

to be conscious in the sense that we are going to feel it ourselves, as cool breeze in our hands.

Guido: If you can tell something about your teachings, Shri Mataji.

Shri Mataji: Actually, teachings are none, I should say, because main thing is that, I just try to explain to you, that there is this Collective Unconscious around us. And that you have to feel it. Unless and until you feel it, no use giving lectures about it. First, you must have the experience of it. And in that light, you can see everything very clearly. So, my only teachings are that first, you should try to feel that Unconscious. That is only possible when you get your Self-realization. And you should first get your Self-realization. That is the main point. Like Buddha also didn't want to talk about God – about anything. He said, "You get your Self-realization."

So, we have to only understand that we are not at an absolute point. Human beings are living in a relative world. We are relatively living. So everything has a confusion. Because some people say, "We are right", others say, "We are right". But nobody knows what is right. So, to know the right, you must get connected to something that is absolute. And the absolute is the Collective Unconscious. This is my only teaching is that you just get to the understanding that we have to have Self-realization. And once you get to it, then it can be worked out. But if you do not get to that point, you see, we cannot force it.

Sahaja Yogi: Once upon a time the disciple used to go through austerities. It used to take many years to get their Realization. Now it is upside down in Sahaja Yoga. First you get your Realization and then you do the cleansing.

Shri Mataji: You see, these days people have no time. You know they make watches all the time. Because there is no time even for Self-realization. Then when I thought all of these things, you see, I knew my mission in life was to give collective Realization. And to give collective Realization, I wanted to study human beings, what problems they have.

Now their problems are that can be resolved using very simple things. Because there are only seven centres and three channels. So, you have to just put your attention to these three channels and the seven centres. And if you can manage the permutations and combinations – you can reach the awareness collectively. It's not difficult. That is something I found out. And that's why I thought that, "First, give them a little light." When they will have little light within themselves, they see what's wrong with them.

Because if you tell somebody, "This is wrong with you" in those days, they put you in jail. So the best thing is to have little patience with them and see that they get little light to see that something higher exists. Like if we are living on the ground floor, we are not aware that there are higher things. But if somehow, we can go on to 2nd or 3rd floor, then we start thinking there is higher and higher things. So this is what is Sahaja Yoga, is first to give them Realization. Of course, some people get it like a jet, because this is the jet era, this is the time of jet. And they just settle down, some of them are tremendous. Very young people also, I've seen, just get fixed. But some of them are conditioned, have got problems with the - some have got emotional problems, and some have ego. Most of them have ego. So this has to be little bit shown to them, "This is your ego." Once they start seeing their ego, they will be down.

Guido: Which condition we have to fulfil in order to get our Self-realization?

Shri Mataji: One thing very important is not to feel guilty, not to feel guilty at all! Because this is also a very funny human understanding. Animals never feel guilty. Dog can eat whatever he likes, a cat will eat a mice, but nobody feels guilty about it. Only we human beings feel guilty. And after all, we are human beings. We are not gods. We can make mistakes. So there is nothing to feel guilty at all. Because what I am talking about, this Collective Unconscious is the ocean of forgiveness. That's one condition.

The second condition is that you have to forgive everyone. Now many people say, "It is very difficult to forgive". But it's a myth. Whether you forgive or you don't forgive, what do you do? If you don't forgive, then you are playing into wrong hands. Absolutely into wrong hands. After all, you are actually fulfilling the desire of the people who tried to harm you. So, just try to forgive. And this is what Christ has said that, "You have to forgive". He has given us a very big weapon of forgiveness. And if people do not forgive, I cannot give them Realization. Because the door of Christ, which we call as Agnya chakra in Sahaja Yoga, is very narrow. And as soon as you start pondering or thinking about how you are harmed and how you are tortured [inaudible]. So to open this, only you have to just, from your heart, say, "I forgive everyone". It acts. It works.

Guido: And the third condition?

Shri Mataji: There is no other condition. Third would be that you have to be human being. In your own will you have to come, of course. In your own will and in your own freedom. Otherwise, it cannot be forced on anyone.

Guido: As You know there is a big Guru market. What do You think about it?

