, unless things get really worse I don't realise what is happening.

But in Pune Mr. Gaikwad is the leader, I said he would be leader but his wife thinks she is the leader. I realise then he went somewhere and she (Mr. Gaikwad and his wife) starts to run the show.

I never wrote a letter to him that he should go to Delhi and I had no idea until Hari told me about it (he sent me a letter about it) and you all knew it was false but you are all thinking they are all great.

Now to discuss few things amongst us that yesterday Kulkarni came for puja and he was so caught up, person like him how was he that much caught up, that's what I'm telling you.

Be careful, because this is what happens.

So there was something really wrong with Puja, some pest (worm) started to eat, it means it has started to destroy Pune. So this is what happens when person becomes egotistical and sits on everyone's head.

In any case if such a person gives food, don't take it. Now we have Mrs. Pradhan she is one of them. As soon as she speaks I feel that my ear has got poison in it. She is terribly caught up, her family has bhoots, her son has bhoots also.

You will know about this, it's good to keep these things opened. People from Pune went to her house and also from Rahuri and when they came back they were all possessed.

I asked "what had happened? Where did you go? They told me they went to Mrs Pradhan's house. I had asked "what did you eat or drink, they told me they all had coffee, so I said "right now go outside and shoebeat them".

So just then Mrs. Pradhan rang up and asked, they were going to come to eat?. I told them, when they are people who are possessed you shouldn't even drink.

Whoever calls you to go and eat just check the vibration. You are all saints now, you can't behave this way. You brought this situation upon yourself, when the vibrations start to get lost one does not realise what chakra has got caught up, people like him also got tangled up (talking about Kulkarni) and this is supposed to be Pune city of Punyas.

Now here I am going to build a house in Pune, now don't make my condition bad as well (She laughs) otherwise will have to clear all. Before you do something think 4 times.

She had gone to Delhi (Mrs. Gaikwad) and made a mess there and told all that I told her to and wrote a letter to her.

Why should I tell her to go and write a letter. She has no vibration. Why did she go there. Same thing happened to Hari and the pair of them caused so much problem and mess there, mother and son.

These kind of people wherever they go cause a problem, they don't ever make the situation any better. I got a letter from Delhi that what these people did there, this was all Hari's doing. But what I say is the person who I made a leader, his son becomes guru and his wife becomes a leader. So what is this? I made Mr. Gaikwad a leader and if he is dominated by his wife then he has no right to be leader and if he can correct his wife then he can remain as leader and son he is alright, but he will be also gone case, that's why I am saying whoever I appoint as a leader you should respect that. Your mother said so you should accept it.

Don't think I don't scold these people (meaning western yogis). I always tell them what mistakes they have all made but you should always accept my decisions.

Now they're saying make trustees but it is just a headache but try to be more understanding then, this boat of Sahaja Yoga has to go so far still, and now whoever is sitting on this boat is wanting to jump downwards, what am I supposed to do?

So obey your leader, if I appoint anyone as leader, accept it.

Now Gaikwad I am telling even a challenge for you. Correct your wife. Don't let her sit on a head, then things will be good (?). Don't give any importance to her, don't eat off her hand, let her be alright first.

Now we have Pradhan, he never has been stuck to his wife like glue but having said that, his wife is terrible. If she started to sing everyone's vishuddhi will be caught, but she loves singing, now what to do?, even when I talk on the phone my ears hurt, so what do we do?

But Pradhan he never spoilt her of let her head rise in Sahaja Yoga. He was strict that way. I had told him I vibrationally suffer. He said "Yes Mother" I'll see to it.

Now you people went to her house and she made you coffee. Don't say Mataji, you went but I am Mataji, you are not.

Don't compare yourself to me, I eat bhoots, I can even go and sit in the cremation ground.

So would you do the same? So you try to argue because you went that's why I did. This is not the way you obey me.

If I told you not to go somewhere don't go, be careful! Don't criticise each other. If you are going to criticise, outside people. One saint does not criticize another saint.

All saints love has been free and always sang the greatness of another.

Saint will always praise another, also Devil will. If you are neither Devil nor saint then you start criticizing each other..

(Then Shri Mataji talks again in English).

(31.53)

A saint will never criticize another saint. Is never done. Saint will always appreciate another saint. And also a devil will, no doubt. But if you are neither a devil nor a saint, then you start criticizing each other. So don't criticize each other. You are all saints of a very high quality, don't criticize each other.

See for yourself what's wrong with you, why are you seeing all the bad points of another person? Why don't you see your bad points?

It's an obtuse angles. You see, with an obtuse angle if you are looking at people, you see, then you see things which do not exist, which are not good for you. So develop a kind of a sensitivity by which you see your own problems and not others'.

If you start finding faults with others, immediately put back to yourself: "Why? What's wrong with me?".

If somebody you call your leader, or anybody a bossy person, see: are you a bossy person yourself? You must be.

Then it will be all right. Because it is in Sahaja Yoga there is nothing hidden, nothing kept secret, everybody knows about everyone. Because whatever I may say today, tomorrow you'll be so changed I will not even be able to recognize you. It is going to be so much difficult to recognize you, because you are growing so fast. So keep to the growth, keep to the growth.

Thank you very much. It is so that today the puja had to start late, because you know, there are certain things... I just blame other things which nothing is there, you cannot blame anyone, that has to be, that has to be. I was born at 12 o'clock, you see, so to start puja before that is something out of place.

And I have to wait till twelve to pass out nicely, so that I should try and awake myself (Shri Mataji laughs) to my responsibility and all the deities must be awakened. You see, they have their own style and their own timings and I cannot force them to do what I want to do or [what] you want to do.

It's another style. They are so bound, that I cannot force them anything.

You also should know my helplessness about it. Thank you very much.

[Puja begins]

(35.06) After the puja you must mix up with these people, ask their names, talk to them, who they are – you must meet your brothers and sisters from Rahuri.

[Indian sahaja yogi speaks for a while, then yogis start taking a bandhan.]

(44.09) Vibrations...

(45.48) Shri Mataji: Take a bandhan. It's a good idea. See, we have to be serious about it. We must understand. We are saints, and we should take it up everything seriously. It's a tremendous task.

[Mantras are recited]

(1.24.29) This is the Kunjika stotra, you see, bija mantras, you see, is the fundamental mantras are in Kunjika stotra. In this

Kunjika stotra the bija mantras, means the seed, the seed of the mantras are there, and actually the Kunjika stotra is actually Kundalini awakening mantra; that's what you all should remember by heart. Kunjika. The last one he said it. That's Kunji, Kunji means, Kunjika means a key. It's the key, key mantra.

(1.32.25: "Ya Devi Sarva Bhuteshu, Jati Rupena Samstitha")

Shri Mataji: There are only three jatis, three castes. Because he said the Mother exists as jatis, Mother exists as the castes.

Now, the Mother exists only as Mahakali, Mahalakshmi, Mahasaraswati, so She has only three castes. One is the caste of the tamasikas, rajasikas and sattvikas. And the fourth one are sahaja yogis which are Adi Shakti's children. So, how can we have caste system?

(1.38.06 – Ladies prepare the sari for the Puja) Shri Mataji: Double, double, double it.

(1.38.25) Yogi: O Goddess, You are always giving the auspiciousness. Every time we remember our Ma please come to our rescue every time.

Shri Mataji: Very nice. (Laughing)

(1.38.43) These are the gods, you see, praising.

[After decoration of the Devi] (1.58.33) You can come forward. You can stand up. You stand up now... take the photograph and go (1.59.14).

(2.06.37) Today I have not taken to any mudra, in the sense that of blessings and things, because now for whatever I was doing it, was to establish a universal religion. Now, as we have established it, now I need not do the mudras. Thank you. Did you follow the word mudra? The way I used to use my hands this way and that way. There is no need now to use.

(2.20.48) You have made a nice crown. You have made a nice crown for the Americans, for Shri Krishna Puja. With the Americans – One of them come forward, to take the Shri Krishna puja crown (2.20.59). They have made it with their own hands. Let some American come forward. Everybody wants Americans now to come forward, and to attain their realization. (One American yogi comes to take the crown) May God bless you.

This crown is made by Dhumal's daughter.

All right... This is for Dhumal.

(2.24.32) You all have to get up and go for your lunch from the back.

(2.25.06) Yes, just before going... They have decided to give to every country a photograph of mine from Rahuri, which is in black and white, and which is very good for taking out badhas. (Applause)

And this is about twelve years back, the first Puja we have had here, twelve years.

Today twelve years I have completed, in Rahuri. (Applause) But twelve years is equal to one parva, is a very big thing.

All right. First I'll show you the photograph. Name of the country. (Country representatives are called to collect the photograph: Australia, New Zealand) Brian, Brian. You look nice in a dhoti (laughter).

(Then Switzerland, France, Austria, Germany, Italy, Spain, Malaysia, UK, Belgium, USA, Canada, South America and others)

May God bless you.

May God bless you.

(02:29:27) Some of the photographs have got vibrations behind.

May God bless you.

May God bless you.

So, I think we have to vacate the place, for service of food. So you all have to vacate it for a while. If you can get up and go out, then they will start serving here.

1985-0125, Welcome Talk

View [online](#).

25 January 1985

Talk to Sahaja Yogis

Ahmednagar (India)

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

Welcome Talk 1985 01 25 Ahmednagar, Maharashtra, India.

Mr Pankay, the administrator of Municipal corporation of Ahmednagar, and other officers who are being very kind to host you to this beautiful function. And all the public from Ahmednagar. From all the Sahaja yogis abroad who have come all the way here, also the Sahaja yogis who are Indians, I would like to Thank administrator Mr Pankay for his kind invitation to this gracious occasion. [Clapping..]

Tomorrow is a great day, in my life also, that it's our republic day, we got our independence on the 15th of August, but we celebrate 26th as the republic day and as you know that my father, my mother, all my family sacrificed everything that they had to achieve this freedom. Even I, as you know, I have done my bit in this respect, and I have been a great leader of young students at that time. So, it is such a great thing to see this dream come true that without getting your freedom, your political freedom, you cannot ask for your spiritual freedom. Today, we don't have Mahatma Gandhi with us, but if he was here, he would have supported Sahaja Yoga out and out. [Clapping..]

As Mr Pankay has pointed out that it is our heritage of our culture which has kept us together, in this diversity, the unity is expressed because we have set certain basic fundamental ideas which are common, whatever religion, whatever race we may have. One of the fundamental idea, which is a very great thing, I think that divinity is higher than any other office. The divine personality is higher than anybody else in this world. And this is something which is so evident in India, which you all must be surprised to see, that a saint, who is not a person who is holding any organizational position, or is not a person who is organizing any religion or a head of any religious body but any saint, whether he is living in a hut, whether he is living in a jungle, if he is a saint, he is respected by all. This is the most important fundamental thing that has kept us together. Because, if you have the guideline from a saint, then you can never be deviated from the right path, because they know what is to be done. When we are guided by all these seers and saints in this country, how can we be away from our spirit, that's why our music, our dancing, our expressions, our languages, everything hovers around the spiritual growth of humanity. This great asset that we have, has led us to go through various phases of difficulties, invasions and all kind of slaveries, still we have maintained that balance with in us, thanks to the saints of this country. Now, as it is, you all are travelling and enjoying yourself with all the divine vibrations that you are feeling in this country, I should also say, that every place you have been, they have been extremely happy to receive you and to host you and to look after you because they think that you are also all saints from all the countries travelling down, so, may god bless you all. [Clapping..]

1985-0125, Dance Program, Devi Puja

View [online](#).

25 January 1985

Evening Program Devi Puja

Ahmednagar (India)

Talk Language: English | Transcript (English) – Draft

Very well done. Beautiful. She's going to be a very great artist. You can see that beautifully done. May God bless. That's so beautiful. It's tremendous. It's tremendous in us. This country has all this talent. So much is to be brought out. It's beautiful.

1985-0125, Devi Puja (incomplete)

View [online](#).

25 January 1985

Devi Puja

Ahmednagar (India)

Talk Language: English | Transcript (English) – Draft

t...this evening we all are meeting, there is going to be an interview with some newspaper people, and after that, what's the program? There's a dance and a recitation, and then we'll have our dinner there, at Jaeger palace. Everything is so beautiful, and I must say this Puja was so wonderfully done that all my vibrations are out, and not feeling the strain after that at all, that's something good, so few people but they absorbed, that means very deep people are here, may God bless you. If you are little little parts you cannot feel it, but if you have big big pictures it feels fast. May God bless you. That means that the bakti of who performed the puja has worked out. May God bless you.

1985-0126, Devi Puja, Republic Day

View [online](#).

26 January 1985

Devi Puja

Pune (India)

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

Republic day puja, Devi puja, India tour, Pune, India, 26/01/1985 (English/Marathi)

English Transcript

Today we have arrived in a place which is regarded as the holiest of holy cities, in all the Shastras it is described as something very heavenly. So the people who are born here, must be people of great achievements and of great punyas. [Shri Mataji laughs] And to add to all the glory of this place, today is the day of our independence, the Republic day of India.

Today the occasion is so great that on this day I should be worshipped because the essence of all the manifestation, all the material worlds of the world is India. India is the essence, the rest of it is all the manifestation of the essence.

So, to celebrate the Independence of this country itself is great fortune of many people today, that they should worship me on this day.

It's a very deep rooted country, deep rooted into its traditions and its understanding of life. It's one of the most ancient country where people have been searching the truth since long.

The roots of all philosophies were born in this country That's why most of the Incarnations took their birth in this country. Or ended up their life here like Moses and Christ.

On spiritual life, I would say that time has taken its stone, we have had all kinds of sufferings and dominations because of the spiritual understanding and bearing power we have. That's representative of what many saints have suffered on account of aggressive people.

Despite all that, this country has survived its all bans. And there is something still lurking behind every Indian mind, that the spirit of this country will never die.

With all these horrible things that we have gone through and the waves of calamities that have passed through, today, at this juncture, we should hope that this country should take a new turn to spiritual life. It should prosper in its own nature that is spirituality. It is not going to prosper through economics or politics or any such things which are extravert but it is going to prosper through its spirituality which is its nature.

Once this is realised by Indians, that it is the spirituality of this place which has given us the blessings of God to survive under all circumstances, that we should really pay full attention towards spirituality, they'll change their ways and methods. And we'll not take to western methods anymore, but we'll take to the methods which were taught to us by saints long time back.

Actually it is surprising that many saints and seekers are more born in the West than they are born in this country. And that, in this country, we have people who are still seeking money, seeking all kinds of other things which should not be really be looked at because they are worth nothing.

It is impossible to convince many Indian leaders that they have to take to Spirituality if they have to take full advantage of the substance of this land.

I hope one day will come when they will realise it, that all other activities must be divert towards the spiritual manifestation of our talents, so that they receive the best results out of the mankind which is living in this country and can give to the world something, what every body wants, but not what they have.

As you know, I have been a participant in the Freedom Movement and as a young girls, I have gone through myself, all kinds of tortures and problems [Shri Mataji smiles] of this slavery to see what is slavery.

But after getting independence if the people do not understand the technique of the Spirit, they are going to loose every thing that they have achieved through independence. The whole direction is downward. They think of just physical, material development which is not going to help them at all and will take them much closer to disaster, much faster than the West has gone. Because West can depend on spirituality now, because they have realised that spirituality is he thing they have to achieve. But in this country, where spirituality is regarded as out of date, I don't know how much time they will take to understand what is the importance of spirituality in this country. Perhaps their children will become hippies, they'll take to drugs. Already, we are having a very bad drug problem in Puna. In Puna, they are many drug addicts. You'll be surprised, there are many drug addicts in Puna. And we have drug addicts even in Amra Nagar. [?]

So these drugs and all those things are coming up the same way it has been in America or in the West and then it will pass through all that horrible vicious circle and then it will come to Sahaja Yoga. Or should it learn from you people who have cross all that for us and crucified yourselves? We should understand that all that is not necessary.

Sahaja Yoga is, as I've told you, is not for one person. It is not for one country, it is for the whole universe. That's why I said now, we have established the religion of Sahaja Yoga, is what we call the Universal [vishwa] Nirmala [pure] Religion [dharma]. And this religion doesn't have any faith in the low level caste system, low level racial systems, low level political systems, and low level economics' systems. It has its own understanding of the Divinity and it works with that.

Once you come up to the level of that, then I'm sure people will be convinced that this is the best way to make the whole world a dynamic source of spiritual growth and of substantial achievements. The rest of it is frivolous, flippant and temporary. If you have to have something of a very permanent and a high level, they will realise that, "We have to see to those people, how they have achieved it, how they have become such beautiful human beings".

The nature is so helpful to me, extremely helpful. I find that the nature is producing children which are so much wanted today. They are giving children of very high quality back to us and I'm amazed, how, one by one, these great saints are born to Sahaja Yogis. But the Sahaja Yogis themselves are not been mostly born Realized, and even if they were, they had gone wrong ways. So, they have to now realize that their responsibility as Sahaja yogis is much more than before. Because they have to be very good examples of Sahaja Yoga for their own children. If they do not give that example, the children are not going to follow them. Neither the children are going to associate with them, nor they are going to be guided by them. Moreover, a day may come that they may deviate also, though they are Realized souls, or may be that they may give you up completely and become Sahaja Yogis of a different level.

So, it is for the progeny that we have to work very hard on ourselves, clear out ourselves, make ourselves beautiful people, grow into it, become bigger people with a greater vision, with broader ideas, with all our strength and will.

My own contribution is zero I should say because I cannot contribute without your help. And you have to use that: like in the water, there is lots of energy, but one has to use it only by maneuvering it. In the same way, unless and until you maneuver all that I have, I am absolutely impotent personality. For that, I would request you that you cleanse yourself. You follow the roots of Sahaja Yoga with great assiduity, because you are chosen people of God, that you have to do this great work of God's recreation of the new world of peace, bliss and joy.

May God bless you.

Translation from Marathi to English

Today is a very big day for us, as 'vasant panchami' is also. Again it's a national day today. The people are grateful to see this day. How many people had abandoned their life?.

How many things have happened, but we have not yet come to that stage. Where you know this, Yes, the country is of great importance, People have won the sacrifice. Even when we called up the rebellion in this country, Gandhiji thought that this

country's That which is real wealth, it is spiritual. Self-power is not violent but non-violence, and therefore they will make all over non-violence. We have won the country for without any violence When this happened, we do not realize that Now this is what we have earned so much wealth, Yes, that's what we keep, Yes, you has got diamonds In Which sacrifice to fit? So that's what it's sacrificing They must be of this soil Whatever the sacrifice of this soil, They have sacrificed themselves. You have nothing else to do. What is the main thing in this country,that is, all the space that is the element,the power of self, it is.. That should be discarded on self-power. As long as the sacrifice of independence will not be put on self-centeredness, The welfare of this country will not be there But for that, we should create such a people, which has received this self-discipline. But I still see that the people that got self-conscious Who has gained self-confidence They are still playing very tightly and are living with a very frantic situation.

The kind of thing that has happened to me is so troubled me yesterday I have decided that I do not want to talk about that anymore. Relations,How did it come? We say relation come in Maharashtra. Brothers kill you after one another Something bothered, what happened to it? That's because we took addiction. You might be surprised if you add some additives to Vishuddhi chakra, you do not have any kind of wisdom. He does not live nicely. He lied and did not think he had missed anything even though he did This addiction has grown so much in our country and it's on such a large scale, People do not notice that they are suffering, People say so many lies about. They are behaving so badly. And so much lies are in the world Yes, for the first time to get rid of falsehood, first of all should be left with addiction.