Shri Mataji: You see, the Guru market is inevitable, because they have come to know that there are seekers and there is seeking on. Now those who have money have a feeling that they can purchase a guru and they can buy their spiritual ascent. They don't know it's a living process and you can't pay for it. Nor can you buy your guru. Then if you can buy someone, if you can pay someone then he is your servant, he can't be your guru. So, people who have money, especially in the West, always go to false gurus. And false gurus also have attraction for the rich people. That's why Christ had said that, "A camel can pass through the nose of a needle but not rich people". The reason is that rich people have an ego that they can purchase even God. They cannot. And that's why these false gurus are prospering. I don't mind even if they plunder you with money, it's all right, money is not so important. But, you see, they do something within you with mesmerism and all that, so that the Kundalini does not rise. I have to treat them, I have to look after them. So many suffered them from cancer, epilepsy, angina – all kinds of diseases because of these gurus. So, we just have to cure them. Immediately we know that they have been to a guru. So, these gurus really have ruined so many seekers! So, this is the greatest sin they have committed, just to make some money.

Guido: Why false gurus took their incarnation in this particular period?

Shri Mataji: This is a period of seeking. And they knew that in this period, the seekers are promised to get their Realization. They knew this. And that's why it is also predicted, that so many will take their incarnation. Because there is a market for it.

Guido: Will You tell us something about Kali Yuga, this particular period?

Shri Mataji: Of course, they look so horrid, all the incarnations are these horrible gurus. And also human beings have reached a stage where they feel there's a shock of complete destruction awaiting them. Also, we can say that human beings have reached the extremes in everything: take machinery, take ecology, take anything – they have gone to the extremes of everything. So, now they are looking back for the balance. So when it is at the extreme stage only, you start thinking, "Why this? Why that? What mistakes we have committed? What should we do? How we can correct it?" And once you start reflecting, then only Sahaja Yoga can act on such people and then they get their Realization. So, Kali Yuga is very important.

Like in our old scriptures of Nala-Puranas, the main Purana, they have written that, this Nala was tortured by this Kali. Kali is the one who is the – according to Indian mythology, is the one who brings this confusion. So Nala got hold of this gentleman and he said that, "I am going to now kill you. Because you have tortured me, and I don't want you to come back again on this earth. Because again you will torture people and bring confusion". So Kali said, "All right, I also have some importance. You listen to me". He said, "So what is your importance?" He said, "My importance is this, that when I will rule – this confusion will rule then those people who are seeking the truth in the jungles, in the Himalayas, in the dales and hills will reflect. And they will be ordinary householders and in this Kali Yuga they will get their Realization".

Even there's a book written by a very old astrologer. I would say he was the pioneer of astrology in India – Brigumuni. And there are two books he had written, one 'Guru Sanghita' for normal people and one 'Nadi Granth' for the future. In that he had described completely Sahaja Yoga. That their Kundalini will rise, that they will get their Realization, that they get cured – everything. So, all these prophecies are made by seers, long time back, and is described. So this is what is the importance of Kali Yuga, that unless and until you go into confusion, you don't want to find out the way. You take it for granted.

Guido: The fact that the people are in a way running away from the traditional churches and religions – does that have any means?

Shri Mataji: See, because the religions have lost the essence for which they stood. The essence of every religion was to find the Eternal and to treat the transitory with full understanding and its limitations. But the churches themselves have forgotten the first part, is to find the Eternal. Or we can say our temples, all these religions. But they are seeking the transitory. So, the whole

essence is lost. All the religions came on the tree of spirituality by the great incarnations and prophets. On one tree, saying the same thing in a different manner, in a different time, according to the times. In Sanskrit, we call it 'samayachar', according to the times, according to the need. But these people have plucked the flowers. And they have taken the flowers saying, "This is mine, this is mine". But the flowers are dead.

Guido: Shri Mataji who are you?

Shri Mataji: You see, this question I don't want to answer. The reason is, Christ said, everyone, but specially Christ's life, you can see, what He said was the truth, that He was the son of God. We know that. That He was the path and He was the door is also the absolute truth. But what happened to Him? He could hardly work for four years. And they crucified Him. Now I have to do the job, you see, if I tell anything then they will try to crucify Me, or poison Me, because human beings are mad. They don't want to take the truth which is good for them, for their benevolence. They are children, I should say, they are childish. So when they will get Realization, they will mature, then they will know who am I. But before that I don't want to tell anything. Because they are capricious.

Guido: Thank you very much.

Shri Mataji: I think you are great people. But here the problem is that, unless and until the authorities here understand what is the importance of Sahaja Yoga, they are going to be troublesome. There are troubles and have troubled everything. And they should try to understand that I am trying something for the benevolence of the people. This is what it is. I hope something of your endeavour works out in their plans. So, they think everything is a cult and a sect and a this and a that. It is not.

Like the Catholic church now trying to protect itself, it definitively calls everything as a sect, but they have become the sect. It's like that. It's all right. I think it will work out. Truth has to fight the ignorance.

[Applause]

[END OF RECORDING]

Then are you all going for the program now?

(Yogis having discussions with Shri Mataji)

Shri Mataji: And that is why they are fighting among themselves. All the false people fight among themselves. That's the only fame they want. they fight because nobody knows the truth.

Yogi: And their brain has become the [UNCLEAR]

Shri Mataji: You can't say we can be Americans and the Protestants wholly the same. You see the archbishop of Canterbury was asked, what is Holy Ghost? He said I am agnostic. I don't know anything. Then the fellow has asked him, "What are you doing there?" He said, "I am doing my job." You can imagine, how can these people be in jobs. They are not provided by God. This all are man made like a brand, all these things are maddening. God has nothing to do with it. Because he doesn't know anything. And in the Catholic faith it's all risky. It's not only about Christians. You see, you can feel their [UNCLEAR], what about Muslims, what about Hindus. Hindus are the worst in so many things. Only advantage is, that Hindus are not organized. Not politically, not nationally, nor spiritually, I mean in religion, they are not. There is no religion organizer Hindus who will say this is important. They don't have much respect for the so called priests. You see, they just give them money to do this ceremony or to do that ceremony, they do it in Sanskrit, that's all. But nobody has respect. And nothing is great to consider about them as the Pope is. Hindus are that much advanced, so far. So far.

It is actually an advantage is that in India that we have a background of saints. Because it was not organized so, there came so many saints. Of course they tortured also, [UNCLEAR] even some princes respected saints. So from the very beginning of Raja Janaka's time, they respected saints. Shri Rama's time, Shri Krishna's time – saints were very much respected. So the tradition of a saint was very respected [UNCLEAR], they have a background. So these people couldn't work in India, they have come

[UNCLEAR] and the false gurus can not work in India. So they came as gurus, all the false gurus, because they know you have no background.

Sahaja Yogi: We are going in the hall now.

Shri Mataji: [UNCLEAR] coming in to hall and we'll see what is the reaction and then we'll work it out. And you come to India. To Ganapatipule. It's a new thing. It's a heaven there. You should [UNCLEAR] come with them. And he will see whatever he has written is false [UNCLEAR]. It is false [UNCLEAR].

Yogi speaking: This is [UNCLEAR] of Shri Mataji, in the Ganapatipule Ashram, you can hear some music.

Shri Mataji: I don't think I have seen.

Yogi: You have seen Shri Mataji in Rome Ashram in last year.

Shri Mataji: Then you should invite him to see these. [UNCLEAR]

And if he comes to London then you can show some real stuff to him. So he is invited and he can come. Also he is invited in the Pratishthan.

(Laughter and other comments).

He should go and see Pratishthan also.

## 1989-0814, Shri Krishna Puja: They have to come back again and again

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14 August 1989

They Have To Come Back Again And Again

Krishna Puja

Saffron Walden (England)

Talk Language: English | Transcript (English) – VERIFIED

Today we have gathered here to worship Shri Krishna's incarnation. As you know that Shri Krishna is the incarnation of Narayana, of Shri Vishnu. So in every incarnation they carry all their qualities, all their powers and all their nature with them. So when He incarnated He had all the qualities of Narayana and then that of Rama, but every incarnation tries to rectify whatever in their previous life has been misunderstood and have been carried to the extremes. That's why they have to come back again and again.

So as Shri Vishnu, when He thought of taking His incarnation, because He is the one who is the preserver. He's the preserver of this creation and also the preserver of dharma. So when He took His incarnation He had to see that people keep to their dharma. By keeping the dharma all right only, you could get your realization. So the job was quite difficult one, I should say, to keep people in the central path of Mahalakshmi. So by first incarnation, you can say that, He tried to create a benevolent king, as Shri Rama. Socrates has described a benevolent king. But as a result of that, people started thinking if they have become queen and king, born in the family of royalty, then they are gods.

Shri Rama was the Purushottama - means He was the best among all the human beings. That means He incarnated as a human being, total human being, showing all the qualities of human beings. Like He was, He married the Lakshmi principle that was Sita, and then also He lived a normal married life. When He gave Her up He lived like an ascetic to show how a man should lead his life in a proper dharma as a married man. And even when the wife has gone away, how He was leading a life of complete chastity. And He never had another marriage, though many people said that "You should have another marriage."

So the system that was the best, to have a monogamy, He followed it. By His life, He showed how a husband should be with his wife. But then later on He had another role as the king. When He became the king then He found out that people were criticizing Him because He brought Sita back from Ravana. So Shri Rama decided to send Her away from Him. How many people in this world, who are in power, would be that sensible about that power that they have, that they have to behave in a manner that they should be ideals, for all other people who are working under them, for the administration, for looking after the country? But Sitaji also, because She was also Mahalakshmi, She understood everything, the whole play, and She went away and then Shri Rama also taught how to rule the people. So they say the most ideal kingdom was Ramaraj.