The man who does not completely forget to addiction, His nature will not be good. He will do falsehood, he will do a false thing and everything that is true will be false So one day on this big day many people spend their lives Many gave life Many have shed their blood From this time immemorial, we struggled for independence, now for self-rule, to self-help People today pledge that we will not do any addiction anymore Any kind This is not a difficult task I see people from foreign countries that they are so sharp Once that is achieved, on the next day it becomes free, by leaving everything, That was not what they were As soon as a lotus comes up in a moment, it gets so much sweeter But not in our country. There are some types of activities in our country But this is the only way, It's gonna be there. For ten ten years, peoples in sahayajoga Why not make some progress? The reason is that they have not been able to relieve themselves of addiction. This slavery should gone The slaughter of addiction is that it should go. The second guru's slavery is very terrible to you I met a gentleman yesterday They were so many years in sahayajoga. But his master's slavery is not gone So they are still in trouble. There is no one listening to these things Nobody would believe it. But if your guru is wrong, then you have seen that you are suffering from it This slavery, Should have gone You should keep in mind that for slavery, People who come from Guru.

They are physically afflicted If your master can not keep your body properly, then why should such a guru be enslaved? This is superstition and it is a vengeful sign. In the vengeful symptom, Shrikrishna said, that when a person becomes vengeful Then some unfixed things are pulled up completely That condition only believes the truth Suppose,one bull tie to the oil extractor poll and put scarp on eyes,He is wandering in there And no matter how much you told him that he is wrong, he does not think so It do not go into his head This vengeful tendency is especially in our Maharashtra. The reason we tell him the reason is that we are very addicted And the fundamentalists, in those days we have grown up in the customs, You never stop that fundamental. Now first of all, see that you should fast now Who said that? Which scripture? If no one says so, no one can show. If you have a passion to fast anytime. So whoever you wish about will be the same. People in our country are also starving Why should I fast even more, I do not understand, If you would like to fast,then die It seems like the future will be hungry, want fasting, take it.

You should only get what you are interested in. When you fast, Then let it be hungry Then why cry? Everything is for eat and they do not want to eat it in the name of God You should not eat it, but eat it in the name of God Next is the path of devotion, the path of devotion has drawn one But that's not the way it's going to be It should be noted devotion, exclusive devotion is told by Krishna The path of devotion is to sit on the ground, to walk away from it Dress clothes, like beggar Going there playing the Manjeera, And to break the head That is called the devotional path Who said this? Dnyaneshwar did not say that you used to go to perform 'Hare Rama' Hare, doing there. Or do we say Vitthal Vitthal by doing Krishna Krishna So do not go anywhere Those who wrote it did not read They did not understand what they explained Now it is said that, 'Aata Vishwatmake...Toshawe'. He should show the spirit of the universe He should be happy Whatever sacrifice has been offered to me, Let's be satisfied And then what to give? Give it to Pasaydan This pasaydaan is given to you. This is what the vibrations have been given to youvthis is

pasaydaan. The dark darkness of sinful man disappeared,did gone? Those who played majeera, Does ignorance go?

Too dry, dried, beggar they do not have proper clothes on body. Seeing the person coming to cry Where did the sinful man come from? And say we are devotees of Shri hari ! Hey, who gave Sudama to Dwarka, this devotee, this beggar people Why are you people defaming Krishna? Be a devotee of another person,Fraud Babaji's Whose rinkle should be counted, This type of Babaji are many Devote them. But why do you defame Shrikrishna? Where did you not read the description of their face? Did not read the description of his brilliance? Where he was a beggar, nobody told. Even though cows maintained, the crown was on the head.

We have already heard of it , about dress up Where did you hear that he was carrying a bush in his hands beggar ? Tobacco filled in drink This is our condition But do not think about it, And black ash on the head does he apply black ash on head How pretty even,Turns the sandal on the head That was his sign,even if you look around, why do you walk around with black ash? With those black ashes, it will ruin your ajnya chakra. The more you will be in a vengeful perspective. But you said that Mataji, why do you say so? That is what they want me to tell and it should tell you Then you got the disease tomorrow, there were cancerous diseases, there were diseases of the vishudhhi chakra Diseases like this,The disease happened That is to say,Mataji what's this? We are Warkaris(devotee), that is to blame in God This vengeful tendency should have gone Walk through the scarf on the eye. We are in the path of devotion Hey, what's the way? God has said, Make exclusive devotion Krishna has explained it clearly,That you will give me something,pamphlet, fruit, and he will take it But giving it clear that you should give exclusive devotion What else could he do? When will exclusive devotion be?

When you walk aloud with God When you feel confident Whenever you worship him, it has something meaning We have such an evil reputation of Krishna everywhere Are doing abroad, doing so here too. Where is Lord Krishna and where are the people of Warakari(devotee). I do not see the compilation of the two So, whatever we are old, we want to get the best, best of them And that which has been imposed on us, it should be left In the Sahajayoga, we are doing great devotion Everything happens, but only after self-realization Before that we did not do it. Secondly, fasting is not what we do If you want to fast,then do it, Now I am fasting already I Forever Fasting is done by your grace No lunch, no meal in the evening Something is going on If you do not want me to fast then I can do it But even if you want to do it, you can do it for yourself or for your body But do not tell it as a stomach disorder So we need to understand that we are going to be vigilant, Now we do not want to go to the royal state This people is other it is of a political nature. What they did not know, what was wrong and what was good The mistake and the good one at all That is, we feel that these people are human or animals ! They do not understand this, that they eat cabbage, that they eat shit He also does not understand the difference, People are royaltyers And if this state of the state came, But a big question arises in him Because such people are confused and completely confused So do not understand what they want to explain So everyone thinks, what's wrong with this? Now here London is a new one, Exiting daily. Now there's a new one The new one happened for four years, That needle socks into your mouth If not, then insert the pin And paint the hair and go out. I said, why do this? they said, So what's wrong with this?

What's wrong with this? Does we have any answer? So they do such foolishness It does not matter if you say anything to that stupidity Because they think, we all know What's wrong or bad? What do you say? That is, the monsters are good, the evil is also good, the thief one is good and the Mahatma is also good. And God is good. Everything is good, all are same. Hitler is good and krushna is also good. There is no difference between them No one should say bad .all good There is nothing bad to say This was the stage of royalness You now have the royal nature Because you are making progress now Due to the progressive country you are Now there is a humble request that you should not progress there Now we have to make such progress right now She wants to progress through the Crown Chakra and That is to make progress in the higher direction For This,What's wrong with this? What's wrong with him?

Why do this? why do that? If that desire were to happen, we would have thought that we became a royal It's worse than vengeful. Because once you can remove bond,But by the way, From the point of view, the restriction on the eye, how to remove it? So,do not go to that situation. What's wrong with this What's wrong in him You are your master in Sahajayoga. Vibrations come in your hands and you know what's wrong with you Then,Fix Your Vibrations. But there is a situation where people do not understand anything, whether we have lost anything or not This situation should not occur That is my request by adding my hands Today, in this good news, we all have to tell you that you are born in this holy soil. I now go to Coimbatore day before yesterday, they said

that you will live in Pune now ? It is said to be punyapattanum.

All said by adding their hands Said, 'Why?' ... now you see it all This is what they were .it was what they were described This story tells us that once Pundarikaksh took his father and mother Came to Mumbai city. Maybe even Pune has come There is a story about Pune. Do not know if there will be any. He said to them, 'I'm not taking you anywhere now. I have served you very much Now,I'm not going to take you forward Go where you want I am not doing your pilgrimage anymore. He thought, saw the vibrations and said That's it, do it You take us out of here anyhow Then do what you want to do, As he picked it out of that village, he came to notice That's how much is my fault, He said, forgive me Something happened to me No, no, I take you away, Well, I think this often in Pune Mumbai has so much But now people should decide that, to pune Which Graduation is given from Anadikal The great saints, great masters will celebrate and will do it well Today,All of this should be decided in the mind of the people of Pune That's the name of Pune, that's such a great name, we get such a great principle what others do? Others do this,Others do thieves, they do this, do not want to see others. Others Others You are ours. What attitude do we leave,Except for small attitude, we can absorb big ideas Secondly, we have the biggest problem in religion Today,have to say about that also It is written by Markandey Swaamy about the idea of caste from Anadikal Which is called as consciousness in all the beings of the Goddess The Goddesses who are situated in power in all castes, That's what we say every day, But why we dont understand?

Means,Whats goddess cast, that is our cast Mahakali, Mahalaxmi and Mahasaraswati are only three caste in this world And the fourth caste is Aadishakti's, that's your caste. It's Beyond that Those who are passionate, their cast of Mahakali's Mahasaraswati's caste for those who are of Royal Those who are righteous, their castes are Mahalakshmi There are three castes in this way and the fourth which is going on is beyond the castes, that is to say,Trigunatit In this situation you are sitting today So do not fight on castes We are this,we are that,this,that, Those who really do not really do anything With such a brawl,then we say that why we have given the kingdom to them? Means Shivaji was kunabi(lower cast) Why did give the kingdom? There are many people who say so Now who is sitting on your kingdom? Parsi is a man coming and sitting,Tell him Came all Brahmins and say,tell, They become friendly with all That man is good But its meaning Who has said that?Even if Shivaji Maharaj is in situation, you give him trouble also told Gandhi ji that you make atonement at Nashik You make atonement, from such a great man I once said to Mahatmaji, 'Why do you go to make atonement? He said,If I did not go, they would've shot mi Whom did you give up? You must remove people from that class, and this is the idea that you have That is, showing others down in religion Every time that big people were there Everyone in this country tried this That people should remove this idea from their minds eknath feeds water to donkey. Naamdev was a tailor. We had a gentleman butcher He is considered to be a saint. Tukaram also always used to say that If I had become a Mahar(lower Caste), it will good for mi Why this?That is, they are often told that this madness of caste should be gone And so many miracles happened Their Volume came out in the Indrayani(river) which was immersed, all happened But people have not understand that The thing which is holy is different, the fight between castes is different They will not learn because the eyes are close So this kind of caste does not work for us, We do not want that kind of caste We will not do this, we will not do that Such people who speak, And in this way the people who spread the atmosphere There was a defect only in our country Well, it still needs to be done in practical terms that,some caste boy married with another caste girl There is no difference between them and this kind of marriage, but they have advantages Suppose,If you married in your caste and did Maratha in Marathas So, he has not sent anything to Diwali.

How much did dowry?To talk properly, How much did dowry? I want to get married, then the girl should be the same If someone tricks her, then who will come from the community? f you send the girl home, if didnt give dowry,, But at that time can someone is standing in the community? Dies For such castes, oppressed people torture their girls Not only that, I feel that one of those media is atrocity. The girls used to abuse and torture to them It must be married in this caste, This is a medium It is a medium to persecute those girls We are harassing ourselves, our own, our girls every day. If another son got good,If you got good in the others caste, then what is the problem? What should be the problem, there is no objection But it does not look like that It is not so practical But tomorrow in that caste left our daughter, So that being helps you Even when it appeared front of us, we got married in our own caste only. Stubbornness like this That is,You really have something radish on girls head We're putting a lot of weight If you want to, you can do it in your caste If you want,return it. But why do you bother that girl Troubled her tomorrow,mother-in-law troubled her You do not go and say that we married in a caste n it you will have a reputation for being 'we married in our caste' What are you going to get? Why do you get?

It is special in women's That should be in our caste So you have to show off something after that What you get? I do not understand. Gandhiji tried. Tilak made efforts before Gandhiji Tilak married widow himself Agarkar did How many people have tried, but we have not fulfilled that effort Now, when it comes back to sahajayoga, do not have to do things like casteism We do not believe in caste. We consider only cast. that is sahajayoga. Sahajaogya is the story of World religions This is a world religion and there is nothing like casteism, hatred etc. A single God and all the people of mankind he created Those who have achieved God now, when they enter the kingdom of God Do not take it there, mad people from here. bawannakuli(caste) and this and that A gentleman said to me, caste(kul) .talk about caste mataji, I said ..caste..you have a big. caste come from where ?

Who is your goddess, from there That is, the goddess came back or not. Which is your kul(caste)? If we are of any caste, our Goddess may be one. Suppose someone's goddess is Jagadamba. then it can be of a goldsmith or a Brahmin. it can be Maratha's, anyone can be. That is, whether their caste is for Jagdamba or not. That is, the kul(caste) became Jagdamba's We have Kul(caste) from the Goddess Not from the God That is, the identity of the kul(caste) is known on mother, and it is also true That's why we say 'ya devi sarvabhuteshu, jatu pen sanstitha' It's your caste, This is your caste of greatness Now I ask what is the kul(caste) of Shivaji? No one can tell. One might say, Jagadamba, someone would say, Bhavani Bhavani was his mother.

They have a kanyayani. kanyayani was his kul(caste). kanyayani was his goddess kul(caste). Now, whether it is the Casteism of their caste or not, do not know this is Casteism. This is kul(caste). This is the greatness of kul(caste). To get something done, that we are this much kul(caste) and that much kul(caste) Type something that does not look like All will come together in drinking alcohol. If everyone wants to drink alcohol, then they all sit together and drink. Same place When drinking, So what do we drink alcohol? But at the time of drinking water, we wear holy clothes.

Even if you want to have cigarettes If you have half your remaining that is also fine But at the time of meal, however, we are very considerate of others. That is, if you want to work in a bad way, you want to make a thief, can anyone ask what's your caste? When stolen, they form a team When all kind of people steal together there is politics Nobody in politics thinks that, what is your caste? When all bad people come together that means politics. But you have to find out how much you are really bad Very bad people So this is ours, just got it right with us. This is the situation today that you have nothing about yourself There is no self respect, Because if there is no demonstration of self, then self respect can come from where? It is worthless to say that things are worthless Those things have become so important There is no attention to the real things. It's a vengeful symptom And this vengeful sign should go through you, so you have tried your best. The vengeful person does not have any respect for himself. He does not think about himself.

I have some self-respect or should I have some self-respect And his whispering all time whispering about him, whispering about them Something slayess, which is called in English, like he did From here and there, his whispering slayess Likewise, the royal man is a terror but open Openly, the two, four will slap you If someone gave him two or four, he would give two-four back, but he would openly his all apparent That is so much that It is open to sin, what is bad in it? What is worse than doing it? What's wrong with that?. say this If you want to do anything, then there is no such thing in it In all things, what is wrong with it. The other is ashamed to see them. It is a condition So what is your situation, That you know Know what is your cast And any caste has been exhausted, means you Drowned. Then it should be multiplied beyond this species It should be done in a multiply. And you must be self-confident in that situation His riches should be seen in him The second symptom of Sahajayoga is that he should always look happy, he should look cool Kabirdas said, what do you say, when you are happy? If you do not have fun Then you are not sahajayogi.

If you find this, We will do anything that Mataji said I have seen many people like this. I said, what are you doing? One thousand people will come. How can we do it? Mother, we will take one thousand or three thousand men. What about it, that's enough when we are 10 people It is fun, it is called impudence If it does not come, then you still have not been sahajayogi What is in it, mother said. Then what is going to happen and happening There are many people who have benefitted from this They have seen how much benefit it has made How much did it get But it should be anxious. Must have fun If the fun does not appear in the person, then something has happened He did not have seriousness. whispering in all thing, paying Attention to small things Do not want to do that, do not want to do it, or do something that is all fun Will be deposed, such things not suitable to sahajayogi Just fine. If

you do all the fun, then you will be surprised, what kind of work is done? how things happen?

You have come into the kingdom of God, If will not having fun now,then when? So all this is a happy day, It's a day of light, We got a flag of freedom. So I myself in Delhi, saw second flag. to rising and descending, And I said that, this is the beauty of the flag, it should remain And by that grace we all should be fully integrated with our identity Our personality should be completely integrated only That should be fun, should be joyful Everyone should be involved in the same Now these people came from outside so much. I do not have time to talk to them for two minutes It does not take time to sit near them for two minutes They have come from so far, some of them are such that I have never seen them They are in the mood I did not spend a minute with them But they do not feel anything. In our Maharashtra not Ilike this Mothers did not come to my house. Not come to my premises. have not been to my center, My, me, mine is very much. And mother did not give time to me, Give me time. I have spent all my time in Maharashtra There is no time to talk to these people I do not even ask him, how you are?

To this date. How are you ? It is not even said What do they come here, and what are they? means,Thay does not meet. Went to their country, which means that are a little too much But they never said that Mother, come to me or come to my home. Talk to me. Never Well, secondly, if I would go to someone, then I would go That's mine I would go wherever I want I do my convenience People will say, why did you go to their house? Hey there, I get convenience there, so I go, who will you say? So that's me, that's why you're going there To force me to do so But all this is a sign of eloquence and stupidity, that they should not be so. So everyone, for two minutes, come for a minute to me.why?

Why come? What are you going to get? troubled me and made me unhappy Then,How do i feel happy? And how will you get blessings from that happiness? If you followed my troubles So do not insist that to come my house. Come to me.this my should gone. Which is your house All of my houses are there. My child, My house, my husband, This is all vengeful symptom. It should be kept in mind that whatever children do my, me, those children should never Can not match. you have so much heartache in it that It's a mistake to say that, even if he is a murderer, then he is the baby.

So we are a sahayayogi to get away from him How should your child be described? You will not know unless you stay away and see it So do not invlove in it . And the society that will be created by chance, That's the true quality He is a true sahayayogi and he will be blessed with this great work May god bless you . Gulal etc ... Should get some communication back One i think that people From pune going to mumbai Mumbains,Punein,from there,from nagar This,This and the lane in it, do not remove Everyone should meet,Should be in You must increase love with yourself Everyone has given such a suggestion that It would be good for man And everyone should travel You must meet here and there Which today Sahajayoga It has spread to foreign countries. Sahajayogi there due to it,Not mi Because I do not have so much time, my home is there My husband ia there,So much so Month out of my tour, Soon there are 14 countries to go So I live in a country for 2 to 3 days But these people came here to themselves, go there from there Go and talk to them Make arrangements everywhere It does not matter that there are four psyche sitting at one place People of Pune go to four places It is necessary to go out and talk to people only But you sit in one place There is a big problem So it should be taken into mind That should come among themselves And when you get in touch, It should be done as well for sahayayogi Only then will it work But that does not mean many people, Let's know some of that and try to mess it Mother said,Then they go with their bed And whose house a month has stopped He came to and crying Hey Mataji stayed for a month,Now what to do? then you said it only. Self-respect i said There is no need to stay with anyone Do it yourself and arrange somewhere You have two days to go and meet and ask how you are? What's not?, what to do with the program, and what to do Now move on.

1985-0128, Talk to Sahaja Yogis

View [online](#).

28 January 1985

Talk to Sahaja Yogis

Brahmapuri (India)

Talk Language: English | Transcript (English) - In Progress, Transcript (English) – Draft

Conversation with Sahaja Yogis at Krishna's river, Brahmapuri, (Maharashtra, India). January the 28th, 1985.

... And the enjoyment, you see, you cannot enjoy life if you become very right-sided or very left-sided and the women who are supposed to be women become right-sided. Now how can they be jealous? Supposing the eyes become the nose, what will happen? [Laughter] That's the problem the confusion. 'Rajasik' [right-sided], you see. The people who are 'rajasik' are the people who are futuristic, I should say, are the right-sided people.

As Krishna has said, in his Gita, that they have no sense of right and wrong: to them, right is right and wrong is also right. I mean they're very generous. [Laughter]. Especially to bad people. So, to them everything is right they don't know what's wrong. You ask them, they say, "What's wrong?" Tell them, "Don't do like this", they'll say, "What's wrong?"

Grégoire: Shri Mataji, you have not yet answered the question whether the West is doomed or not?

Shri Mataji: No, no. I don't want to doom it down. I'm going to try my level best to save it as much as possible, and you all should help me. Try now. We should thank our stars that we have so many Sahaja Yogis from abroad, Grégoire. Just think of it.

Only a few years back, you were very hopeless. The things have improved so much and such nice people have come this time! Sixty percent are new people, such nice positive people. They understand the value of Sahaja Yoga. They are very, very bright people, I must say. And they are not that kind that will try to build organizational problems and barriers and talking ill and all this nonsense that goes on. You see, they are not that type. We have passed through that, I think, what you call the 'early troubles' of any work. They will be much better than some of the old ones, I'm sure.