When Rama ruled this world there was peace, no competitions, everyone was joyous and happy because He was the one who was emitting fair play and dharma, joy, bliss and peace. So there was no need to have any struggle, no competition, no fighting, nothing. So this Benevolent King came as a incarnation to show us how a king should be, and He lead a life of a serious type, very dedicated and serious type of life, how a benevolent king should be. As a result of His incarnation - always people take to something, something which is not normal. So because He lived as an ascetic people started following asceticism. "We'll not marry, we'll not have our wives, we'll live like Rama," all these things they started, so asceticism grew up. Before that, before Shri Rama all the saints used to marry, they used to have wives they used to have children, they lived a very normal life. Only they were saints because they were very highly evolved people and they lived in ashrams doing the work of realization and also other corrections in human beings.

Now when Shri Rama came, people thought that "He was Shri Rama, so let us be like Him. Because He lived like an ascetic let us also live like an ascetic." So this foolish idea of asceticism crawled in and then people became very austere type, very austere. Nobody would laugh, nobody would smile, everything was very serious, absolutely, and everything was done in a very dry

manner. So many seekers did not marry but apart from seekers many seers and saints also did not marry and because they had no balance, because marriage gives you a balance, they became very dry people, very hot tempered people, and we have some examples of some rishis who are known for their hot temper and their ascetic qualities by which they could destroy anyone, make them into ashes - in Sanskrit it's called as Bhasma Karoti. So these qualities developed, that is the time Shri Krishna came back, from Shri Rama's incarnation He came back as Shri Krishna.

Sri Krishna's incarnation came to show that this whole Creation is fun, is Leela. That's why He's Leeladhar, He's called as Leeladhara. He was the one who showed that everything is fun, there's nothing to be serious, nothing to be dry, nothing to be ascetic but the whole life is a fun. He gave this idea because people had become so austere. And then also a kind of a funny Brahminism started, like they would not eat, they created a caste system which started developing. The caste was determined by birth, which was wrong, and they could not eat food. Then the Brahminism started growing up, quite strong, and these Brahmins started dominating others. So Shri Krishna came and He came as a son of a milkman (gwale ki ladke). But they were rich milkmen, very rich milkmen. Now that is the time, you see, the whole play was brought forth, and the play was quite cruel I should say, because one horrible devil, rakshasa, somehow or other used a lady who was mother of Kamsa, and she is the mother also of, you can say grandmother of Shri Krishna. So she had a son who was also a rakshasa, so it's all a play of the same. So He had an uncle who was a devil, who was a rakshasa and He was supposed to kill this uncle - see the play, this is a drama all, just see the drama as it worked out. He was supposed to kill this uncle who was very powerful and who was a devil.

So in His childhood He used to play, He used to play with milkmaids and with other ladies. He was very young, He was about five years of age. And He did all kinds of pranks and He did all kinds of leelas, like He killed one snake, very big snake - a cobra - very well known cobra. And also He killed many rakshasas and rakshasinis with His power - in a play. Just in a play, He used to do it, and you must have read the stories about Him - how He showed that there is no need to have a big army of people as Shri Rama had - He didn't use any monkeys or anyone, though Hanumana was always, was sitting on His chariot. But He never used all these outside powers. Only whatever He had the weapons that He used, to show that there is no need to use any army or other people to kill a rakshasa. And all was in a very playful manner.

At the time of Shri Rama He was not supposed to know that He was an incarnation but it was reflected to Him by various methods that He was an incarnation and still He would not accept it because He was not supposed to know. It's something like Mahamaya. But say all the cameras are now giving you all the evidence of the real Mahamaya, what She is like. But one may try to show that you don't remember, you don't have, you have no memory of it. Because if you remember it then your action would not be human, they would become divine actions, and that may be not all right for human beings because they won't be able to stand, or they'll be frightened, they'll be such an awe.

So Shri Krishna normally behaved like a very ordinary person. Like in His childhood, He was very fond of butter. And as you know butter is very good for the throat. For Vishuddhi I've told you many-a-times that on your tea you put some butter and take it so that your throat which is dried out will feel better. So He was very fond of butter and He would go and make His friends help Him, and made a pyramid out of them, would climb up and break the butter container and would eat all that butter like a little baby.

So one day His mother said, "All right, why did you eat butter?"

He said, "I never ate."