[Applause]

And also, some people who have been educated in India, when they have to go abroad, I mean, in the University, you have seen, they all get spoiled. Just think of it. I mean those who have been brought up in a very proper way in India, they become so funny there, you can't understand it, you can't believe it. Like hybrid stuff. [Laughter] And when there is hybrid, you see, you have seen that, the hybrid cannot reproduce.

That's why there are very few children in their country. They got reduced on the minus, they're so hybrid. Shocking things they do, I tell you. In Sweden, in Denmark, in Germany, horrible! Switzerland; you cannot go near a lake, you cannot go in a garden. So horrid there! Absolutely horrid!

I hope the Australians don't take to these things very easily.

And the 'rajasik' have no respect for anything. And the first thing they do is to have any respect for others. "I want. I like. If I like, then it's all right". If it is liked. Then whatever you like is all right. If you don't like, then it's bad. "I decided. I like this. I hate. I love. I like".

It's too much.

Now you've seen children here, so many children sit down for the program. Indian children. In Pune, at a program, where the hall was only full by one thousand five hundred people, they were three thousand people sitting on the ground, sitting here, I mean it was so compact, that even the 'hall fellow' got worried. I told him, "Don't you worry nothing will break".

[...]

1985-0129, Devi Puja: Every present moment is to be enjoyed

View [online](#).

29 January 1985

Every Present Moment Is To Be Enjoyed

Devi Puja

Brahmapuri (India)

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

Shri Mataji speaking to another Sahaja Yogi in Marathi: Handkerchief. Handkerchief, give me a handkerchief. Hey (""), handkerchief.

Shri Mataji speaking to another Sahaja Yogi in English: I will have some water.

Shri Mataji speaking to another Sahaja Yogi in Marathi: Give me some water. No-no.

Shri Mataji speaking to Sahaja Yogis in Marathi: Let the guests sit first. Get up, how come? Is this our method? First you call them here, then you can sit afterwards making space for yourself.

Shri Mataji speaking to Sahaja Yogis in English: The foreigners can come here. Just, you are all guests you see.

Shri Mataji speaking to Sahaja Yogis in Marathi: You get up from the middle. Wait for two minutes, let them sit first then you can sit in a line, in the sides. Let them come

Shri Mataji speaking to Sahaja Yogis in English: Sit. Just give up. Just keep it here.

[English talk]

Today was a very great day for all of you to jump in the river and enjoy yourselves very much. I remember the past of such days which I have also enjoyed before. But one must know that it's not the outside that really gives you pleasure; it's the inside. Whether there is outside or not, inside should be so elated. You can use this as a memory for yourself, whenever you feel dejected or depressed, and should try to maintain that moment of joy and happiness within yourself. I hope you were in the present at that time, so that it is completely recorded in your memory and that you will enjoy all that.

A sign of a good Sahaja yogi is that he has no complaints. He doesn't give ideas, suggestions, and object to what Mother says and give new dimensions to it, doesn't argue and thirdly, he's always in joy. If you are not in joy, still your eyes are moving on one side, brain on another side, your ears in the third direction, then you are not integrated. You are not yet a proper Sahaja yogi. So you have to be a very proper, sensible Sahaja yogi. In your ascent you will discover all these things. So try to be more in the centre, in the present, and then only this will become a permanent feature within your heart. And on that will be seated your Spirit shining all the time. But the seat of the Spirit is all the time wavering and is not there; so Spirit does not know how to emit light in your life.

Now what I find that our attention goes to all kinds of various activities, which we should see like the sea that was flowing. There was lots of stones there. And one can learn a lesson from that, that when the stones are there it makes a ripple, a sound, a reflection back, and the water is obstructed. In the same way, if we have stones in our head, then the flow of Kundalini gets obstructed and then we get all kinds of, you see, reflections and we reflect back and then we try to give some suggestions or things, and all that. We don't allow the flow to go straight forward in a very smooth manner. So also it is very interesting and it makes a, you feel more interested because it helps the ego to grow more. But one has to learn that that's not the temperament of a Sahaja Yogi.

Sahaja Yogi is a subtle personality, absolutely peaceful within himself. He has no complaints about anything. He is always in joy. He doesn't say anything. He doesn't cry. He doesn't weep. He doesn't say, "This is wrong. That is wrong." He doesn't talk about his family, his children, his relations. He doesn't. And if he has to talk about somebody, he talks always the good, not the bad. Except for the leaders; when I ask them, they have to tell me the truth, if I ask or if I know something or if I have to verify.

But you shouldn't get so much involved in your family, my mother, sister, wife, husband, this, that. Now it's time for you to come up. Those who will come up and come over it will be a good idea. Secondly, as I've told you, that the joy of the West is finished because the men have lost their power as men, and women have lost their power as woman. It's like the eyes going into the place of the nose and the nose in the place of eyes. So that's why this misplacement has taken place. So try to enjoy that role that you have taken up and don't try to perform the role of others. This is a very simple thing which one should accept and one should work it out. And I'm sure we will all come to balances and we will be in the centre.

Now the problem is very simple that we have to accept the present, the present moment. It's very simple. At this present moment you are sitting here in front of me for a Puja. And every present moment is to be enjoyed. Every present moment is to be enjoyed. Not to get worried about the future. Not to be upset about the past. The compassion of God is tremendous; it's tremendous. Allow it to work it out. When you try to play your role then the compassion, as I told you, acts on the stones. And the stones give all this ripples and the sounds and all this jumbling. So, best way to allow your mind to be all right, is to be peaceful, alert – alert, not sleepy. Only when you sleep, then you don't have the stones there. So, when you're alert, watching and enjoying every moment. This is the message for today, because really the time is beautiful and I think it's better that you be in thoughtless awareness and enjoy.

[Translated from Marathi]

Here these people (foreign Sahaja Yogis) have come, you have all welcomed them, you have taken care of their arrangements and you have found out such a beautiful place for them. So, I thank you all on their behalf. (Claps in the background). These people have very much enjoyed their time here. By Grace of God, they have everything in their countries. If you will go and see then you will be surprised that these people have grown as rich (‘’) and have all the luxuries (‘’). They have broken all their barriers and have come here and I have told them that here they found the idols of Shri Rama and Shri Sita of here. This is that pious place where Ramadas Swami found these idols and has installed them in Chafal (a village in Maharashtra). Just hearing this thing, these people (foreign Sahaja Yogis) told me that (Shri) Mataji we want to go to this place. Immediately, I asked you people here to make arrangements for them. Leaving all their relaxation, leaving all their pleasures, they have come here in the enjoyment of the God Almighty. Similarly, we too, where there is a pious place, we should understand its importance and we should protect that purity completely. That purity should come within us. These people (foreign Sahaja Yogis) are so sharp that they know in Maharashtra especially, more than the whole land of India, in whole of Maharashtra, very beautiful, amazing, spiritual places are there. What we can see, more than that there are more beautiful natural places that they have, very beautiful, very beautiful nature they have. Means you are amazed of its speciality just looking at it. But it does not have vibrations. Here they can find vibrations, hence they have come here. Similarly, you people also are simple, innocent, good hearted by nature, is what they think about you, you are here, so they are here to visit you. How they are having fun and are feeling elated here, similarly, you should also be feeling and enjoying the bliss, is what I am wishing. Today in your village on the banks of the Krishna River, everyone had a bath, today the Krishna river also has become pure. As is her name (Krishna river), she is as beautiful as it, this should be in everyone's attention and in this village, again they should come and do something, should build a small ashram here. Should take a small piece of land and build a small ashram for them here. If these people come here and stay then you will become prosperous, many arrangements can be done for you as these people have the money and they can spend. We can do some similar arrangements here. For that I will have to make some arrangements. If these people stay here, you will get some work, you will make progress, some way will come out for you.

Today in this beautiful setting, I am myself so delightful that I don't know what I should say. The puja was earlier planned in Satara, but I said that we should do it here in such a natural place, it will be good to have it here and we will only feel good by

coming to a place where Ramadas Swami has received such a great thing. So, in this auspicious moment we all should decide that if (Shri) Mataji will give us our self-realisation, then we will receive the self-realisation and after that we will grow it completely into a tree here. If you did not do Sahaja Yoga here, then these people (foreign Sahaja Yogis) will not come here. These people are only hungry for love, they do not want anything else. If these people will come here then by that there could be a lot of prosperity here. They will work for you with lot of warmth, they will make arrangements for you, they will teach you many businesses, like this we will be able to do lot of work. But firstly, you need to completely get into Sahaja Yoga, otherwise they will not have any respect for you, they will not value you. They will feel you are like any other common man in the world. So in Sahaja Yoga all those who are self-realized, importance is only of such people and only their importance will remain. Those who are not self-realized there is no importance for them in this world, like a seed if it does not germinate what will be its importance? We will throw such seed away. This is a fertile land, which Shri Ramadas Swami has touched his feet with, you are living in such a beautiful place, so even you need to make yourself holy. Now for puja, we do not allow those who are not self-realized to sit. So if someone claims to get the Goddess in their body, then they should get up and leave as the power (of vibrations) is flowing and getting overpowered in the body is sign of bhoots and is not the work of the Goddess. Those who get overpowered (by possession) are having bhoots in their body. You people go and fall at their feet, you have so much misconceptions. You have to think about this that for the Goddess to enter into somebody's body, does this make any sense? Will the Goddess come in the body of any person? What is the character of such person (who is claiming that the Goddess has come in her body), how does she behave, you need to see that and you fall at the feet of such people, even if I tell, you don't listen. If any woman gets overpowered (by possession) now then she should leave as it is bhoots, it is absolutely bhoots and you should not at all go near them. If you go near such people or on whom it has come, will suffer a lot. There may be some sort of an accident or they may fall sick or they will lose money, something or the other will trouble them. Hence, you should not at all go near such persons whose bodies are possessed by bhoots and if such women come to know that you are holding them in contempt then their bhoots will run away and they will get cured. This is something which is bad in our villages which we should remove. I have seen many times that when I am giving a lecture many women get possessed because they get scared. Then such women who get possessed should leave and even the men, though I have never seen a man getting possessed but it may be that one or two of them may be possessed, what to say, because it is the thing about bhoots.

Shri Mataji is talking to Sahaja Yogis in Marathi: Now let us.. What are the arrangements here? Is it so.. Is there an arrangement to wash the feet? Where is it, where are the vessels? Bring it in the front. Call your parents and others and you people also come in the front.)

Shri Mataji is talking to all Sahaja Yogis in English: And I would like to have five ladies and five gentlemen to come forward for the puja today.

Shri Mataji is talking to Sahaja Yogis in Marathi: You all can come here. Kendale (name of a Sahaja Yogi), you first check it out (the preparations).

Shri Mataji is talking to all Sahaja Yogis in English: Now five men who have not done my puja before. I am sorry you see the washing of feet is not possible with so many people around as you know that but what nowadays they are not washing my feet but just pouring water, the same way water should be taken and the hands should be washed.

Shri Mataji is talking to Sahaja Yogis in Marathi: And call your people, who are there for puja. Call two-three ladies, two-three gents, is there anyone? Call them if they are there. Call someone who is from Angapur (name of the place). Sahaja Yogis from Angapur can come here for puja. Come, sit here. Now pour the water. Ok, so now who is going to say the (Ganesh) Atharvasheesh? Do you know it? (asking one of the Sahaja Yogis). Ha, Dhumal? (name of Sahaja Yogi). Sahaja Yogi replying to Shri Mataji 'Ghoap knows it.' Shri Mataji calls out 'Gholap, where are you?'

Shri Mataji is talking to Sahaja Yogis in Marathi: Gholap, where are you? He has come now. Oh Gholap, please take this. You sit here. Bring water, come, give some water.

Shri Mataji is talking to Sahaja Yogis in Marathi: (the conversation is not very audible)..

Shri Mataji is talking to Sahaja Yogis in Marathi: Come Gholap. 'Yes Shri Mataji'. Has he come? Come sit here. Keep this here. You keep it down, keep it here. Give him this one. Yes, give here. Yes come in front, come sit in the front.

Shri Mataji is talking to all Sahaja Yogis in English: Can you move backwards? Alright, now, one by one, you have to come and pour water on my feet. Sing the Atharvasheesh here. First mine (it is not very audible..)

Sahaja Yogis start the three Mahamantras.. Complete the first Mahamantra..

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: Don't put your fingers in it. I have told you once you need to understand that you should not put your fingers in it. If I tell them once they understand, how do we don't apply our mind? You should not put your fingers in it. You should keep your hands up. (not very clear).. You should not put your fingers in it, don't put your fingers in hurry. Now do it from the side. No, why are you putting your fingers in it? You should do it from the side.

Sahaja Yogis start the second of the Mahamantras.. Complete the second and third Mahamantra..

Sahaja Yogis start the Shri Ganesha Atharvasheesh

Sahaja Yogis again start the Shri Ganesha Atharvasheesh

Sahaja Yogis again start the Shri Ganesha Atharvasheesh

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: Don't touch it with hands. Don't put your fingers in it. You should not put hands in it. This much you can't keep in mind. The vibrations in it will go away.

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: Just use your hands (it is not very audible)..

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: Give it to the gents (it is not very audible)..

Shri Mataji is talking to Sahaja Yogis in English in the background: You are not married na, not yet married.. alright.. alright..

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: She is not married yet right. Come, come here.. give them water (it is not very audible)..

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: and these men, give them water in the hand as here only they have to do it.. Do it like this (it is not very audible).. panchamrut..

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: Where did he go? Oh Mr. Pai come here (it is not very audible)..

Sahaja Yogi talking to another Sahaja Yogi in Marathi in the background: Mr. Pai, ask Mr. Pai to come here. Mr. Pai.

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: Now first honey, first take honey. You should keep this in mind. You sit here. You recite Shri Suktam.. recite Shri Suktam.. After reciting Shri Suktam, everyone should recite 'Ya Devi Sarva Bhuteshu' and the third thing is 'Kunjik' (it is not very audible which mantra Mother is asking to recite, maybe it is Shri Kunjika stotra)..

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: Now you all should recite Shri Suktam and after that 'Ya Devi Sarva Bhuteshu', then recite Kunjika.. (it is not very audible)..

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: Ask the men to sit here. One of you should see this, first put the honey. First ghee, after ghee put honey, then curds, then milk and then sugar and then mix.. (it is not very audible)..

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: After every step put some water. Put in this vessel. (it is not very audible)..

Shri Mataji is talking to Sahaja Yogis in English in the background: So, you have to come forward.. (it is not very audible).

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: and also put some water, without putting your hands inside it. Put some water.. (it is not very audible)..

Sahaja Yogis start the three Mahamantras mantra (Maybe this is what Mother meant as Shri Shipta mantras)

Sahaja Yogis start Shri Suktam mantra:

Hari: Om || Hiranyavarnam Harinim Suvarnrajatsrajam|

Chandram Hiranmayee Lakshmi Jaatvedo Ma Aavh ||1||

Tam Ma Aavah Jaatvedo Lakshminanpgaaminim|

Yasyam Hiranyam Vindeyam Gaamshvam Purushanhm ||2||

Ashvapurvam Rathmadhyam Hastinadprabodhinim |

Shriyam Devimuphye Shrimardevi Jushtaam ||3||

Kaamsosmitam Hiranyaprakaram Aadram |

Jvalanti Truptam Tarpayantim ||

Padhmesthitam Padhmavarnam |

Taamihophyeshriyam ||4||

Chandram Prabhasam Yashsa Jvalantim

Shriyam Loke Devjushtamudaram |

Tam Padhminimim Sharanmaham

Prapadhyealakshmirme Nashyam Tvam Vrune ||5||

Adityavarne Tapsoadhijato

Vanaspatistavvrukshoth Billavah:|

Tasya Falani Tapsanudantu

Mayantarayashch Bahya Alakshmi:||6||

Upaitu Mam Devsakh: Kirtishchamanina Sah|

Pradurbhuto Surashtresmin Kirtimruddhim Dadatu Me ||7||

Kshutipasamlam Jyeshtham Alakshmi Nashyamaham |

Abhutimsamruddhim Ch Sarvanirnud Me Gruhaat ||8||

Gandhdvaram Duradharsham Nityapushtam Karishinim|

Ishvarim Sarvbhutanam Tamihophvye Shriyam ||9||

Mans: Kaammaakutim Vacha: Satyamshimahi |

Pashunam Rupmanyasya Mayee Shri: Shryatam Yasha:||10||

Kardamen Prajabhuta Mayee Sambhav Kardam |

Shriyam Vasay Me Kule Maatram Padhmalinim ||11||

Aapa: Srajanu Snigdhani Chikilat Vas Me Gruhe |

Ni Ch Devim Matram Shriyam Vasay Me Kule ||12||

Aadram Pushkirinim Pushtim Pinglam Padmalinim|

Chandram Hiranyamayee Lakshamim Jaatvedo Ma Aavha ||13||

Adram Ya: Karinim Yashtim Suvarnam Hemamalinim |

Suryam Hiranyamayee Lakshami Jaatvedo Ma Aavha ||14||

Tam Ma Aavaha Jaatvedo Lakshamimanpgaminim |

Yasam Hiranyam Prabhutam Gaavo

Dasyoshvaan Vindeyam Purushanham||15||

Sarva

Ya: Shuchi: Prayato Bhutva Juhuyadajyamanvham|

Suktam Panchdarshrach Ch Shrikaam: Satatam Japet ||16||

Padhmanane Padhma Uru Padhmakshi Padhmsambhave |

Tanme Bhajasi Padhmakshi Yen Saukhyam Labhamyham ||17||

Ashvdayai Godayai Dhandayai Mahadhane |

Dhanam Me Labhtam Devi Sarvkamanshch Dehi Me ||18||

Padhmamane Padhmvipdhmpatre Padhmapriye Padhmdalaytakshi|

Vishvapriye Vishnumanonukule

Tvatpaadpadhmam Mayee Sanidhtsva ||19||

Putrapautram Dhanamdhanyam Hastyashvadigvertham |

Prajanam Bhavasi Mata Ayushmanatam Karotu Me ||20||

Dhanamagnirdhanam Vayurdhanam Suryo Dhanam Vasu:|

Dhanmindro Brahaspatirvarunam Dhanmastu Me ||21||

Vaintey Somam Pib Somam Pibatu Vruttraha|

Somam Dhanasy Somino Mahyam Dadaatu Sominah:||22||

Na Krodho Na Ch Matsaryam Na Lobho Na Shubhamati:|

Bhavanti Krutpunyanam Bhaktanam Shri Suktam Japet ||23||

Sarsijnilaye Saroj Haste Dhavaltaranshukgandhmaalyshobhel

Bhagvati Harivallabhe Manogye

Tribhuvanbhutikari Praseed Mahyam ||24||

Vishnupatnim Kshamam Devim Madhavim Madhavpriyam |

Lakshami Priysakhim Devim Namayachutvallabham ||25||

Mahalakshmi Ch Vidmahe Vishnupatni Ch Dheemahi |

Tanno Lakshami Prachodayaat||26||

Shrirvarchasvmaayushy Marogya Mavidhachobhmanam Mahiyate|

Dhanyam Dhanam Pashum Bahuputralabham Shatsamvatsaram Deerdhmaayu:||27||

Shri Mataji is talking to Sahaja Yogis in Marathi in the background: Shri Mataji is constantly guiding Sahaja yogis in the background on the panchamruta abhishek during the recitation of Shri Suktam mantra..

Sahaja Yogis start the three Mahamantras mantra

1985-0203, Shri Mahalakshmi Puja: Integrity

View [online](#).

3 February 1985

Integrity

Mahalakshmi Puja

Warnali (India)

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

1985-0203 Shri Mahalakshmi Puja, Warnali (Sangli), Version 1, Part 1, India, Sunday, Feb 3, 1985, Warnali, India

[Till 2.05 Shri Mataji being greeted Mataji speaks in Marathi to the organisers]

3.15

[English Transcript]

Today is the time when you have to depart and go to the other side of this country to see a very beautiful scenic place, but I will be going to Ratnagiri for My programme. I hope you're not feeling tortured too much in your tour (laughs). After all, you know 250 persons is something too big, but somehow you all have been very considerate and cooperative that you all took, all the inconveniences with such pleasant faces. One has to understand that when we have love we can adjust ourselves to any circumstances and you can live with so many people without feeling the inconveniences. But to feel that love for another person, the love that is without lust and greed, the love that is pure, you have to be the spirit. The comfort of the spirit gives you the comfort, not the comfort outside.