She said, "Then what is this on your mouth?"

He said, "This is, all these boys have put it on my mouth."

You see, to Him, even telling such little, little lies also was a fun, with the mother to that extent. Like "don't tell lies! You must not!" No, there was no fun in this kind of thing.

So He told her a lie. "See now, these people have put it on my mouth. They have eaten all the butter and now I am the one you are

catching!" you see.

So she said, "Really? Open your mouth!"

So He opened His mouth and there She saw all this [universe] (Mother points to the solar system which is part of the puja decoration backdrop) in the mouth. The whole universe moving in the Vishuddhi, the complete Vishuddhi chakra she saw, and she just bowed to Him.

Then He says, "Why are you bowing to Me?" as if nothing has happened.

So, you see, all His pranks and all His childish, sweet lies, were just to create a feeling of understanding, and it's regarded as something very sweet, according to the Indians, or we can say according to the eastern ideas, that children are naughty like that with the mother. They all enjoy the naughtiness of the children, little naughtiness here, naughtiness there. And the strictness of children to a great extent, also is there because, I think, people are not attached to their children. They don't love their children. They love their carpets, love everything else because they can sell it, but they can't sell their children. And that kills the joy. So the children and the parents are separated by materialistic ideas that this material is more important than their own children.

So in His childhood He has shown lots of pranks and lot of things, and the way He used to steal also. Now stealing is supposed to be bad. Some, belongs to somebody else, if you steal, is bad. But He was stealing only the butter of His mother that He had made them. And He used to steal the butter of all the ladies who used to take down to Mathura, where Kamsa was ruling, and this butter was eaten by all the rakshasas there and they were becoming very powerful. So He thought best thing is to go and eat all the butter so that these ladies won't be able to go and sell it. Also if you see it significantly is this that we starve our children, we starve our families, just to have some money. Money orientation is there, that you can go and sell your butter to somebody. With this idea - everything to be sold out, we have to sell out this, we have to sell out that. Nothing is going to be kept with ourselves. So the children are the only permanent liabilities, so the children are treated as if they are just burdens while all other things are good because you can sell it. So the whole value system, if it runs down to money, then children have no place in the family.

According to Sahaja Yoga, children are more important than all the wealth of the world and they are to be looked after that way. Of course they should be told what is dignity is, how to behave themselves. But their little, little pranks are to be understood and enjoyed because only as children they can do pranks, not as grown ups, so they should have that much freedom to play pranks and to play some tricks on you. Otherwise, they'll become very serious people and might become ascetic. Those parents who are very strict, their children are never normal; they either are extremely perverse, rebellious or they are quiet down and they cannot face life. So both are of the same style because one cannot face life another cannot be faced by life. It's like this. Nobody can face such people.

So you have to treat you children with great love and understanding but they should know if they misbehave then this love will be finished. So children only care for love. They don't know money. They don't know anything. So the love that is you establish in your child becomes very precious thing. So the system of Sahaja Yoga is based on divine love and it can only work when people are loving. If they love money, if they love power, if they love their reputation, they love this, love that, and not their own children or their families then they are absolutely losing a very big part of the society and God knows what's going to happen to these children if you do not have love for your children.

In Shri Krishna's life, you can see various things He has shown. In His, you can say in His epic or in His biography if you see, you will find how many facets of life He has handled with such beauty. Then in His childhood, then He goes and kills the devil of Kamsa. That too, how beautifully He does it. How He kills the people who are surrounding Him. How He knows their secrets, how they can be killed, it shows complete brilliance and very beautiful organizing the whole thing. Now imagine one Krishna fought, one Krishna fought the whole army of that Kamsa, how He must have done it, because after all He's Viraat. And the, all the powers that are of this all-pervading Power are in His hands. He can do whatever He likes. He can play around as He likes. He can finish off anybody He wants, and it is so easy for Him to manage all these things simultaneously.

Then came His life when He became the king. When He became the king He wanted, I should say in a way that, He wanted to establish people in dharma and He needed the help of the five elements. So He made them into five ladies whom He married; so He has five wives but they are five elements, part and parcel of His being. But He was Yogeshwara, absolutely detached in His yoga, but He had, for practical purposes we can say, five wives. And they were sixteen thousand women who became His wives. These sixteen thousand women are nothing but His sixteen thousand powers because you know His chakras they have got sixteen petals and these sixteen petals multiplied by the Virata's one thousand petals each - so it comes to sixteen thousand powers. So these sixteen thousand powers were incarnated as women, were taken away by some horrible king and He went there, fought that king and brought these ladies.