So it is such a co-related thing. That first your spirit has to achieve a certain state and then the spirit has to reach a certain understanding of another person through a spirit, not through the mind, not through the body, not through the circumstances, but through the spirit. When you feel the others spirit, you get the satisfaction of the spirit and not of the body. But this is a very subtle point which sometimes we miss. When we start judging others we don't see the spirit, what we see: how he walks, how he talks, how he behaves. But actually that is all outside. The inner being is the spirit and if you can feel the inner being, then you will realize that the inner being if it is beautiful you enjoyed the most.

This time I must say you started on a very high note of understanding of each other and also of Indians. The subtlety of the spiritual growth is that one starts feeling integrated, with the group, with the humanity. The humanity becomes part and parcel of your being. This is the subtler side of the growth. Then you don't think of a person as outright bad or outright good but you start understanding the goodness of a person through your spirit by which you generate more goodness in that person. But supposing there's somebody who is absolutely useless and good for nothing, such a person is thrown out of the organisation of spiritual growth, which is a living truth.

Like in nature you will find whatever is not wanted it thrown out. When the calyx of a flower does not play any role in the making of a fruit, the calyx is thrown out. In the same way, the person who does not play any role in the collective attainment of its own, the useless things are thrown out, automatically. All useful things are retained, and all wasteful (useless) things are thrown out. So one must understand that integrity to oneself is very important.

There have been some reporting about people not understanding this. For example, one should not think that you have come here for a holiday. Then you also have to understand that there are certain protocols in Sahaja yoga. For example, husband and wife, now they should understand that they have come here for their individual growth and not together. And they should not oppose such a thing when it is told, they should not try to disturb others, it's being uncivil to disturb others by their behavior. You have not come here to spend a nice holiday. But they have come here to achieve something. Individually.

If that is understood then you will not feel that you are deprived of any pleasures or so called comforts. Pleasures are temporary; they vanish into thin air. But eternal life is that in which you live without doing anything and in a state of complete cohesiveness, complete oneness, with complete concord, with the music of God's flute. To deprive yourself of that is stupid and foolish for something nonsensical. So those who object also to such a growth, to such a understanding are actually going against themselves.

India has very subtle vibrations it has very subtle spiritual understanding. It's like you are entering into the deep roots of spirituality. And it is a very different type of a culture also if you see that, and that only be understood if you develop your innocence, that why these people are so innocent and they feel hurt when you tell them we will not have our food today. They think you're being slighted or you're unhappy or something has gone wrong. They can never understand that you are saying no to the food because you are full. That's not done in India. It's bad manners to say that we will not have the food. Can you imagine? It is regarded as very bad manners to say that we will not have any food because then people feel that we must have done something wrong that they are feeling this way.

So as a simple thing I would say a guideline, that when you don't want to have your food, it is alright but you can come there and eat a little bit at least so that they feel you are in the group. Because they feel all the time inside themselves, that oh God why didn't he eat, he's without food, he's starving himself and they'll feel very hurt. There's a system, eating within us, I mean that it's so natural to us that if you're angry we don't eat our food or supposing we are angry in the house, than we start doing some work that we have never done before, like, you see we'll start washing, or doing cleaning, then people that know you are angry. That's a sign of anger shown.

But it's a very natural style, I think because they are very natural people. But then unnatural styles are different. Supposing somebody comes or a child comes to the house and he tells his mummy, I'm not going to eat the food, then the mother will say alright, scoot! doesn't matter. But here the mother will ask why, what's the matter, why don't you eat? What is the problem? What will you have? I'll give you this. I'll give you that. But it won't be such that supposing a child comes from outside in the fridge there are all kinds of A, B, C, D, E, F, G, H, everything kept there, he can have whatever he likes. No bothers. He does feel happy because he has a choice but he's very unhappy inside that nobody's bothered about me. Then it becomes a part and parcel of the being, personality and you don't mind.

So many things people do not mind in the west, and I am amazed at it. How can they tolerate these things? Where people neglect you, where people say harsh things, where people do not even offer a cup of tea to you, but people don't mind in the west. Another thing is even if it comes to telling lies, we don't mind to tell people that you should not hurt them. Like supposing I am in the house and there are many people who come to see Me and we don't want to hurt them, then there is no sin in telling them that Mother is not here, you better go away, because they won't feel hurt. But if you say she's here but she will not see, it will hurt them. So this kind of honesty also is lacking here.

That we tell them everything on their faces whether they like it or not. It's jars. It jars in human nature. And once you start jarring human nature, all the delicacies and the beauties of their characters disappears. And they become like charged, charred charcoals. They cannot feel anything that is sensitive, that is subtle, that is beautiful. One after another the shocks start coming into the childhood, then they become absolutely immune to it. There is no 'Sankoch', there is no formality, inner formality, not outside formality. 'Sankoch' is not formality but it is an inner formality that you don't feel like saying things, how can you say it to them.

Now supposing a child comes to your house and spills some milk or something on your carpet. Immediately somebody will come and clean it in the presence of the mother. This we will not do. To us, the carpet is not more important. The most important thing is the mother, that she should not feel hurt. These things, material things, should not be normally not be important to western people because they are so much easily developed that they can always get a replacement of their carpets so it doesn't matter. But they don't mind hurting another person for something material which is trivial which is absolutely frivolous, is of no

value. The culture of the spirit has to be developed and the culture of the spirit lies in this country. It was once upon a time in the West also but you have lost it quite a lot. So today to establish that culture you have to work.

But there are so many qualities you have which Indians have to learn. You are very intelligent, you understand Sahaja yoga is the only, only way you can save the world. You have so many qualities that I cannot really in one line tell you all those things that the qualities western people have. Only thing what lacks is the inner spiritual culture which one has to learn when you talk, when you speak, when you have relations with others. Like in India, if an elder brother scolds you, shouts at you, nobody feels bad at all. It is expected. They never talk to children as if they are lords.

Children don't guide the parent's. Let the parent's guide the children. So if somebody, an elder or a leader says something to you, then don't think he is bossy. It is important. It's very individualistic culture we have in the west and that's why we have problems. While the collective culture doesn't exist there, now. It might be existing once upon a time. They had wars and things and there are calamities, then they all used to join together and work it out. But nowadays as the situation is that there is no collective culture.

Today, I will request you to develop that culture within yourselves. The collective culture. And in that collective culture you will see that you will enjoy each others' company much more than anything else in the world. Without having any lust or greed any impurity in it, just you will enjoy each other's company. That collective culture is to be imbibed and to be brought in within yourself. Nobody minds any discomfort when he is in love. But that is carnal, while you have to have spiritual love. And that collective culture slowly if all the Sahaja yogis of the West can imbibe, I tell you, you can give great leadership to the whole world. Because that's the only thing lacking in the West. That's the only thing they have to achieve is the collective culture. Complete love and understanding. Complete integration, cohesiveness.

This time the group has been very very nice. I was so surprised that 60% are new people but so good. The quality of people is so very good, they're not mediocres. And I could feel the oneness with which they are moving. So now we are looking forward to another very important occasion is the weddings of the people. And in that we have to see that there are 51 marriages we'll have to perform. So everybody should learn to enjoy those 51 marriages. Maybe, there may be some problems, or loopholes or something. May not be that efficient of course though it has always worked out very well. Maybe maybe. But try to enjoy every bit of it.

Open your hearts. Try to enjoy every bit of it. The collective marriages of 51 people. And individually you will find all of them having a very beautiful expression and a very beautiful aspiration and the whole thing will be very beautiful if you have that collective understanding in yourself. Otherwise, you'll say I didn't get this, I didn't get that. Last time the marriages were very beautiful. And it's in a jungle all the way along the seashore we will be having these marriages. Try to enjoy it. And try to make it a success. And after marriages also you must remember that if you cannot make two persons live together happily how are we going to make the whole world live together.

So both must accept the situation, as a wife and a husband. Two different personalities of different temperaments have to live together to show to the world that if two persons cannot live together then how can the whole world live. And these two persons make a symbolic expression of that unity about which I am saying. You being all realised souls, you should really have a very nice time after your marriage. But too much of everything is bad. Must keep a control. Should not go too much into it. Must keep a kind of control. And if you can keep the kind of a control then you will enjoy marriage in its fullness. So we are looking forward to that great occasion of 51 marriages. I hope there's going to be 51. Just now we have only 49 people. I must say that Warren has done a good job out of it, though everybody tries to...

Applause for Warren, Mataji also claps for Warren

Actually, he wants to buy Me a present for the wedding. I think he should have it instead of Me having it. He has really done wonderful things and I shoot off like a star from here to there and I find out a person one from Asia Minor another from Timbuktu and he just accepts it and it works out. It works out. So I hope you will try to cooperate with Me. Cooperate with the spirit.

Cooperate with this great movement of the whole world. In this to know your responsibility that this marriage you are doing for Sahaja Yoga. For the emancipation of the whole humanity. And that's how if you understand your responsibility you will understand that marriage is not for yourself or for your own comforts or anything. It is for the comfort of the whole world.

May God bless you!

[English translation from Marathi]

Now what to say in Marathi, this place, you have come to such a beautiful place and Mr Jagtap has done such beautiful arrangements for us. How much ever we thank him for his efforts it will be less. He has done everything so lovingly and he has given everything to these people all the Sahaja Yogis are surprised that if we have one person in our country like this, so much can be achieved. To behave with everyone so lovingly and do arrangements for them with so much love and care is a big job done and this he has achieved, so these people are surprised. You people have also worked very hard, you have done good arrangements at Brahmapuri in the jungle and then arrangements here, you have done a lot of hard work, what can I give you. What I can give you as you are working day and night. There is one Mr Patil who is has also helped us a lot, he is not a Sahaja yogi, but he has helped us a lot. You have provided them good services and they all are grateful to you. They have told Me so many times to tell you about this and they have a great respect for all of you. They feel you have done a lot of sacrifices. We can't do so much for them.

So today is the last day as these people are going to leave now. On behalf of them I thank all of you I am not going to take names one by one, but we should thank Mr Modi especially for the arrangements done.

[English Transcript]

We have to give a hand to Mr. Modi the one who has arranged all your things. (Applause).

Then again Mr Jagtap who's the executive engineer of this place, the one who has developed everything. Can you imagine such a man, so constructive, beautifully he's done it, and it's shown by his kindness and love, the way he has arranged it for you, each and everything for you. I mean, just think of it. Can you think of any executive engineer in the West doing so much for the visiting saints? He's done so much for you. I am very thankful to them and to all the other Indian Sahaja Yogis who have done so much for us, worked so hard, organized everything for us, looked after so well.

So I am thanking them. You please give a hand for Mr Jagtap. And also to all the Indian Sahaja Yogis.

May God Bless you.

1985-0206, A New Era - Sacrifice, Freedom, Ascent

View [online](#).

6 February 1985

Talk to Sahaja Yogis

Bordi (India)

Talk Language: English | Transcript (English) – VERIFIED

A New Era - Sacrifice, Freedom, Ascent. Bordi (India), 6 February 1985.

I am immensely joyous to see you all here. I do not know what to say from my side. The words get lost, they have no meaning.

So many of you are aspiring to ascend to that state where you would have complete joy, bliss and peace. This is what I could give you. And a mother is only happy when she can give whatever she has to her children. Her unhappiness, all her restlessness, everything is just to achieve that end - to gift all that she has.

I don't know how much to thank you people to go through all this to get to that treasure that you have within yourself. 'Sahaj' is the only word I could think [of] when I started to manifest Sahasrara opening. That's easily understood by everyone so far.

But you have realised that it is today a different style of yoga where first enlightenment is given and then you are allowed to look after yourself. It was never done before. It's just a venture of your Mother which has worked out. Otherwise, in the olden times the concern of Divine was to get people enlightened and It did not know how to work it out. No incarnation ever tried to work it out in this fashion. But whenever they tried, they tried to have a very severe hardship for the seekers - very severe hardships.

I wonder how many of you have read the treatise of Buddha, when he used to travel with thousand of his disciples - not giving Realisation. They were not Realised-souls, without feeling any joy around; with two clothes, living in the jungles. Just two clothes! And the area where he visited, which I have seen myself, is terribly cold, chilly, absolutely chilly. And the clothes were not clothes actually, it was cloth covering their body. Sleeping on the open ground in very severe winter or maybe in summer. Without any shoes they were asked to walk, for miles together, miles together!

If you go and see where Buddha has walked and trodden, you will be surprised! Buddha was also young - he used to walk. But his disciples used to walk much more because he would go and station at one place. He would send his disciples. There was no time to advertise or to announce anything. So he used to stay in one place, and the disciples used to go around the villages, ask for bhiksha - meaning the 'alms' - to gather some food from the villages; cook one time, give part of it to Buddha. And rest of that they used to eat.

They would go, work out, get people from all the villages, whatever was possible and would bring them to Buddha for sermon. Such sacrifices! They have lived in huts, caves, in terrible darkness, meditating. But they never got Realisation. Very few got their Realisation.

They were people who were sons of great kings, and princes, dukes, duchesses - all very, very rich people. Woman of very rich families followed him. And they walked for miles together with him in the thorny routes; because they felt that Buddha's work was of such universal importance, that they are the part and parcel of such a tremendous task; that they should be taking part in such a great work for humanity.

This is not only in India, but even Veditama who started the Zen system in Japan. In China, I was surprised, the amount of sacrifices the saints had made, the way they lived! I mean if you see the way they were living - in the conditions - you cannot imagine! And they ended up their lives like that, working it out. Without any proper guidance because Buddha had died - there was no way out. They had to find their own ways. Then they found mahayan and shvetayan - all kind of things.

Even if you see other seekers in other religions - like at the time of Christ - where did they live? And after the death of Christ it was even worse because they were persecuted, they were killed, they were tortured, crucified! It happened with Moses also - his disciples were hounded so they had to all run towards India. Imagine the distances! From that area to Kashmir - how they must have walked, how they must have lived, how they must have carried. And in thousands, in thousands they came, to India. Because they realised that they are doing a tremendous task. Something so great that they are supporting.

In this country we had a struggle of freedom. I was part and parcel of that. My parents were part and parcel of that. They were rich people, quite rich I should say, from every standard. You will be amazed - my father burnt all his suits. They were stitched in England. My mother burnt all her saris. They used to spin their own clothes and wear them.

My father sacrificed everything, every pie that he had, for the freedom struggle (1 pie = rupee 1/192). He left nothing for us, not a single [pie]. Of course, our family being rich we had silver and gold and all that but as far as all the cash money was concerned - was spent. And all this silver and gold also, thanks to English, that they took away from us and they returned us when they went back. That's how we had some silver and gold left in the family.

Every thing, all that is material, was snatched away. And I know. We lived in beautiful houses and then we shifted to huts and lived there. Sacrifices to the maximum. And we were very happy about it, very proud! We had only two changes (of clothes). We used to wash our clothes. We lived like very poor people; sleeping on this kind of thing (thin, rough floor mats). For my life, I remember that I never used to take a pillow; I never used chappals (sandals) for ages. I had only one sweater made of this kind of a material. Till I passed out and went to medical college, I had that sweater with me. I had only one coat, throughout my education when I was in Lahore which was terribly cold - sometimes can be like London - which was worn out and finished. But we never grudged and never grumbled and never said that our father should have looked after us and done something, "Why did he just sacrifice everything for the country?" Never! Never! Never! But even today, when they see us anywhere, they know we are the children of such a great man. They have tremendous respect for us.

That quality was created, I should say by Mahatma Gandhi. He made everybody so transformed into a new personality of tremendous sacrifice! Tremendous! You cannot imagine how people lived! All the money we had, everything that we had, all conveniences and conveyances, all housing, everything, was given up - not only by my father but so many of them. Otherwise we could have not got our freedom. To get our freedom this country has sacrificed so much.

Now, after that, we are here to get our freedom, to get the freedom for our Spirit. To make our Spirit free from our greed, lust; from your anger, from our conditionings, from our terrible ego, from the body being enslaved by comforts.

I must say Gandhiji had a special charm. I don't know how we managed. He was like 'Touch of Midas' - he touched anybody and he became transformed. And he was an extremely strict man - very kind to me, to children - but he was an extremely strict man. He would not tolerate any nonsense at all!

Throughout, if you study in the way all these people were brought up, not only for freedom or for independence, but even before that, for spiritual life, anywhere, there's one thing very common - is sacrifice. And the consciousness that you are doing something great, consciousness that you are part and parcel of the whole, such a big thing, such a big work, such a noble cause!!

And then there was one thing very common among all of them: that the noble cause, the upliftment (sic) of the noble cause, made them sacrifice in such a sahad manner. Much more than the Sahaj Yogis sometimes, who have got so much in Sahaj Yoga. They have got their joy, they have got their Spirit.

But I have seen with my own eyes, such people in this country; whom you may call legendary, but I have seen it. Thousands of people were killed and butchered. Children died. Nobody shed tears. Nobody shed tears. But to feel that you are for such a noble cause itself gives you that joy and that sense of involvement!

And moreover, what I know about Mahatma Gandhi and other people, what I have seen, how they were - everybody was not allowed to come in. And anybody who did slightest thing less, whether he was king's son or he was anybody's daughter or anything, any little thing they spoilt, anything - he was chucked out.

I have stayed in Gandhi's ashram, so I know what it is, and that's why you know I can go through rigorous life. It is his training. All the children above twelve years had to clean the whole of that ashram area - which is in fifty acres of land - every morning. They had to clean their latrines. Also the latrines of the guests. I have cleaned! And they were allowed only two dresses. And nothing could be kept, even you cannot see one paper anywhere, any litter anywhere - so clean, spick and span. And the living places were so neat and tidy. It was all done with cow dung, completely with cow dung. Everybody had to take a bath, early in the morning at 4 o'clock, with cold water. Whether it was Jawaharlal Nehru or Abdul Kalam Azad, my father, of any age group, or a child. And 5 o'clock, Mahatma Gandhi was there for his lecture.

Please don't raise your hands or raise your Kundalinis! Please be seated! That's not the way! Try to understand what I am talking!

And then, early in the morning at 4 o'clock, you will be surprised, getting up. For me it was alright! And then to walk in that fifty acres of land to centre of that hall, which was nothing but just an open space surrounded by some sort of huts where Gandhiji was living. To walk all the way after bath, after getting ready and all that. And snakes used to crawl along. Nobody was bitten, of course. I think the snakes understood that people were busy with the great job of freeing this great country!

And we would sit just like this and the snakes would be crawling. No lights were allowed. No lights of any kind. We only used sunlight. And when Gandhiji would come - I mean sunlight was not there in the morning, at all - some lanterns were brought to put there. And we would see the snakes crawling up.

But I never heard anybody complaining. But like a war, drove with such passion, everybody, competing as to, "What I can do? How I can be alright?" Nobody even thought of comfort! Of course they were all up to 50 years of age or something like that, maybe. In the ashram mostly people were up to fifty years of age - at that time.

And I have seen by my own eyes the people who had huge cars in the house and things like that, they sold [them] off, they threw it away. They used to come by train to Wardha station and walk down. Gandhiji would not see anybody coming even in tonga (horse-cart). And they listened to him and obeyed him.

I have seen many missionaries, though they are not up to point, nothing very noble, but that's how they take people to task and people work it out for them. I have seen them. In India we had missionaries, and younger people who came from abroad, they just absolutely obediently listened to the missionaries and did whatever they said.

Now today we are doing, as you know, the greatest of greatest work! Because freedom is of course necessary, political freedom, to talk about the God. We could not even make a small, little needle! At that time, we were not allowed by government. So much oppressed. So we had to get out of the shackles of slavery. No doubt.

But now I find we have another kind of slavery - a slavery of selfishness, self oriented. "This is my comfort. I must have this, it should be enjoyable, I am enjoying, I am this, I am that." You should enjoy otherwise it is not something great. I mean the whole thing should provide you some sort of a feeling instead of you providing the feeling. Because people, I think, do not know what they are doing, what sort of a work they are doing. They do not want to come to that level of that height to see what are you up to.

You are trying to save the whole world! This is one of the reasons Sahaj Yoga moves so slowly, because I see people who are worried about their comforts, this, that, and also themselves are so lousy! There's no smartness about them, no feeling of that greatness that they have to do. You have to be smart. If you know you are on war - how you behave?

I am sure the mediocrity is much less now, better people. I am sure we will get even better people now, much better people. They worry about little, little things: of their family, this, that. They worry about their own problems, and their jobs, and this and that. I mean nobody could talk like this to Gandhiji! I tell you, he would have slapped you! Take it from me.

It is as if to come to Sahaja Yoga means - solve your problems - that's all. Though they are solved, no doubt, you are helped, God helps you so much. But how much are you doing about it? Of course, we have some very great Sahaja Yogis, I would not deny that fact, we have some - much more than I had, ever - and that's why I am very joyous about it. But the dedication we have: we count every penny that we spend, how much we have got out of that penny, what did we do about it. This is not the way. Buddha never spent a single penny of his own. He got money from all his disciples. Built all these big things and all that. He never had even a public help from anybody else.

So rise now! You must rise above your petty small mind. Rise up to the point where you should know [that] you are going to save the whole humanity. If you cannot feel that, it's better to leave Sahaja Yoga. Sahaja Yoga is not meant for the people who are lousy. In Marathi the word is 'gabale'. Tukaram has said, "yerya gabalyache kaama nohe" (meaning) "It is not the work of the lousy!"

Shivaji himself, when he fought his war, he caught hold of people, the sartaras and the dukes of that time they were. They gave up everything they had, they gave up their lives, every thing! Their children they sacrificed, they sacrificed whatever they had! Shivaji had no money to pay them. You must have heard lots of stories about Shivaji.

While if you see how we Sahaja Yogis are in this world: 'kshema' (well-being) comes before yoga. Its like that. It's your mother's love. I want my children to be comfortable. They are newly born babes. All right, they need comfort, they are to be looked after. But I cannot blackmail the Divine because the children are small, can I? I am here to do the job of God Almighty. And when you are my children his grace will work, He'll look after you, He'll make you grow. But grow now! Grow! You have to grow! Get out of this small nonsense that you are! See your personality - how do you live? Where is your attention? What do you think? Are you thinking about Sahaja Yoga, that it is the most important thing for which you are chosen?

I feel sometimes, as I was feeling all the time, that you might be uncomfortable in many places. But I myself have seen the way you people have been in those places, most carelessly - the Western Sahaj yogis, I was surprised. That way Indians are better in this respect. And some of the Indian Sahaj yogis have been misbehaving in a very funny manner. It shocked me! The way they have been behaving, shouting at people, creating problems. Some people come to see me, they talk to them in such a rude manner that they run away. You can talk to them sweetly. You have to be nice to them; not to shout at people. Alright, I cannot meet everyone at every time, at every convenience, but that does not mean that you have right to shout at others. This is so petty and so low that I don't know how far I have to come down!

When you rise above all these petty things, you will develop that Divine discretion. That Divine discretion is the real blessing of God. All other blessings, that you think is a blessing, is no blessing at all!

Unless and until you can grow, what is the blessing? Like a tree which says, "Oh, such a blessing that I have got rain!" But out of that rain if you cannot grow, what's the use of having that rain on you? You have to be compassionate, beautiful, sensible people, who are the highest beings on this earth. Take out your attention from all nonsense that you have been busy with. That's how you get possessed, that's how you get conditioned. Small, small things you see.

In India, we have another problem: We cannot tolerate another person. If any person is doing good for Sahaj Yoga, immediately a group is built up (against them) - it's very common with Indians also. A group is built up to put him down. This was not done when Gandhiji was there. I do not know how it happens. It only happens with poor leadership. I think I don't have that leadership! At the time of Gandhiji he used to blast people out completely!

Cutting each other's throats and saying things behind the back, forming groups. Anybody who works out something nice, and I try to help that person to express himself, immediately a group comes up to press him.

And there are some hopelessly peripheral, useless Sahaja Yogis in the West and in the East, who try to make a mess of things. They think, they are big gurus, big people! Very small people. Chicken hearted, I should say. And they think they are very big, great people, because they can take good photographs, maybe, or that they can wear a dress in a particular manner, or something like that - stupid stuff as they are! And trying to dominate others. Such people will be thrown out, absolutely. No use having useless people in a machine like this.

Today is the beginning of a new era - of a new era of people of very high qualities whose Spirit has been enlightened. Let us all think about it! Now you have to rule yourself, and you have to rule others through compassion, love and discretion!! Today that's the big time that I have declared that it is the Universal Religion, the Nirmala Religion which is formed out of my teachings of love. But it doesn't mean by any chance that you remain dwarfs! I'm not going to spoil you! I am not going to spoil you by keeping you dwarfy people! So try to rise! Do not dominate others. Respect! Respect each other!

You are out for a very big work of Virata. How much you know about the Divine nobody has known so far! But fix up yourself.

I have known a very great saint called Gagangadh Maharaj who has fallen down completely! If a person like him can fall down you also can fall down if you do not understand what is your worth, what is your value and what is your position you are given.

So we have to, today, with all our love for our Mother, have to decide in our heart, that we are going to have large heartedness, of sacrifices! What have we sacrificed so far? Just think of it. Have we? Did we sacrifice anything?

Please try to understand that I have to use you, the great souls, to save the humanity. You must grow. You must grow. You have to grow.

On money points also people are wretched. They make money. They save money. In America, I was surprised, the way people cheated me of money! Thousands! In India also this is a very common practice! Then if you have career mindedness, and you are very ambitious, "How my job will remain?" this, that - you better get out of Sahaj Yoga! It's not going to help us at all!

Thirdly there are people who believe that, "This is my wife, this is my beloved, this is this," and all that nonsense. Why are you here? For what? Or "My children, my household, my mother, my father." all sorts of wretched people around! If you cannot rise above that, you cannot help me, I am sorry. You cannot help me.

You have to be very, very strong people. You have to be people of very great valour and great idealism and noble ideas. Some are like petty shopkeepers who follow the platoons to sell some things around - in Marathi it is called 'bazar bhunge'!

So now you meditate on this point that here we are to establish the Universal Religion of ascent. It is a tremendous task! If I could do it alone I would have done it but I cannot. It's only through you I have to do it. And you have a heritage. You come from a very great birth, where you have this heritage. With that heritage, if I cannot manage you, I think I better give up your leadership. I cannot do it!

When we were fighting for our freedom all of us were removed from schools because we were in the missionary school and the missionaries believed that Christ was born in England! So they would not allow us to study in those schools. So we were all removed from those schools. We had no education for some time. I couldn't pass my inter-science for two years. I couldn't appear because they rusticated us from colleges and schools. The government rusticated us. But we were such proud children, very proud. I was of course very much thick in it. I was never frightened. I was just an eighteen year old girl. And I remember one day some people came and told us that your father is transferred from this jail to another jail. They had such pride for all of us, all the people! So they had brought cars to take us down. And they were so many there. And [my] mother naturally was worried

because I was a young girl. The police used to torture me, used to give me [electric] shocks, and make my life very miserable, beat me, and all that. So she was crying and she told an old gentleman who was there that, "I am worried about my daughter. I do not want her to be tortured anymore." So I went and smiled at him, so he said, "No, you stop it now! You just don't do it. It's not proper." So my father took me aside, he said, "Don't listen to this 'old johnny'! He's now about to die. Forget him. I would like all my children to be sacrificed on the altar of freedom. If you are doing it I am a proud father. And I will tell your mother to behave herself. I am so proud of you!"

Such atmosphere I have passed through. I had to give up my college. I was absconding for eight months. The police was after my life. I know what we have gone through. We were very young people -eighteen years. You can imagine!

And now when you have got the freedom of your Spirit you must seek the comfort of your Spirit.

There are some people who are complainers, and this and that -nonsense. They should not have come! Or those who are Indians - they should get out of Sahaj Yoga and leave us alone.

But, those who know that they have come here, not to enjoy themselves only, but to make the whole world enjoy what you have got, to give it to them. And for that one has to sacrifice, one has to bear the pangs!

How much I bear your pangs when you are caught up, when you have troubles, when this and that. I have got blisters sometimes, from you, everything. But I don't mind because it is my life, my mission, my existence, my everything- is for the purpose of emancipation of humanity. Even the last drop of my blood is for that. So my satisfactions are very different.

Please remember, you are born of a very brave Mother. Please, try to rise! Be proud that you are doing such a tremendous task. Have that feeling of great valour. Then only, then only, we can achieve results!

You have seen so many wars, you have seen so many war pictures, you have seen how people have fought, how they have sacrificed themselves. And let us see what are we doing in this war. Just make your body your slave. Get out of the slavery of your body, of your conditionings, and your nonsensical ego. I am sure as a Mother I am not so bad. But as a father I think I lack some things. Please try to come up so that I should feel that I did not lack in my fatherly attitude towards you - that awe, that understanding of a father's expectations. This I am not saying to you because it is some present situation, because a few people particularly, or for anything which is very, very sort of [a] present day problem. None of these things. But is my announcement of this new dimension into which we have to rise. And as in the war, we have to declare, "Now forward on!" In the same way this is a declaration. In no way to degrade you, in no way to insult you, or to say anything about anyone of you. But to just infuse that inspiration which led thousands and thousands and millions and billions of people to sacrifice for a greater cause!

So now, have respect for yourself. Raise your heads! You are the ones who are going to fight. You are the ones who are responsible. Prepare yourself! Prepare your body. Prepare your mind! Be discreet!

This is my, I would not say 'request' again. This is my order!

May God bless you!

Let us all meditate now!

There is no need for tying up your Kundalinis. There is no need to give yourself bandhan. There is no need at all to do anything.

If you come up to that stage just now. There's no need to raise your hands and tying up your Kundalini - not necessary. Nothing is to be done! Your Kundalinis are already tied up. Assume! Assume that situation, that's all! That's what you are - the 'veeras' and not the stupid!

Respect yourself. Respect!

May God bless you all.

There's nothing, nothing more important to me than to see you rise to that level of understanding of your own values and worth and discretion. You have to become sweet, nice people but very, very powerful! That you can control yourself, your tongues and your things. The control, complete control of your self.

May God bless you again!

Please meditate. Close your eyes! Close your eyes!

Just close your eyes. Put your both the hands towards me.

Put your attention onto Sahasrara! Just your attention onto Sahasrara.

You are in my Sahasrara all of you just now. Put your attention to your Sahasrara.

There's no thought, nothing. Just put your attention to your...and just rise up to that point. There's no drama about it. There's nothing artificial. It's actualisation.

All weaknesses are to be left behind. Let's be strong people of strong values with dignity and sobriety.

Silence, absolute inner silence. And one need not talk too much. Too much to jabber, to talk, frivolously, is not your way.

Feel it in your heart, your own dignity, your own glory, the serenity of behaviour.

You are all saints, but saints of very high quality, of very high quality. Not ordinary type.

Put your attention to Sahasrara.

Chitta aple Sahasrara tevaitze. Apne Sahasrar pe apna Chitta tev.

(Marathi: Put your attention to your Sahasrara)

Any thought coming say, "Not this, not this, not this."

May God bless you.

I would like to see all the groups some time, one by one, all the leaders and also certain individuals who want to see me.

We are going to have marriages, and everything, performed here and it's going to work out very well. But suddenly don't jump onto the thing! Do it in your sobriety, in understanding that, this marriage is nothing but because you have to have children of very high quality. Secondly it has to be auspicious. Just to wash off if there was any inauspiciousness.

I hope you will enjoy your heights now, you will enjoy your glory and you will enjoy your noble work.

May God bless you.

1985-0207, Pre marriage talk

View [online](#).

7 February 1985

Talk to Sahaja Yogis

Bordi (India)

Talk Language: English | Transcript (English) – Draft

Pre marriage talk

Gavin: All the beautiful sarees and kurtas, they are all nicely piled up and looking very beautiful.

Shri Mataji: Alright good idea.

Gavin: They have just started.

Shri Mataji: You better do it.

Gavin: No they will first here you mother.

Shri Mataji: no I am not going to speak today. Ok, a little bit for five-ten minutes.

Gavin: Shri Mataji will talk to us for five-ten minutes.

Shri Mataji: It is really wonderful the way they have done it, it is a real marriage arrangement. Isn't it? It is beautifully done. And we must give a hand to Bombay Sahaj Yogies for organizing it. And now I have to also bid goodbye to all the people who are getting married because they are going to become different people. Today is a special day for us because as per the custom in India, before your marriage you see the bride's party and the bridegroom's party have to give the things they have brought. And they also come with a band which thinks that whatever you have promised you better give us. So that is the day we enjoy the most when people pass their things to others. And as I have told you many times that matter has only one value that you can put your love into it. And you can pass it over. It is an expression of love. It has only one value that you can give to others. All other things you cannot see, they are not in forms. But the matter is the only one that really gives. Even incarnations had to come to give. Without incarnations, without getting a body you cannot give. So whatever matter we have, we have to give it to others. So that we really feel, we are relieved of the exuberance of love that we have within us. That we are able to express it through this matter. That is the main thing we have to achieve through matter.

Another thing could be that we can have the beauty and all the other expressions of the matter, but that too is useless if you cannot give it to others. It is a kind of circulation of love that goes on passing this great thing called god's love. It's a catalyst, it's a catalyst. Like in a blood cell, the blood cell has to carry the blood but the blood is carried by the cell itself, if the cell is not there, it cannot carry that blood pigment. In the same way pigment of her heart, the pigment of her love has to be carried by the cells that are awakened by you in the matter.

So this matter, whatever it is small or big is not important. Whatever is the way we have been able to get it is not important. What colours it has, what kind of fibre it is, what kind of material it is, you are not to bother about it. But try to feel the love behind it. It is very simple. It is very ordinary. We can say we cannot weight it in money. But you have to weight it in your heart. That it is out of love for you, whatever is possible we have tried to gather, and the western Sahaj Yogies who have come here have brought with such love and affection from all the way and I must thank the customs who allowed them to pass out.

And the more you give, the more you get. You take it from me. I am fed up of giving, and I don't how the things go on accumulating, I don't know what to do now. So this is what it is. The more you give the more you get. Even if you don't want to take anything. Even if you cry, weep, say now its enough, it doesn't work out. If you give you get ten times more. And you get it in such a way that you don't know how to stop it. So the more you give the more you will have. So open your hearts at both ends by giving and while taking.

Don't criticize, don't compare, don't tell this has got more. Some people may not get anything. Doesn't matter. Because I might have given them earlier. Might be I am thinking of giving them later. Maybe something like that. So one should never compare. Nor should one say oh she has got it, I haven't got it. Or there are three-four more left to be given. Then I feel oh they are left. If there are few lefts doesn't matter. Be satisfied. It is worth noting. But even that feeling that it is from mother that you should feel dissatisfied. If somebody else has got it, you have got it too. Because we are all one. There is no other. So if one person has got it, you all have got it. So it is manifold that. it is manifold. So it is very-very small measure. A very small thing that we have tried to

do and western and Indian Sahaj yogis all of you should try to feel that it is done out of love.

So nobody should hurt anyone. Whatever is done out of love is great. And I have to thank the Sahaj Yogies from Delhi who has brought 2000 rupees for me and I am sorry I haven't brought many presents for them. For the Pooja because I didn't know what to or how to compensate it. But thank you very much, may God bless you.

Alright so now whatever work you are doing you can go ahead.

Gavin: Mother I think we can do it quietly while the gift-giving is going on.

Shri Mataji: Alright so what are you planning?

Gavin: We will call the names one by one and the couples will receive the things. You would like to see what they are receiving?

Shri Mataji: Ornaments?

Gavin: Ornaments are being given to the mama.

Shri Mataji: Ornaments are being given to the mama.

Gavin: That's what the doctor said.

[Till 7.44 in Marathi]

Shri Mataji: I would suggest better thing would be, to give it to mama is alright, but it has to be given to her when she is sitting for her, not kanyadan, it has to be given after haldi when she comes there. All these things have to be given to the girl.

Gavin: By whom?

Shri Mataji: By me.

Gavin: By you?

Shri Mataji: I mean I will be there. I was suggesting like this, when they come there after their bath, we used to have boys and girls sitting in two rows facing each other. So that they see also each other. They shouldn't make mistakes later on. See it is 51 marriages, just see the risk we are running. Only with 27, we had problems, you remember. So they have to be given no1, no.2, no.3, no.4, you see, they are to be given numbers, so at that time warren if you think proper I would suggest that instead of giving to the girl you can give it to the boy. Just now. So what happens when the girl comes for that, the saree, ornaments everything is with the boy. And the mama as well. You put together. So the boy gives everything to the mama and mama puts it to the girl. Mama and the mother. Alright, that would work better at that moment. So I would suggest call the boys and give them the ornaments. And let them see what they have got altogether. You have already given to the mamas?

Warren: We have invited them, why don't we let the mama sort it out at the back and hand it over just to the boys.

Shri Mataji: No at this time it is not to be handed over. To the boys, you can. Alright to the boys you can hand it over. Boys must be given all the ornaments of the girl.

Warren: So we will call them back.

Shri Mataji: Girls must be given all the ornaments of the boys if it can be done. Alright, sort it out outside. I don't mind.

Sahaja: This must be done at the auspicious occasion, tomorrow morning you can?

Shri Mataji: It is alright. Somebody has to do it. It is alright.

Yogi: Mama can bring it tomorrow morning and put it in your hands.

Shri Mataji: No no no, I will be there. I will be just presiding, only thing is they can show it to me and just keep it in the thing. But the mama should not keep it. It should be kept with the boy or with the girl. Boy. And the boy has to give it to the girl and the girl has to give it to the boy. Alright? Finished. So?

Sahaja Yogi: We tell the mamas to keep quiet.

Shri Mataji: Mamas just now, how many mamas have you given?

Sahaja Yogi: Only four

Shri Mataji: Four only. Its better you bring it back. You see in Bombay all the police people are called mamas. It will be confusion. What I am saying it will be confusion. So why do it? Be direct. At that moment they can give. At that moment. The representative of all the mamas has come here. My brother is your mama. Is a universal mama now.

Sahaja Yogi: They have been returned now a mother.

Shri Mataji: Now returned. What you do is to I would suggest that first of all, all these things are separated, alright, so we can do it tomorrow Warren? It will be better.

Sahaja Yogi: We can return tomorrow.

Shri Mataji: Yes, keep it but with whom? With us?

Sahaja Yogi: They are all spread at the back at the moment. We can collect them.

Shri Mataji: Spread out? What is, all the ornaments spread out? Are you another mama.

Sahaja Yogi: The ornaments in little boxes kept in one big box. They are kept in tight boxes.

Shri Mataji: What else?

Sahaja Yogi: The sari, the dhoti, the kurta, this and that, all is tied up in one pile for a couple. That's all. We can keep the jewellery until tomorrow if you like. But a couple can go and just collect the sari if you wish.

Shri Mataji: All should be given tomorrow.

Sahaja Yogi: The whole lot.

Shri Mataji: The whole lot should be done tomorrow.

Sahaja Yogi: We have just sorted it.

Shri Mataji: They are in proper bundles.

Sahaja Yogi: Yes

Shri Mataji: Then it is alright. Then keep the bundles together and tomorrow we will do it. The names are written there?

Sahaja Yogi: In serial number mother. They are all the same.

Shri Mataji: And also what I am giving them?

Sahaja Yogi: Yes

Shri Mataji: Everything is there.

Sahaja Yogi: By serial number, we have done.