Now, even now it is so that even an old man, has a young lady with Him, people will never think that there is good relationship. They'll always think there must be something wrong. So He had to marry them, because He had to keep these ladies, so He married them. But mother's position is different because mother can have thousand children. But poor man, even if he has one woman around him, everybody will say he's a bad person. So He had to marry all of them, so-called marriage, and these sixteen thousand powers stayed with Him by which He established our Vishuddhi Chakra.

Now when we have our Vishuddhi problems we have to know what are the deities on both the sides and what were their qualities which are lacking in us - that's why we are suffering. Let's see the right side Vishuddhi when we catch. Shri Krishna's essence is sweetness - madhuriya, madhuriya. And His power was Radha. "Ra" is energy "dha," means the one who has sustained the energy. And Her power was, She was called as Ahlada. "Ahlada" means joy giving qualities She had. So Shri Krishna's qualities were that He was Yogeshwara, so He was the witness and sweetness. Now a person who shouts and screams and talks loudly and loses his temper in a very loud voice, or who speaks very loudly all the time, they all suffer from the right Vishuddhi.. So one should understand that even when you have to scold somebody, you have to just say, "What are you doing? Why are you doing like this?" Otherwise "I give you, oh do like this?" Finished! Right Vishuddhi over. It's finished now.

So for the right Vishuddhi we use the mantra of Vitthala and Rukmini, these two persons. You see it is very significant that also, because they say that there was a pundalikaksh, one boy who was serving his parents. And his parents were sleeping, he was pressing their feet when Vitthala and His power Rukmini, they appeared in the door.

But he said, "Now keep quiet. My parents are sleeping so you stay there!"

So he had one brick near him which he threw and asked them, "You stay on that."

So They kept quiet, They kept quiet because they are sleeping. Now this is the thing is. On the right side if you are talking loudly, if you talk too much, if you intimidate people with your talking then you catch on right Vishuddhi. So for that best is to take some rest and give some rest to your right Vishuddhi by stopping your talk. Go into mauna they say, just don't talk. For some time if you don't talk you will see that your Vishuddhi will be improved, your problems will be improved.

So as it happens, the right side, what happens is that the heat starts coming from the stomach. It's all in one play. From the, we can say, not from the stomach but actually from the liver, the heat starts rising. It first goes into right heart, as a result you might become a very hot-tempered husband or a father or something. You might get asthma, anything, with that right heart. Then it passes on to your right Vishuddhi. When it goes to your right Vishuddhi then you become a very irritable, hot-tempered person. All the time you shout at someone. Nobody can talk to you. If somebody has to talk to you, he has to use a barge pole in between. God knows what time he'll shout at you. Or maybe, I've seen many women lose their hearing or men lose their hearing when there is somebody who is shouting at them. So shouting is a very bad thing for others and also for yourself because, of course, your Vishuddhi goes out, after some time you voice goes out, after some time you cannot talk, and sometimes they have to just keep quiet. But for others it's even worse because if you use your anger in that manner then that person might be just frightened of you, might develop inferiority complex, might become a left sided person, might catch some bhoots or God knows what can happen to a person who has somebody all the time shouting at him. But the worst physical thing could be that he could



become deaf.

So from Shri Krishna's life one has to learn that how He would just play His flute and the whole atmosphere used to become absolutely quiet, without any ripple of any trouble, any idea of disturbance, just peaceful. But in modern times the other way round. They have the music where the right Vishuddhi is about to break or burst. I don't know what sort of a music it is. When they listen to this music, you see, then it excites, then it excites you. It doesn't make you peaceful. It excites you, excites you more and more. But, as Shri Krishna becomes Virata, your limbic area also gets numbed with it. And when this shouting music is too much then they have to use loud speakers and shout much more. Then they have to put something near the ear to hear something otherwise they have no excitement. All the exciting, we can say all the exciting cells become numbed. And you have to really go in for tremendous effort to create that excitement in those numbed cells.

So it's very dangerous throughout, if you see that it starts from the liver, goes to the right heart, then to Vishuddhi and then in the brain. So then you take to drugs because your brain is numbed out. So you take to drugs and when you take to drugs then you feel that you are all right. Then again you feel that this drug is not sufficient then you take stronger drugs. Then you take more drugs. It goes on one after another. Ultimately, it reaches a stage when you are nowhere. So it is all self-destructive.

(Shri Mataji coughs) I am also using My right Vishuddhi too much.