Shri Mataji: But there is something non-serial also.[laughter]. You see because the saris are non-serial.

Sahaja Yogi: For example, kamal Shrivastava and jane are number one, so in that pile, there is kamal's kurta and jane's sari.

Shri Mataji: So alright. If you are sorted out. If it is in a bundle or not.

Sahaja Yogi: Well sitting like that.

Shri Mataji: One on top of another. Everybody whose name he is taking the couple should get it and tie it together in one bundle.

And tomorrow you bring it. Alright.

Sahaja Yogi: And jewellery we keep?

Shri Mataji: And jewellery also with that. let them have it.

Sahaja Yogi: Let them have it.

Shri Mataji: Let them have everything. And tomorrow you come and we will deliver the goods. Let them. Each one of the couples should go and take it, make it in a proper bundle. Keep it with them. And when tomorrow the girls are coming and the boys are coming after their bath then it should be brought back at that time. So the boys and girls are responsible for their things. Alright, so 1,2,3.

Sahaja Yogi: kamal Shrivastav number 1.

Shri Mataji: Just now no need. But that time it will be needed. Just now no need. Because that's the occasion you see for marriage. Alright so now you go ahead and get it all the boys and girls.

[15.00 to 15.17 marathi]

Shri Mataji: Let the boys and girls who have to have their things should go and get it. Everything now. All of you.

Sahaji announcing the names.

Shri Mataji: No.2. now say the number. There you all of them know numbering. Alright. Don't take each name. why don't you say 1, 2, 3, 4? They will all go fast.

Sahaja Yogi: I don't trust [unclear]

Shri Mataji: haan, so number 1, number 2 fast.

Sahaja Yogi: Taking the name and asking couples to pick up the ornaments.

Shri Mataji: not only the ornaments but everything.

Sahaja Yogi: Ma they have already collected the other things. Now I come to the new ones.

Shri Mataji: Oh I see, I see. Alright.

Sahaja Yogi: Now we come to the new ones. [name of sahaji couple] pick up the bundle.

Shri Mataji: What do you have in Ornament?

Sahaja Yogi: The ornaments the gifts that you gave, the silver which you gave mother, the locket, the anklets.

Shri Mataji: Alright, you just collect everything.

Sahaja Yogi: [name of sahaji couple] the complete bundle.

Shri Mataji: And Ganesha is also there?

Sahaja Yogi: Tomorrow it will be there.

Sahaji2; Is this the one? They are sitting here Shri Mataji.

Shri Mataji; See. I knew, mama. Be careful. That's the most important thing. So I think I have given you Ganesha and also I have given you these two. Plus I have given you the chain and the locket and the anklets. And toe rings. That's all.

Sahaja Yogi: That's all Shri Mataji. That's all. It's such a small amount of money. Shri Mataji has found beautiful things. You know you are going to get married tomorrow.

Shri Mataji: Now I would request the nations those who came forward to forgetting their sarees. Because for every nation I gave anklets but I didn't give the saree. So one girl from every nation who has come here should come. One girl. We will select each. From every country, there must be one girl coming down to get a saree. Who could be called second leaders or something? Because I gave anklets to the boys, silver anklets.

Sahaji; Bracelet

Shri Mataji: Sorry, not anklets. Bracelets. And I have got sarees for the girls who are from different nations. On each. I can't give to all of you. I am sorry. But it is a good saree. So every nation you ask one girl to come up whom you think. The leaders must say who is the second. Of course, those who are marrying in other countries and all, you should not take their names. Every country now come up, every leader has to say. Every leader should say a name.

Sahaja Yogi: Marolyn from Australia. Quickly come. Silagra from Italy. [unclear name] from Switzerland. India from Australia.

Shri Mataji; India is marrying?

Sahaja Yogi: Yes

Shri Mataji: Marrying whom?

Sahaja Yogi: Her husband.

Shri Mataji: Where? Who is her husband?

Sahaja Yogi: This one.

Shri Mataji: Alright, let her come. I mean those who are married in the same country.

Sahaja Yogi: [unclear name] from Canada, [unclear name] from Germany. Natali from France. [unclear name] from America. Only twelve countries.

[Shrei Mataji distributing sarees to all.]

Shri Mataji: Only twelve. Alright, Natali has not come from the USA. Alright, twelve only. NewZealand?

Sahaja Yogi: There is somebody.

Shri Mataji: I know there is someone going there. Call her. And Spain, call someone.

Sahaja Yogi: Spain has been given.

Shri Mataji: What's her name, Belgium. Belgium has not been given. So from Belgium, somebody can take it. Is there any girl in Belgium? That girl, the daughter of that lady, take it for her.

Sahaja Yogi: Come on. Quickly. Natali.

Shri Mataji: Natali, her name is Natali. Or her mother, one of the two.

Sahaja Yogi: Any other countries that we have missed? Malaysia, Yes. For Malaysia, I will have to get one more, because Malaysia I didn't count. But Malaysia I will give. Don't you worry? I have to send it to Malaysia for our great lady.

Sahaja Yogi: Betty.

Shri Mataji: I have a saree for her to be sent with you. So Malaysia is all right. All the rest have been done? All right you better continue with your work. Go ahead, go ahead.

1985-0207, Devi Puja: The Culture of Universal Religion

View [online](#).

7 February 1985

The Culture Of Universal Religion

Devi Puja

Bordi (India)

Talk Language: English | Transcript (English) – VERIFIED

“The Culture of Universal Religion”. Bordi (India), 7 February 1985.

Today is the second day of our new journey into the battlefield. We have to win people with love, compassion, affection and dignity. When we say it's a Vishwa Dharma, it's a Universal Religion we belong to, first and foremost thing, the essence of that, is peace. The peace has to be within, to begin with. You have to be peaceful within yourself. If you are not peaceful, if you are playing tricks with your ego, if you are just satisfying yourself saying that you are peaceful, you are sadly mistaken. Peace is to be enjoyed within yourself. It is to be felt within yourself. So do not give wrong satisfactions to yourself, do not give false notions to yourself. Don't cheat yourself.

Peace has to be felt within yourself, and if you are not feeling that, you shouldn't come and ask me, “Mother, why I am not feeling it.” Because I am not going to tell you that something [is] wrong with you. You have to work it out that you should feel peaceful within yourself.

It is not that if you have too much of silence outside, you feel peaceful. The peace has to be within yourself. You have it. Your Spirit is absolutely peaceful, 'avyagra', without restlessness. There is no restlessness in your Spirit, absolutely peaceful and steady.

It is for you to feel it. It is not for anybody else to certify you. This is one thing. Secondly, when I am telling you something, you think I am not telling you. It doesn't register in your brain. You think I am telling it to X, Y, Z but not to you. You are not in it. That's another sign [that] there is no peace. Because there is no peace, there is no registration. Whatever goes into your head, that is going to work out.

But what I find [is] that people [who] have concave personalities, then they receive it. Those who have convex personalities, do not register anything. The registration is so poor that, whatever I say doesn't have any effect on them. Otherwise, whatever I say is a mantra. It should have direct effect on you, and you should feel that effect, that penetration within you. But as if it is for somebody else, as if it is not for you. This shows there is no peace within you.

Only the peace within can register whatever is auspicious, whatever is nourishing for your growth. So try to make peace with yourself. Do not fight with yourself, “Why should I do it?”, “I am so bad!”, “I should not have done it!”. All these things, you should not do. Try not to fight with yourself, first of all.

Then you fight with me, “Why am I like this?” “Why should it be like this with me?” “Why is it I catch?” “Why?” How am I to answer such a question? It is very aggressive. I think it is very aggressive attitude of many Sahaja Yogis to come and ask me such a question, “Why?” Because I can't tell you what is wrong with you, it is not in my culture. You should find yourself what is wrong with you. But it's not “what's wrong with you” is the problem. What is right with you is the attitude. Whatever is right with you, put your foot on that, establish yourself on that point. And then develop yourself higher.

Peace is the keynote, as I said, for universal growth of this Religion. It is disturbed by many things. Firstly, as I said, by yourself. You shouldn't have funny ideas about yourself. People have very funny ideas. I see Sahaja Yogis, as soon as they get realisation, or something better happens to them, they start telling others how to do meditation, how to stand up, how to give bandhan, how to do this and that. It's very very poor, is very low level.

Try to assimilate within yourself. First grow yourself That growth itself, will tell others how one should be. Your own character, your own temperament, your own nature, your own behaviour. All this will tell others that this is a great man and they will try to follow your example. Example is the best teaching. When the tree is small, even if it says "I am great," nobody is going to sit under a dwarf tree. But when it is a big tree you can see the shade and everybody knows it's a big tree and they can come and sit under that. You don't have to tell. In the same way, when you grow, you don't have to certify that "I am great", it just works.

Now the peace within expresses, first of all, [as] peace with others. That is the first sign of manifestation of peace. Such a person doesn't use harsh words, doesn't use cruel words. But he's also not a person who is ineffective. He's very effective, using very sweet and nice words. Maybe he begins by using harsh words, then he mellows down and comes down to a position where he is effective as well as he is very mild and sweet.

Such a personality has to be developed outside. So, peace with your friends, peace with Sahaja Yogis. If you cannot be peaceful with Sahaja Yogis then you are no good. Absolutely no good. When you meet another Sahaja Yogi you can't bark like dogs at each other, can you? You leave three Sahaja Yogis together, you end up with a big barking system. They can't manage within themselves. If there are hundred, then it's alright. But you can't leave three and four here and there.

So, the peace should be with your brothers and sisters. They are all born out of My Sahasrara and nobody has the right to insult, to be sarcastic. Saying things which are harmful. That's no friendship, that's no friendship. It is a kind of a very subtle enmity that you are carrying on in your hearts. That cannot be forgiveness. If you say sarcastic things to others, you are not in the culture of Universal Religion. You should be respectful. The more respectable you are to each other, the better it would be.

I don't know how to tell you this. But say, there is a Sahaja Yogi, you shouldn't call him like as you would call any Tom Dick and Harry. Like there's someone going. "Eh Mr. X, come here!" Now people don't even say Mister. Please try to use their surnames would be better. Mr. So, Mr. So Mr. So. .Would be better.

Because this modern style of not using the surname has brought down the respect for each other. But I think, Sahaja Yogis should try a new method and suggest to Me even better methods, how to address each other, in such a way that you respect others. That respect will create that peace within each other. Suddenly you come out with remarks. Very nasty remarks they are. There's no sense in it. That's not our culture. We belong to Universal Religion, how can it be that culture?

So, when you try to be peaceful with your brothers and sisters, try to be extremely respectful. When you write letters to each other, you say "My dear brother in Sahaja Yoga Such and Such." I have seen all communists do that. Any body who belongs to any party does that. It's a kind of a respect they have. You can't talk like street people and ordinary people because you are really extraordinary, and all that is extraordinary has to be expressed through you.

As I am talking to you of this new culture, let us understand how in many nations, people have adopted cultures and cultures. Japan, I know, has been affected, very much, by modernisation. But Zen taught them certain kind of culture in which, supposing, you see two Japanese have a car and they break each other's car, then they don't say anything. They come out of their car, one will bow to another, the another will bow to another, and get into the car and get out.

Then if they have to claim something, they'll go to the courts, but there they don't fight, because what is the need? And I asked Japanese, "How do you manage it?" So they said, "But what is the need to fight there on the street? Because after all, if it is to be paid, it's the insurance that is going to pay. If the car is broken, alright they are going to pay us. Why to shout at him?" It's very sensible and practical, I think. Why to waste your breath for nothing at all? You are not going to get anything.

But I have known people who drive, and they are abusing every person who comes across on their driving. I mean, really it's curse of life, the way some people drive! And the same way they drive in their own lives. All the time cursing this, "That one is like this, this one is bad, that one is doing like that". Even in Sahaja Yoga. They think they have a right to criticize each and every person except for themselves.

So to keep this peace with others, be on an apologetic mood. "I hope I haven't done this mistake." "I hope I haven't hurt you." "I hope I haven't put your things in a wrong way." Like that. Be on an apologetic mood.

You can find that among Indians. Indians have that kind of a problem, they are more on apologetic mood. Sometimes, it is impossible to convince them. I will give you an example. We went down to Sangli, and you were so full in the morning and the food was not ready. So they said that "We cannot have our food because it is late now and it will be later, so better we sleep off." They felt very hurt, you know. They thought that it was their mistake. Now, it is registered that we haven't given food to them, it is a horrid thing we have done. And then I had to convince them that they are no way hurt, they are happy that they are not eating, they have too much of food. "No, but still it will be registered in our name that we didn't offer them food and they slept without

any food." It was impossible to convince them till the end, they were all the time feeling apologetic.

You see in Indian culture, we have something very great, as Japanese, as I told you, that we are more on the apologetic style. Never on the aggressive. Never trying to find faults with others, but we find faults in what way we have failed, how we have failed. This is something to be learned from Indians, if they have retained their culture at all. It's actually in their blood.

So that is how, our culture is going to be such that we will express complete peace within ourselves. And you must know that you are in one body, active. You are active cells in one body. All the cells of the body are never active. But those who are active have to be at peace with each other, otherwise, what will happen to that poor body? So try to make peace.

The second thing you can do to make peace is to talk less. Whenever there is a quarrel or anything, just keep quiet. You see, it will have better effect. If two persons are quarrelling, never try to solve it, but just keep quiet. Quiet is very important. More to be silent. But it should not be another extreme like English culture, that they just don't talk, whatever it is. They don't talk, but, they think too much. You must keep quiet with the feeling that 'May God bless these people some sense.' It should not be ice frozen sea, but peace which is effective. Peace that is effective.

So in this new culture, we have to be extremely peaceful people. And that peace should be expressed on your faces. People should understand that you are peaceful. That's why I say, if you are neatly dressed, your hair are neatly put, people will feel alright. Otherwise if you reach some person with dishevelled hair, you know he gets disturbed as it is! "God knows what has happened? From which quarrel this man is coming? Somebody must have pulled his hair, or must have something gone wrong with him, that the way he is dishevelled." So if you are neatly dressed, people are not put off so much, because they think that "No, no, this cannot be, because, you see, after all, he never had a quarrel. He's just coming peacefully from his house."

In our culture, neatness is very important. Neatness of thought, neatness of mind, neatness of body, neatness of behaviour. How you do things neatly is very important in our culture. That's very, very important! Which may look very funny to some people. Because, whether you hold the fork this way or that way makes no difference to me. It doesn't matter how you hold your fork or knife on a table. That's not so important.

But it's definitely it's important how you hold the Aarti, how you hold the Puja things, how you hold my photographs. How you hold the things that belong to other Sahaja Yogis, how you respect the things that are auspicious.

So that is what one has to have within yourself. The neatness, of piousness, of auspiciousness, of holiness. That is to be done with very great care and understanding, and with that weight of auspiciousness you should walk. With that weight of auspiciousness. You are auspiciousness walking on this earth, yourself. You are peace on this earth. But the way peace is put into this vessel has to be clean, has to be neat and has to be placed in such a way that nothing spills out.

So to have peace, the best way to put your mind right, is to think of good things. Think of the flowers, not of the thorns. What good things others have done to you. What good things there are. What are the beautiful moments you have had, and count your blessings. Count your blessings. Otherwise you cannot create peace.

[Mother tells someone off in Marathi]

You need not pay attention to everything like that. Keep your attention at peace. Keep the peace inside, with your attention inside. Actually, if you really allow all my words to go inside your brain, I'm sure I'll achieve the results but with a convex mind, it's very difficult. Just suck in!

The another aspect of peace is never try to support anything that is boisterous or which is destructive. Anything that is destructive is never to be supported. But anybody who is being tortured or aggressed or dominated, is to be protected and supported. If you have the strength of peace, you can do it just by standing there. You don't have to fight for your peace. But if it comes to that... A person like Hitler when he came, people had to fight for their peace.

Now, the second part of our culture has to be Bliss. People should see bliss working in us. People should feel there is bliss. If a person is blissful, he looks blissful. He emits, bliss. He radiates it. He doesn't look a miserable, unhappy creature, who is all the time grudging, grumbling or worried about little petty things here and there. And nobody has the right to disturb anybody's bliss.

[If] somebody is in a blissful state, try to copy that person and become that. But people get jealous of such people who are blissful and try to disturb! That's why so many saints were tortured, because they were so blissful and happy people.

We have to enjoy our bliss within, that is important. Perhaps you are not aware of the bliss that you have. Not at all aware. Never, never before there were so many people who got realisation. Never before, in the history, that Adi Shakti Herself came on this earth to solve your problems. Never before, that people of very ordinary effort, of very little seeking, of very little understanding have been given realisation like this. It's like, sometimes, if you see, like a stone becoming a diamond suddenly. You can cut a diamond from a diamond.

Such blissful state you are in. It's tremendous bliss has come. It's so effective. I myself don't know when I see them. I'm really

surprised how it is working.

Bliss can only come through gratitude. Only through enlarging your heart with gratitude. Bliss is the reward of gratitude. The gratitude which is not just worldly or just spoken lip-service, but is from the heart, is from the heart, gratitude of the heart. And the blissful people are never jealous of others because what is greater than bliss? Bliss has so many dimensions that you go beyond the realm of cause and effects. All the angels, all the ganas are there to help you. You know that it works out. This way it works out, that.... But you take it for granted. You don't have that effect of the bliss in you when you know this has happened, that, has happened. What a bliss!

You cross your hearts when you feel blissful. Cross your hearts and feel that, just see. Feel the bliss like this – cross your hearts. Feel the bliss! Tremendous bliss is within us. How much it has happened to us that God has been so kind. Will you please put your hands across those who are sitting down there, please! The other lady also. Where is she looking? You are sitting on a chair, must you look at every person who is coming? There is no need!. Feel it! May God bless you.

So this bliss when you find everywhere, in a little thing also you find there is bliss. Zen taught that to people. They saw bliss in seeing only a moss, a little bit of moss, and you see the moss and you say, "O God, what a beautiful piece it is!" God has created little moss, and that moss has all that little little tentacles, and that bliss. But those who are vain people can never feel bliss. Vanity kills bliss. Ego kills bliss.

Once Shivaji was building a huge fort. And, there it so happened that he got into ego. He felt, "See because of this work, so many people are employed." [Then] his Guru Ramdas appeared on the scene. He himself is the controller of ego, because he was the incarnation of Hanumana. So he came and he said "Alright, I want you to do one thing for me". He said, "Yes Sir, what do you want me to do?" He said, "You break this boulder that is lying here, such a big boulder, bit by bit." So it started breaking when people hit it. And inside came a little stone which he took up just like a coconut in his hand and he broke [it]. And there was water and there was a frog inside. And he realised, Shivaji, that, "if God has created this frog, He's also given him water. Who am I to have this ego?"

So the bliss came into him, that God has provided me with everything. It's just a red-carpet treatment for me. What have I done? Nothing. It is so beautiful!

How many have got this bliss? Have sympathy for them. Have compassion for them, those who do not have.

But bliss comes to you through your confidence, If you have no confidence in yourself, bliss cannot be. And the worst thing against confidence is – "Then what should I do? Then how can I get it? Then why not I have?" – is the worst. You fighting yourself all the time!

You are that, sitting on that, and still if you are saying, "Why shouldn't have it," so what to answer? I mean you just want to ask because you have to ask? It's there. Why are you asking? Just feel it!

If that works out, that you feel where you are sitting, then you'll be surprised that you are at peace with yourself, and there is bliss.

Last of all, in this culture, you Have to behave like people who have authority. You have the authority of your Spirit. You are authorised. You have the Spirit. Those who are in authority never try to show off. Because they are in authority, what is there to show off? Only mad people show off, you see.

If somebody puts a label on the head "I am Inspector General of Police", people will say that – take him to lunatic asylum. In the same way, some people say, "I am Sahaja Yogi. What do you say? I can do what I like!" Then where should we put him? Your authority is your Self, your own being. People should see in you what you are. You don't have to carry labels with you that, "I am Sahaja Yogi such and such!" – X Y Z number. criminal No. 5, criminal No. 10! You are authorised. Authority shows on your face. But now you are actualised on the authority.

You see, all the authorities are artificial. For example, somebody today is Prime Minister, may become a beggar on the street. Could be. In democracy everything is possible. Same in any authoritarian governments. So today, you might be something at the height, you might just go down. But a Sahaja Yogi will remain a Sahaja Yogi. You are authorised and actualised. Means whatever is your authority is part and parcel of your being, you are that. Like you are a human being, you are a human being. Now you can't grow tails even if you want.

So now you are authorised, actualised, completely moulded Sahaja Yogis. Like the sandalwood – sandalwood is not to be told by taking a vow "oh, it is sandalwood". It is sandalwood because every part of it (microphone stops working for some time, Mother makes some jokes about Indian electricity problems)...has the fragrance of sandalwood. Every part of you, every bit of you must have the fragrance of Sahaja Yoga. So you are not only actualised, you are perfected. You are perfected.

So you must have the dignity of that authority in you. And dignity is very humble dignity. Dignity is never arrogant. The sign of

dignity is humility. I told you a story about a person who had gone out and he went and asked a blind man, a saint, if he had seen anybody going this way. So the saint said "Yes, you are the king, I know Sir. Your servant was here first, and then your Minister came, and now you have come." He was amazed, because he was blind. How could a blind person see these things? He said, "I could make out from the humility."

When your servant came, he said, "Eh you blind man! Have you seen somebody going this way?" When your minister came he said, "Have you seen someone going this way?" But when you came, you said "Sir, I am sorry to ask you such a question, but did you hear somebody was passing this way?"

This is what it is. Humility is the sign. How you talk to others, immediately people will know that you have the authority from God. See the humbleness of Divine. How it is trying to please you, and amuse you, and make you happy, in the nature, also in the lectures! (referring to the way the microphone stopped working). Alright?

So now we'll have our Puja. I hope You have understood the Culture of your Universal Religion. Please try to adopt it.

May God Bless you.

1985-0208, Bhajans on the Evening of the Weddings

View [online](#).

8 February 1985

Evening Program Weddings

Bordi (India)

Talk Language: English | Transcript (English) – Draft

TRANSCRIPT OF BHAJANS ON THE EVENING OF WEDDINGS BORDI, INDIA 8-FEB-1985

Shri Mataji (in Marathi): Come here, you please come. Please sit. Take this. [Inaudible].

[Sahaja Yogini recites Shri Durga Chalisa in the name of Shri Nirmala Mata].

Namo Namo Nirmal Sukh Karani, Namō Namo Nirmal Dukh Harani (I bow to you O Goddess Nirmala, the bestower of all happiness! I bow to you O Goddess Nirmala! Who ends all miseries.)

Nirakar Hai Jyoti Tumhari, Tihun Lok Phaili Ujayari (Your radiance is unparalleled and you shed light on the three worlds.)

Shashi Lalat Mukh Maha Vishala, Netra Lal Bhrikutee Vikarala (Your visage resembles the moon and you have a large mouth, Your eyes glow red sparking fear and fright.)

Roop Matu Ko Adhika SuhavE, Daras Karat Jan Ati Sukh Pave (Mother Nirmala, your sight is extremely pleasing, and just seeing you fills devotees with extreme happiness.)

Tum Sansar Shakti Lay Kina, Palan Hetu Anna Dhan Dina (All the powers of the world repose in thee and it is you who provide food and wealth for the world's survival)

Annapurna Hui Jag Pala, Tumhi Adi Sundari Bala (Like the feeding mother Annapurna you nurture the whole universe and you are the one who appears like the timeless Bala Sundari (young girl of extreme beauty).

Pralaya Kala Sab Nashan Hari, Tum Gauri Shiv-Shankar Pyari (At the time of Dissolution it is you, O Mother, who destroys everything. You are the beloved consort of Lord Shiva, Gauri (Parvathi).

Shiv Yogi Tumhre Guna Gaven, Brahma Vishnu Tumhen Nit Dhyaye (Lord Shiva and all yogis always chant your praise, Brahma, Vishnu and all other Gods ever meditate on you.)

Roop Saraswati Ko Tum Dhara, De Subuddhi Rishi Munina Ubara (You also appear in the form of Goddess Saraswati to grant wisdom to the sages and thus ensure their welfare.)

Dharyo Roop Narsimha Ko Amba, Pragat Bhayin Phad Kar Khamba (O Mother Amba, it was you who appeared in the form of Narismha, sundering the pillar.)

Raksha Kari Prahlaad Bachayo, Hiranakush Ko Swarga Pathayo (Thus, you saved Prahlaad and Hiranyakashyap also went to Heaven as he was killed by your hands.)

Lakshmi Roop Dharo Jag Mahin, Shri Narayan Anga Samhahin (In the form of Goddess Lakshmi, O Mother, you appear in this world and repose by the side of Shri-Narayan.)

Ksheer Sindhu Main Karat Vilasa, Daya Sindhu Deeje Man Aasa (Dwelling on the Sea of milk, O Goddess, with Lord Vishnu, please fulfil my desires.)

Hingalaja Main Tumhin Bhavani, Mahima Amit Na Jat Bakhani (O Bhavani, the famous goddess of Hingalaja is no one else but you yourself. Illimitable is your glory, defying description.)

Matangi Dhoomavati Mata, Bhuvneshwari Bagala Sukhdata [X2] (You are yourself Matangi and Dhoomavati Mata. It is you who appear as Bhuvneshwari and Bagalamukhi Devi to bestow happiness to all.)

Shri Bhairav Tara Jag Tarani, Chhinna Bhala Bhav Dukh Nivarani (It is you, who redeem the world, appearing in the form of Shri Bhairavi, Taradevi and Chhinamasta Devi, and end its sorrows.)

Kehari Vahan Soh Bhavani, Langur Veer Chalat Agavani (Reposing Gracefully upon your vehicle of Lion. O Goddess Bhavani, you are welcomed by the brave Langur (Lord Hanuman).

Kar Main Khappar Khadag Viraje, Jako Dekh Kal Dar Bhaje (When you appear in the form of Goddess Kali with a sword in one hand and a cupel in the other, even death flees in panic.)

Sohe Astra Aur Trishoola, Jate Uthat Shatru Hiya Shoola (Beholding you well-armed, with a Trident in your hand, the enemy's heart aches with the sting of fear.)

Nagarkoti Main Tumhi Virajat, Tihun Lok Main Danka Bajat (You also repose in the form of the Devi at Nagarkot in Kangara. Thus all the three realms shudder in the might of your glory.)

Shumbhu Nishumbhu Danuja Tum Mare, Rakta-Beeja Shankhan Samhare (You slew the demons like Shumbhu and Nishumbhu and massacred a thousand forms of the dreaded demon Raktabeeja.)

Mahishasur Nripa Ati Abhimani, Jehi Agha Bhar Mahi Akulani (When the earth was severely distressed bearing the load of the sins of the arrogant Mahishasur.)

Roop Karal Kalika Dhara, Sen Sahita Tum Tinhi Samhara (You assumed the dreadful form of Goddess Kali and massacred him along with his army.)

Para Garha Santan Par Jab Jab, Bhai SahayaMatu Tum Tab Tab (Thus whenever the noble saints were distressed, it is you O Mother, who came to their rescue.)

Amarpuri Aru Basava Loka, Tav Mahima Sab Rahen Asoka (All the realms including the Amarpuri (divine realm) remain sorrowless and happy by your grace, O Goddess!)

Jwala Main Hai Jyoti Tumhari, Tumhen Sada Pooje Nar Nari [x2] (It is the symbol of your glory that is burning brightly at Shri Jwala ji. All men and women ever worship you, O Mother!)

Prem Bhakti Se Jo Yah Gave, Dukh-daridra Nikat Nahin Aave (He who sings your glory with the devotion of love and sincerity remains beyond the reach of grief and poverty.)

Dhyava Tumhen Jo Nar Man Lai, Janam-maran Teso Chuti Jai (He who meditates upon Your form with concentration goes beyond the cycle of births and deaths.)

Jogi Sur-muni Kahat Pukari, Jog Na Ho Bin Shakti Tumhari (All the Yogis, Gods and Sages openly declare that without your

favour one can't establish communication with God.)

Shankar Aacharaj Tap Keenhon, Kam Krodha Jeet Sab Leenhon (Shankaracharya had performed once a special penance called Aacharaj and by the virtue of which he had subdued his anger and desire.)

Nisidin Dhyan Dharo Shankar Ko, Kahu Kal Nahin Sumiro Tum Ko (He ever worshipped Lord Shankar and never for a moment concentrated his mind on you.)

Shakti Roop Ka Maram Na aayo, Shakti Gae Tab Mann Pachtayo (Since he did not realise your immense glory, his all powers waned and he repented hitherto.)

Sharnagat Hui Keerti Bakhani, Jai Jai Jai Jagdamb Bhavani (Then, he sought refuge in you, chanted your glory and sang 'victory, victory, victory' to Thee O Jagdamba Bhavani.)

Bhayi Prasanna Aadi Jagdamba, Dayi Shakti Nahin Keen Vilamba (Then, O Primal Goddess Jagdamba ji, you were propitiated and in no time you bestowed him with his lost powers.)

Moko Matu Kashta Ati Ghero, Tum Bin Kaun Hare Dukh Mero (O Mother! Severe afflictions distress me and no one except Your Honoured Self can provide relief.)

Aasha Trishna Nipat Sataven, Moh Madadik Sab Binsaven (Please end my afflictions. Hopes and longings ever torture me. All sort of passions and lust torment my heart ever.)

Shatru Nash Keeje Maharani, Sumiron Ekachita Tumhen Bhavani (O Goddess Bhavani! I meditate only upon you Please kill my enemies O Queen! O Merciful Mother!)

Karo Kripa Ab Matu Dayala, Riddhi-Siddhi De Karahu Nihala (Show me your favour and make me feel happy by bestowing me with all sorts of riches and powers.)

Jab Lagi Jiyon Daya Phal Paoon ,Tumhro Yash Mai Sada Sunaoon (O Mother! May I be the receptacle of your grace as long as I live, ever recounting the feats of your glory to all.)

Nirmal Chalisa Jo Nar Gave ,Sab Sukh Bhog Parampad Pave

(This, way he whoever sings this Nirmal Chalisa shall ever enjoy all sorts of pleasures and shall attain the highest state in the end.)

Sahaja Yogis: Bolo Mataji Shri Nirmala Devi Ki Jai!

Shri Mataji: Who is it there? Come, come, please come.

[Sahaja Yogini sings a Marathi poem].

Mata Aali Bharatala [x2] (Mother has come to India)

Sahaja Yohacha Pracharala [x2] (To spread Sahaja Yoga)

Mata Aali Bharatala [x2]

Anavani Paya Peeti , Kiti Keli Atahati [x2] (She has walked barefoot and taken so much effort)

Sahaja Yoga Pracharasaathi (To spread Sahaja Yoga)

Sodli Tyani Nati Goti (She has left Her relations)

America Doura Tyani [x2] (The tour of America)

Poornapane Yashasvi Kela (She completed successfully)

Pari Shreya Tyani Dila (But She gave credit)

Sahaja Yoga Prathanela (To the Sahaja Yoga Prayer)

[Refrain]

[2]

Poona Sangli Kolhapur (Pune, Sangli and Kolhapur)

Ahmednagar Rahuri

Solapur Dhule Geli (She went to Solapur and Dhule)

Aata Rahili Jejuri (Now Jejuri remains)

Mata Chalali Jejurila [x2] (Mother is going to Jejuri)

Ekuneeshe Sheyanshi Salala (In 1986)

Mani Malla Sharan Jaati (Demons Mani-Malla surrender)

Bhiuni Matecha Parashu la (They are frightened of Mother's trident – in the form of Mhalsa Devi of Jejuri).

[Refrain]

Sahaja Yogis: Bolo Mataji Shri Nirmala Devi Ki Jai!

Shri Mataji: [Inaudible]. (in Marathi) We are leaving.

(In English): Come, come, come, say (your compositions). All are poets, you see. They have written poems. And today is the last day they can give a [inaudible].

Sahaja Yogi: Garba (The traditional tune of Garba dance performed for the Goddess in Navaratri).

Sahaja Yogi:

[Refrain]

[Nirmal Matecha Taleshi Jo Rangala (He who is immersed in the rhythm of Mother Nirmal)

Moksha Tayucha Tayachi Didhala] x 2 (He has seen his liberation)

[1]

Adishakticha Charani Jo Aala [x2] (He who has come to the Feet of Shri Adishakti)

Moksha Sameep Tayasi Didhla [x2] (He has seen liberation is very close)

Prithvi Matecha Tattvi Jo Jamala [x2] (He who has established in the principle of Mother Earth)

Moksha Swaroop Tayasi Didhala [x2] (He has seen the form of liberation)

Jaganmatecha Premi Jo Guntala [x2] (He who is immersed in the love of the Jaganmata)

Moksha Kaivalya Tayasi Didhala [x2] (He has seen the union of liberation)

Nirvicharacha Samadhi Varati [x2] (On the samadhi of thoughtless awareness)

Moksha Swaroop Swaroopi Baghati [x2] (He sees the form of moksha face to face)

Nirvikalpacha Daari Je Sarati [x2] (Those who come at the door of doubtless awareness)

Moksha Sameep Dhyanacha Rahati [x2] (Remain close to liberation in their attention)

[Refrain]

[2]

Shabda Brahmacha Dinechya Anti [x2] (The word of Brahma at the end of the day)

Nad Kaivalya Sugandha Yeti [x2] (Brings the sound and smell of the union)

Chidanandacha Shikhara Varati [x2] (At the pinnacle of Eternal Joy)

Dwaita Dwaitacha Bhed Na Karati [2] (There is no duality)

[Refrain]

[3]

Niranandacha Chaitanya Milati [x2] (At the bliss of Eternal Joy)

Nirgun Houni Amrut Pratirithi [x2] (The nectar of the formless flows)

Sagun Rupi Hya Antar Bahyati [x2] (In this inner and outer form)

Neej Tayucha Mokshachi Gati [x2] (The Self moves at the pace of/towards liberation)

[Refrain]

Sahaja Yogis: Bolo Shri Nirmala Devi Ki Jai!

Sahaja Yogi (in Marathi): There is one more.

Sahaja Yogi: Jyot se Jyot (One flame lights another).

Sahaja Yogi: Yes.

[Sahaja Yogi sings the song set to the tune of a bhajan "Jyot se Jyot" from Hindi film Sant Gyaneshwar].

Refrain

[Deep Se Deep Jalate Chalo [x2] (Light one lamp with another)

Sahaja Yoga Badhate Chalo [x2]] x 2 (Keep on spreading Sahaja Yoga)

Raah Mein Aaye Jo Deen Dukhi [x2] (Those who are sad and suffering that you meet)

Sab Ko Paar Karate Chalo [x2] (Keep on giving them self-realisation)

Deep Se Deep Jalate Chalo [x3]

Sahaja Yoga Badhate Chalo [x2] (Keep on spreading Sahaja Yoga)

[Refrain]

[1]

Jis Ka Na Koi Sangi Saathi (He who has no friends or relations)

Maa Uski Rakhwali [x2] (Mother is his protector)

Maa Ke Haath Se Nahi Koi Lauta (No has returned from Mother)

Lekar Jholi Khali (Empty Handed)

Maa Ke Prem Se Nahi Koi Lauta (No one has returned from receiving Mother's love)

Lekar Jholi Khali (Empty Handed)

Sote Jagte.eeeee.. (Sleeping or awake)

Sote Jagte Gungunate Chalo (Sleeping or awake, keep on saying this song)

Sahaja Yoga Badhate Chalo (Keep on spreading Sahaja Yoga)

[Refrain]

[2]

[Maa Hain Allah, Maa Hain Akbar (Mother is Allah, Mother is Akbar)

Maa Hain Yesu Baba] [x2] (Mother is Jesus Christ)

Is Kalyug Mein Kalki Bankar (In this Kaliyuga, by becoming Kalki)

Maa Ne Rang Dikhaya] [x2] (Mother has shown Her power)

Sote Jagte.eeeee.. (Sleeping or awake)

Sote Jagte Gungunate Chalo (Sleeping or awake, keep on saying this song)

Sahaja Yoga Badhate Chalo [x3] (Keep on spreading Sahaja Yoga)

[Refrain]

[3]

Maa Ko Na Bhoolna Ei Mere Man [X2] (Oh my mind, never forget Mother)

Chahe Tan Arpan Ho [X2] (Even if you have to sacrifice this body)

[Lag Jaaye Maa Ko Meri Umar Bhi (Let my remaining years be added to Mother's life)

Yeh Antim Pran Hain] [x2] (This is my final resolution)

Sote Jagte.eeeee.. (Sleeping or awake)

Sote Jagte Gungunate Chalo (Sleeping or awake, keep on saying this song)

Sahaja Yoga Badhate Chalo [x3] (Keep on spreading Sahaja Yoga)

[Refrain]

Sahaja Yogis: Bolo Adishakti Mataji Shri Nirmala Devi Ki Jai! Jai Mata Shri Nirmala Devi Ki Jai!

[Inaudible conversation and applause].

Shri Mataji (in Marathi): Any more bhajans from anyone? Say something in Hindi. Now the thing is, all this is happening in Marathi only.

Sahaja Yogi: Marathi, Mataji, Marathi.

[Sahaja Yogi sings a modified version of Sant Tukaram's Abhanga (devotional song).]

Refrain:

[Anandache Dohi Ananda Tarang (Joy is floating on the ocean of Bliss)

Anandachi Ang Anandaache] [x2] (Joy is immersed in Bliss)

[1]

[Majha Padala Vishayi Visar (I have forgotten everything)

Angi Sahaja Yoga Thasavala] [x2] (Sahaja Yoga fills my being)

[Refrain]

[2]

Majhi Maza Kundalini Zali Anawar [x2] (My Kundalini is rising unbidden)

Chanda Ya Sahasraracha Kesalase [x2] (I am immersed in the Sahasrara)

[Refrain]

[Applause].

Shri Mataji (in Marathi): Those who compose good poems, do not know to sing. And those who sing do not know how to write poetry. If those who write poetry can tell the singers to sing, then they can compose a tune and sing it.

(In Hindi): Hindi speakers, do you want to sing or no?

[Sahaja Yogi sings "Majhe Maher Pandhari, a Marathi abhanga by Sant Eknath.]

[Refrain]

[Maajhe Maaher Pandharee [x2] (Pandharpur is my mother's home/hometown)

Aahe Bhivarichya Thiri [x2] (On the banks of river Bhima)] [x2]

Baap Aani Aai, (Father and Mother)

Maajhee Vittala Rakhumaai (Are my Vithala and Rukmini)

[Refrain]

[1]

Pundaleek Raahe Bandhoo, (Pundalika is my brother)

Tyaachee Khyaatee Kaay Saango (What can I say about his fame)

[Refrain]

[2]

Maajhee Baheen Chndrabhaaga, (Chandrabhaga river is my sister)

Kareetase Paapabhanga (She destroys all sins)

[Refrain]

[3]

Eka Janaardane Sharan, (I am surrendered to the Lord)

Kare Maaherache Aathhawan (I will keep remembering my home)

[Refrain]

[Applause].

Sahaja Yogi: [Inaudible/Hindiwale]

Shri Mataji (in Marathi): Hindi speakers sing in Hindi. At least one (song) should be in Hindi. Just Marathi, Marathi is too often.

To a Sahaja Yogi (in Hindi): You are from Delhi and you are not singing at all. It will be enjoyable. Just sit comfortably and it will be enjoyable.

[Sahaja Yogi sings a semi-classical bhajan reciting the names of Shri Krishna].