For right Visuddhi you have to learn to have mauna, means silence. Those who think, who are very dominating, who are talking in a very dominating manner, whose right Vishuddhi is catching, should become silent and should, at least for some time, should not talk at all. Maybe you might fix one day, say you can do it on a ... say "I'll not talk on Monday." But supposing Monday you have to work, so you should say "I'll not talk on Sunday." But human beings are such that if they decide that they will not talk on Sunday, then Sunday they will talk the most!

And this shouting and then intimidating people - you have no right. You have no business to shout at anyone whatsoever. What is the need to shout? After all, you are a human being, another one is a human being. God has not given anybody whether it is a husband, wife, children or anyone. But I find even these days children shout, the mother shouts, the father shouts. If you go in the house, you feel like running back because you'll find, hear, nothing but shouts. So this kind of a family system will rock, completely finish that family and there will be no beautiful relationship between each other and between the other people.

Sometimes who can say, the whole country is having nothing but shouting at one and shouting at another. All over you go you find nothing but shouting. Even if you take your car little bit this side there will be a shouting, I mean. For the slightest excuse, they start shouting and spoiling their right Vishuddhi. Now, for politicians, they think it's the best way to shout because they can really impress people by their shouts you see. So they shout a lot, tell people this that. When they speak, you should hear there's no sweetness in their tongue, nothing of the kind. But they shout and by shouting a person gets frightened.

"All right, you want the vote? We'll give you but don't shout." That's how many people get elected and become big and think that they are very successful because they have been shouting (laughter).

Then they have training for shouting and they go in for higher and higher education in shouting, how to shout, how to intimidate people by the loud voices. For Sahaja Yogis it doesn't behave. Sahaja Yogi has to be a very sweet person to talk, extremely sweet. Now when you are thinking of, say, Shri Rama as a person who was a king, and then you have got Shri Krishna who was a diplomat. So what is the divine diplomacy? You don't have to shout, but you change the subject. If you want to bring somebody to a, some, conclusion - then best thing is first you change the subject and gradually, if you are clever enough, then you go on changing, changing and you bring it back to the right thing. That's the clever thing to do. Otherwise, just by shouting if somebody may say, "Yes, all right, I'll do it," by the time you are gone they'll say, "Yah, I'll do it." That means something else. So you see, he might say, "yes" and "yah" anytime.

So to have a complete rapport with another person is to play with that person. That's what I did also in Russia. I went round and round and round and round and brought him to the point that we have to be very independent thing, and I managed it. That is Shri

Krishna's style. You see, because to face it. Supposing somebody says, "Oh this is my idea; I've decided to do this and that and everything," then you should say slowly, "All right, now I would say what you are saying is correct, absolutely correct. I agree with you and what do you think about the other thing?" something like that. And then you should say, "Now, I can suggest. But I would like to suggest," like this, "if you can agree to it." You see, gradually if you go and talk like this things can work out and people can feel really that you have taken time and you have spent that much time and have accepted their proposal and things. And they don't feel bad.

So one has to know that what is the essence of all this diplomacy. Can you tell me? What is the essence of this diplomacy? Is benevolence. You have to achieve the benevolence of the whole humanity. This is the essence of it. If you are doing it, you are not doing for yourself, for your gain. You are not doing for the gain of any particular person. But you are doing it for the benevolence of the whole humanity. So once, you know this is the essence, so what is the need to shout? By shouting you are not going to achieve anything. So to play around with it and bring it to that point which is benevolence.

Like Krishna was asked that "You said that you have to tell the truth and it has to be also very pleasing. Satyam vadet, priyam vadet." He said, "how can it be?"

These two things cannot be. Supposing you tell the truth people may not like it, may not please that person.

So He said, "No. It should be 'Satyam vadet, hitam vadet, priyam vadet.'" That "Tell the truth, tell for the benevolence and tell the pleasing thing."

Supposing you tell somebody the truth, he may not like that at that time. Supposing you tell that person, "Now don't go today by plane."

He will not like it, "What do you mean? I'm going to go."

"No please don't go. I request you."

Then he finds out that day the plane went and had a crash. So he thinks, "This was good because for my benevolence this has worked out. So this is something so good." So immediately, he feels obliged to you and he feels that you have told him the truth by which it was his benevolence and that's why he's pleased. So in the long run if you talk something for the benevolence of a person, for the benevolence of the spirit, then such a person immediately thinks that we have really done such a great obligation on him, that you have saved him.