Giridhar Madhav Sham [x3]

Madhav Sham [x3]

Repeat [X3]

Pragatata Gokul [X4] (Appeared in Gokul)

Sham [X4]

Giridhar Madhav Sham [x3]

Sham [X6]

Giridhar Madhav Sham [x3]

Giridhar [X4]

Giridhar Madhav Sham [x3]

Madhav Sham (X6)

Giridhar Madhav Sham [x3]

Sham [X6]

Giridhar Madhav Sham

[Applause].

Sahaja Yogini (in Marathi): I will sing a song for all the brides today. The brides.

Shri Mataji: She is going to sing about today is, regarding today's function and about all the brides.

Sahaja Yogi: Bridegrooms.

Shri Mataji: Bridegrooms? Grooms or brides?

Sahaja Yogini: Brides.

Shri Mataji: "Navrya" are all the brides. Brides. Navrya. "Navri" is singular and "navrya" are plural. "Navri" and husband is "navra".
(Laughter).

[Sahaja Yogini sings a popular contemporary "bhavgeet". Bhavgeet is a genre of modern Marathi music focusing on songs about human relationships].

Sahaja Yogini:

Valana Varuni Valali Gaadi (The vehicle has turned at the turning)

Aaj Sodana Gaon (Leaving my home today)

Tuzhacha Aaai Ashru Sange (With your tears, mother)

Pusale Pahile Naon (Am wiping out my name)

Valana Varuni Valali Gaadi

Nav Navacha Gheuni Kunku (Taking the kumkum in my new name)

Jaate Mazha Ghara (I am going to my house)

Vedi Maya Zarte Nayani (Your attachment flows through my tears)

Bhijavit Sari Dhara (The ground is wet with tears)

Valana Varuni Valali Gaadi

Sambhalun Ja Sukhi Rahaan Tu (Go safe and be happy)

Jaates Bharlya Ghara (You are going to a prosperous home)

Jayacha Ashacha Leki (Daughters have to leave thus)

Toduni Mamata Lala (Breaking all ties of love and affection).

Shri Mataji: She is talking about the girl going to the father-in-law's place. Leaving the mother's place. Sadness because the girl has to leave her father's place and go to her husband's place. But I tell you it is temporary. [Laughter].

Sahaja Yogi (in Marathi): Mataji, here is a singer of good calibre. His surname is Pendharkar. Pendharkar.

Shri Mataji: Please sing. (After a few classical notes). He sings well.

Sahaja Yogi: Mataji, He can sing any raga. Yaman. Marwa. Ask him to sing Marwa.

[Sahaja Yogi sings popular abhanga Evalese Rop, Mogra Phulala (a metaphor for self-realisation) by Sant Dynaneshwar].

Iwalese Rop Lavile Dwari (I have planted a small sapling at my door)

Tyacha Velu Gela Gaganwari (It has reached the sky)

Mogara Fulala Mogara Fulala (The mogra flower has blossomed)

Fule Vechita Atibharu Kaliyasi Aala (As the flowers are taken the buds increase into prime)

Manachiye Gunti Gumphiyela Shela (I have weaved a garland of my mind)

Bap Rakhumadevivru Vitthali Arpila (And offered it to my Divine parents Vithala and Rukmini)

Sahaja Yogis: Wah, wah.

Shri Mataji: Dyaneshwara has described nicely. Little plant I have planted in my doorway and now it has gone to the sky. And the whole description is; Dynaneshwara has beautifully done.

Sing one more song. Your voice has a nice timbre. Please sing. You sing so that people can accompany you. Take this money out first. This song is invaluable. Please sing.

Sahaja Yogi: He is a little apprehensive. The vibrations, he became a little apprehensive. He comes to Mulund (centre).

Shri Mataji: Be completely at ease. You are singing in front of your Mother. Sing comfortably.

[Sahaja Yogi sings abhanga Vishnumaya Jag Vaishnavancha by Sant Tukaram].

[Refrain]

[Vishnumaya Jag Vaishnavancha Dharma [x3] (The world is itself Lord Vishnu)

Bhedabhed Bhrama Amangal [2] (It is inauspicious to differentiate among ourselves)

Vishnumay Jag Vaishnavancha Dharma [x3] (The world is itself Lord Vishnu)

] [x2]

[1]

Kona Hi Jeevacha Na Ghado Matsar [x3] (Do not envy anyone)

Varma Sarveshwar Poojanache [x2] (All are worthy of worship)

[Refrain]

[2]

Aaika Ji Tumhi Bhakt Bhagawat [x3] (Listen O Devotees of the Lord)

Karal Te Heet Satya Kara [x2] (Do good to others and be true)

[Refrain]

[3]

Tuka Mhane Ekaa Dehaache Avayav [x8] (Tuka says we are all parts of one Being)

Sukha Dukha Bhog Jeeva Pave [x2] (The individual soul experiences joy and sorrow)

[Refrain]

[Applause].

Shri Mataji: Beautiful song of Tukarama which says that the whole world is nothing but Vishnu; full of Vishnu's tattva. That is, as you know, the evolutionary power of Mahalaxmi. And that – in this to say there is a difference between one another is inauspicious. "Amangal". It is inauspicious. What a powerful statement; to say that one person is different from another is inauspicious.

Then he says that we are part and parcel of one being. And how can we discriminate between one part of the body with another? See, these words are written all these; long time back. And they said it is not a religion to say these things. Such a great powerful statement has been made already by Tukaram. May God Bless Him.

[Applause].

All Sahaja Yoga is done by all these saints and poets and great saints of this country and saints of many countries. How they have clearly, boldly said what it was. So clearly and without feeling any compunction about it. Like say, it is inauspicious, it is adharmic to think that another person is lower or higher than you. And to treat anybody as lower or higher.

Because in this country, the [inaudible/caste] system was too prevalent. And all the saints, all the saints, have flouted it completely. Hit very strongly. (With) words.

Shri Mataji (in Marathi): [Inaudible]. Know "Manache Shloka"? Say it, everyone should say it. Does everybody know Ramdas Swami's "Manache Shloka". Yes? Say as many as you know. And then we will recite the rest.

["Manache Shloka" or "Hymns for the Mind" by Sant Ramdas Swami are usually a part of daily school prayers and typically recited at the conclusion of aartis in Maharashtra].

Sahaja Yogis:

[1]

Ganadheesh Jo Eesh Sarva Gunaancha

Mularambh Aarambh To Nirgunaancha

Namu Sharada Mool Chatvar Vacha

Gamu Panth Anant Ya Raghavacha

(God Ganesh, the god of all virtues and to whom the spirit owes its origin; Goddess Sharda, the goddess of speech; we bow to them. Now we will explore the way to reach Lord Rama which is considered as infinite. Shloka 1)

[2]

Mana Sajjana Bhakti Panthechi Jaave

Tarii Shri Harii Paavije To Swabhave

Janii Nindhyate Sarv Soduuni Dyaave

Janii Vandyate Sarv Bhaave Karave

(Let us follow the path of honesty and devotion. This path will lead us to Shri Hari. Let us shun everything that is condemned and do everything that is commendable with the full devotion of mind. Shloka 2)

Shri Mataji: This is advice to yourself. He is saying that "Oh, my mind. Always go after the people who are righteous. Go after the people who are righteous. And always make good dedications and good declarations. What is the word for "sankalpa"?

Sahaja Yogi: Resolutions.

Shri Mataji: Resolutions. Righteous resolutions and whichever are bad resolutions must be given up. It is advisable to your own mind. "Mana" means mind. Oh mana, please do not have bad resolutions. Always have holy resolutions.

Please recite.

[Sahaja Yogis recite, Shri Mataji is also reciting and leading].

[3]

Prabhate Manii Ram Chintiit Jaava

Pudhe Vaikharii Raam Aadhi Vadava

Sadachaar Haa Thor Saandu Naye To

Janii Tochi To Manavii Dhanya Hoto

(Let us remember Lord Rama every morning. Let us start all our work by chanting Shri Ram. Let us always stick to good behaviour. Only the person of a good action is held in esteem in this world. Shloka 3)

[4]

Mana Vaasna Dusht Kama Na Ye Re

Mana Sarvatha Paap Buddhii Nako Re

Mana Sarvatha Niiti Sodu Nako Ho

Mana Antarii Saar Veechaar Raaho

(Our evil desires are of no use. Sinful thoughts should not come to our mind. We should always have ethics. We should always know the real truth in our mind. Shloka 4)

[5]

Mana Paap Sankalp Soduuni Dyava

Mana Satya Sankalp Jivii Dharaavaa

Mana Valpana Te Nako Viish Yanchii

Vikare Ghade Ho Janii Sarv Chee Chee

(Let us shun all sinful plans. Let us work on the plan that will lead us to the truth. Let us not always think about sensual pleasures. If our mind gets corrupted then we lose our reputation amidst people. Shloka 5)

Shri Mataji: All this is from my childhood. It is Ramadasa's talk, rapport with himself. See, he is telling his mind, "Oh my mind, please, do not stop me. You must talk about something that is sensible, or that is good for us. Talk something sweet to others. And try to keep the company of people who talk about good things.

And all these things, I tell you, is such good conditioning on the mind that you should not do wrong things. And so straightforward saying. I mean, there is no option on it, as if. From childhood, you listen to these things and understand them. Then he says that, let your body be used like the sandalwood. Which is decreasing every time. Still, it is giving fragrance.

Let your body be used like the sandalwood. Which is all the time rubbed and rubbed and rubbed and gives fragrance and is decreasing? That is how we should work in this world.

I hope I have been something like that.

[Applause].

Sahaja Yogis: Bolo Shri Mataji Nirmala Devi Ki Jai! Adishakti Shri Nirmala Devi Ki Jai!

Sahaja Yogi: You are the creator of sandalwood. [Laughter].

Shri Mataji (in Marathi): Now, it should be done. But do it quickly. Everyone must get a chance. So what will happen - then you can sing the Bhairavi at the end. There is no voice like yours. Now sing. Come, come, pick up the tune. Next, please. Please come. [Inaudible], come here. Then last, Bhairavi.

For everybody there is tea. Good news.

[Sahaja Yogini sings a Marathi song Aai Thor Tuzhe Upkaar (Mother, so great is your benevolence) based on a Marathi poem.]

Thor Tuzhe Upkaar Aai (Mother, so great is your benevolence)

Tuzhya Ashirwaadane Zalo (By your blessings)

Amhi Sare Paar (We have achieved self-realisation)

Aai Thor Tuzhe Upkaar (Mother, so great is your benevolence)

Nirbhaya Vhayala Tucha Shikavshi (You teach us to be fearless)

Sadaiva Amucha Paathi Asashi (You are always standing behind us)

Tuzhiya Name Bal He Deti (Your name gives us strength)

Haach Ek Aadhar (This is our only fortitude)

Aai Thor Tuzhe Upkaar (Mother, so great is your benevolence)

[Inaudible/5 more verses].

Shri Mataji: Wah re Wah.

[Applause].

Shri Mataji: You have composed this poem?

Sahaja Yogini: [Inaudible].

Shri Mataji: Sing an abhanga. Which abhanga? Come, sing the abhanga. [Inaudible]. What is the swar [Inaudible/Kanchal]?

Sahaja Yogis: [Inaudible/Sahichar]

[Sahaja Yogini sings "Darshan De Re Bhagwanta" a popular abhanga by Sant Chokamela].

Sahaja Yogini:

[Darshan de re, (Please bless me with your darshan)

De re bhagwanta. (O Lord)] [X2]

Kiti ant aataa, (How long will you test me, O Eternal God)

Paahshi anantaaa!

[Refrain]

[1]

Maay Pityaachi Sevaa, (The service to parents)

Pundalikaachi (of Pundalika)

Bhakti Paahili Tu, (You have seen the devotion)

Goryaa Kumbhaaraachi. (Of Gora the potter)

Taise Yene Vhaave, (In the same manner, please appear)

Tuze Krupaa Vantaa. (O Benevolent Lord)

[Refrain]

[2]

Aiktaach Vaani (On hearing the plea)

Sant Chokhobaachi. (Of Sant Chokhoba)

Sakshaat Pragati (The Lord has appeared in front of him)

Murti Viththalaachi.

Aise Daan Deshi (This gift you have given)

Tuzyaa Priy Santaa. (To your beloved saint)

[Refrain]

[3]

Tucha Janmadata Touch Vishwakarta (You are my creator and the creator of the world)

Man Shanta Hoi (My mind becomes peaceful)

Tuzhe Gun Gaata (By singing about Your glory)

Shri Mataji: [Inaudible]. One more from there.

(in Hindi): Is there anyone else with you? Delhiwallahs come here; what are the Delhiwallahs doing? Madraswallahs have not performed even one song. What about Madraswallahs?

Delhiwallahs come here, perform some song or other. Don't the Delhiwallahs sing or not? Come.

[Inaudible].

Shri Mataji: He has picked up the tune.

[Sahaja Yogi Doctor Mathur presents the Sahaja bhajan "Naman Kare Barambaar Shri Mataji Ko" which he has composed].

Sahaja Yogis: Bolo Shri Mataji Nirmala Devi Ki Jai!

Shri Mataji (in Marathi and Hindi): This is very nice. Wah re wah. And poetic. The poem is very beautiful. You have used very selective words from U.P. (Uttar Pradesh).

[Applause].

(in English): Very poetic words in the Hindi language. I cannot translate. But what he is saying is that I must say the "jayjaykar" (glory) of Mother. And then he says that – I mean, he is praising Me bit too much (laughter) rather apparently. All right.

So the whole theme is that though there are people who are lost and those who are people who are gone on the wrong path; You have done a miraculous obligation on all of them and we have seen it.

But the main thing is – about the theme is beautiful no doubt; as from his heart it is coming. But he used the absolutely the poetic, delicate words. See, in Hindi language also we have some very delicate, poetic words which, I do not think in Marathi we have that much delicacy as in Hindi language. And he has used all these. Just beautiful it is. Very beautiful.

May God Bless Him and Bless You.

[Applause].

Sahaja Yogi: Bhairavi?

Shri Mataji (in Marathi): Now; no let them sing one more. Western Sahaja Yogis.

(in English): You should not mind when we call you foreign Sahaja Yogis because that is how we elevate your position. (Laughter). When we say foreign in our country, means something great. Because whatever is imported is very great in India. (Laughter).

So when I say foreign, that means an elevated situation. And if used – in the village say, supposing somebody was boy, somebody came from a village used to say "foreign returned" – that was regarded as "F.R". You see, as a big compliment for anyone who has been foreign returned. London returned was little less; but if it is foreign returned...(Laughter).

It was a very common compliment so when they say foreigners, they do not want to bring you down to the level of locals; you see you are foreigners. (Laughter). So this is our style of addressing.

So all the Western Sahaja Yogis, one more song from you would be a good idea. Whichever you think proper, about Sahaja Yoga.

Sahaja Yogis: Gregoire, Gregoire.

Shri Mataji: Any song on Sahaja Yoga. Or Mother. Any song that you have composed.

Sahaja Yogi: A new song, Gregggy?

Gregoire: So it is always the same song, Shri Mataji. Because I am not a poet like Doctor Mathur. This [inaudible] has the advantage is that it is a very short one, and everybody knows it. So, perhaps we can sing it in canon with three voices.

Shri Mataji: That is a better idea. Three voices is a better idea. What does it say?

Sahaja Yogi: Well, so...

Shri Mataji: Where is that Warren gone? He must be sleeping now because you are all married. (Laughter). [Inaudible], we never even gave him a hand. So give him a hand, first of all, very good.

[Applause].

Shri Mataji: Warren?

Gregoire: Warren? Warren? Must be fast asleep.

Shri Mataji: All right. Let us have.

Gregoire and all Sahaja Yogis:

Mataji, Mataji

Your face shines like a thousand suns

You have given us

More than we could ask for

Bliss and peace and harmony

[Applause].

Sahaja Yogis: Bolo Mataji Shri Nirmala Devi Ki Jai!

Shri Mataji: So now I have called Warren because he is the archbishop of marriage bureau. So give; let us give him a hand.

[Long round of applause].

It was a very nice weekend for all of us. To be together. It was a hundred and eight persons getting married.

A very auspicious thing happened. And by God's grace, all these marriages went off so all.

I hope your life will be smooth and full of beautiful, blissful, peaceful silence of spirituality.

May God bless you with prosperity and lots and lots of joy in your married life.

And let all others share by seeing such beautiful heroes and heroines among us.

May God bless you.

So the last one will be singing a Bhairavi.

(in Marathi): Bhavani Dayani. Do you know it? Bhavani Dayani. No?

[Sahaja Yogis are discussing with Mother, suggesting other options].

So the last bhajan is Bhairavi raga. Will be over, then we will all depart. You can rest for a while. Tomorrow morning; means already it is good morning (Laughter).

I am sure most of you will be leaving tomorrow afternoon sometime.

Sahaja Yogi: Yes.

Shri Mataji: In any case, we will meet here tomorrow, eleven o'clock or so, for a while, and then we will say goodbye.

So many of you are leaving. Thank you very much for making this occasion so beautiful and auspicious.

For the whole Universe has to be enlightened through such occasions.

And must understand your responsibility and your behaviour and your heart. Be clean about it.

May God Bless You.

Sahaja Yogis: Jai Mata Shri Nirmala Devi Ki Jai!

[Sahaja Yogi sings an abhanga by Sant Tukaram].

Sahaja Yogi:

[Refrain]

Shri Santanchiya Matha Charanavari [x4] (I lay my head at the feet of the holy saints)

Saashtang He Pari Dandavat [x4] (I lie prostrate before them)

Dandavata Dandavata (I lie prostrate)

Shri Santanchiya Matha Charanavari [x4] (I lay my head at the feet of the holy saints)

Shri Mataji: Praising the saints, he says that let my [inaudible] feet of the saint. Let me do them a “saashtang namaskara” (prostration). I am saying that now suppose, to all of you saints (Laughter). Yes, sing.

Sahaja Yogi:

Kranti pavalo sambhala uttari [X2] (I am transformed, please steady me)

Vadhale antari kshema sukha [X2] (The joy within me has reached its zenith)

Shri Santanchiya Matha Charanavari [x4] (I lay my head at the feet of the holy saints)

[Shri Mataji is also singing the Refrain].

Tuka Mhane Mazha Na Ghadata Deva [x2] (Tukaram says without my doing, O Lord)

Purva Punya Theva Odhavala [x4] (My past good karma has borne fruit)

Sahaja Yogi: Aarti Nirmala Mata.

Shri Mataji: (in Marathi) That everyone knows by heart. Sing it once and wrap up.

(in English): This is the last aarti, it will be over now and then we will all go.

(in Marathi): He knows it. Everyone has it memorised.

(in English): This was a nice song for Me because it is the praise of the saints. It said that let my head be bowed to the saint. This is what it is. I feel the same way about you all.

May God Bless You. (Laughter).

[Sahaja Yogis perform Aarti Nirmal Mata].

[Sahaja Yogis recite the three Mahamantras].

Sahaja Yogis: Bolo Mataji Shri Nirmala Devi Ki Jai!

Bolo Mataji Shri Nirmala Devi Ki Jai!

Adishakti Shri Nirmala Devi Ki Jai!

Shri Mataji: May God Bless You.

All the poems must be collected. And very nice poets there are.

(in Marathi): Very beautiful poems have been written. They should all be collected and tunes must be set for them. And then the tunes will be right. In the same way, the Saraf children have also composed very beautiful poems; everyone has composed such beautiful poems. Everyone should read them and give them to Damle. Damle?

Damle: Yes, yes.

Shri Mataji (in Marathi): Everyone should collect their poems and [inaudible]

and give it to Damle.

(in English): And all the poetry of the Western Sahaja Yogis must be collected by someone. Maybe Gregoire organises. Please send your poetry to Gregoire in every language that you may. So that he put them together and make some good tunes. All right?

Sahaja Yogis: Jaganmata Shri Nirmala Devi Ki Jai!

Bolo Shri Jaganmata Shri Nirmala Devi Ki Jai!

Bolo Shri Jaganmata Shri Nirmala Devi Ki Jai!

Bolo Shri Jaganmata Shri Nirmala Devi Ki Jai!

[End of recording].