If even you have to tell some lies for the benevolence, it does not matter. It will not have any effect because Shri Krishna, which is the deity, knows it. For example, a man is coming to kill somebody and you know where that man is hiding. He comes and asks you "Where is that man?" Are you supposed to tell him the truth "All right, he's there. Go and kill him"? No. So what do you have to tell? You have to tell him that "See. I'm not going to tell you. I don't know. Doesn't matter." Because what he is asking is unauthorized is anadhikar. He had no business, he has no authority to ask such a question. And he had no authority to extract the answer from you. Whether you give him the answer or not answer is your right. If you understand that, it is not for the benevolence for the man who wants to kill, because tomorrow he will be hanged, and not also for the benevolence of the person whom he is seeking out. So if you do like that then there is no problem. You'll find most of the people will just like you because they will know that you are sincere, very honest, that you want to be benevolent.

Now as you know I have told all of you everything, whatever I felt like about you, most of the time I should say, not all of the time, but of course most of the time. I have to also tell lies little bit. But whatever I do you will find out is for your benevolence, is for your good. I have to tell you. I cannot run away from that. I have to face it. So you cannot run away from telling people what you think is right for them. Specially those about whom you are in charge. Like you have children, you've got a family, you've got other relations, of whom you are in charge then best thing is that you have to tell them frankly what you think and what is right. It's your duty. Then people escape it also. Many people who don't want to face their children, I have seen, they'll give them toys, toys after

toys. They will not like to face their children, tell them, "No, I don't like it. This is not good. I would like you to do like this and this."

So discipline doesn't mean, discipline doesn't mean something very dominating of one person or two persons, but discipline means that whatever we do has to be for the benevolence of your spirit and the spirit of others. That is what is the Sahaj discipline where you do everything for the benevolence of others and for the benevolence of your own ascent. Once you have established this idea of hita, of this benevolence, you have known the life of Christ, life of Mohammed, life of all these great people. Because what They have done is for the benevolence of the people. So I would say now we have the left Vishuddhi and you know very well that left Vishuddhi is the lightning, in the lightning. Now what is lightning? He just shouts and roars. So a person who has got left Vishuddhi should actually become a person who can shout and who can scream and who can, I should say, expose others as She did. In the same way, you have to do it. In that you should not be afraid, you should not worry, and you should not think "How can I do it after all?" But mostly the people who feel guilty is a type which has lost his confidence and the ego has entered into the left side - it's a very complicated situation.

So we have to be on the lookout that we are not guilty, it's very important. Guilty for this, guilty for that, it's just a myth. We want to escape reality that's why we say we are guilty. So you have to face, face it, your reality. Try to find out what's wrong with you and what's wrong with another person and face it. That is much better than to just say, "Oh I feel very guilty," and sitting down, because Vishnumaya is nothing but like an electricity and electricity exposes people, she screams at people, shouts at people, she roars at people. So if you have a left Vishuddhi then you have to use these methods. I would say a person who has an inferiority complex should go to the sea and address the sea and tell, "I am the lord of the sea, I am this, I am that!" loudly.

Those people who cannot speak on the stage, cannot come on the stage, they should go - also same way - when they try they'll become great speakers. It will be a very good idea for you to go and just to give a big lecture and with that big lecture you can always show that you are not suffering from any inferiority complex but you are expressing yourself in a clear-cut way. So now you will see the power of Shri Krishna is of the throat, of the right side, where what is the power He has got? The power is that He is sweetness. He has the power of the shouting - or you can say with which, the vocal chord as you call it. He is the power of the vocal chord but how does He use His power is for sweetness is a contrast. And the same thing happens with Vishnumaya too. Now Vishnumaya is the potential power in the, say, in the clouds, is a potential one. But what She does is to scream, shout and show Her existence, that She exists.

Now all these photographs that you get and all these miraculous photographs you have been showing me are because of Vishnumaya. She is the one, as electricity, She acts. And She is the one who manages all these things very well. So though She is the sister of Shri Krishna She is in a way very much subtler because She helps you in such a subtle manner. Now this mic [microphone] it has electricity in it - you'll be surprised My vibrations are passing through this. It is bombarding this and from here, they are going anywhere you want them to go. You can put a computer on the other side and you can computerize Me. It is such a remarkable thing that the one which is supposed to shout, scream and roar is the one which is on the left hand side so that it exists in the people in a potential way. In the people who are feeling guilty, who are suffering from inferiority complex, who are sly, who feel they are good for nothing. She exists in them. See the contrast again. She exists in them that Her power, She exists in a person, or expresses in a person who is not self confident. And then She asserts Her power by which persons become self confident. This is how Her working comes in and that is potentially within us also.

So when we talk of Vishnumaya we have to know that She is sitting down there. Any moment we decide, we can become great speakers, we can expose people. We'll be like lightning, we can roar. But normally we are not. So it gives balance to both sides of people. But in the center when you rise - the kundalini rises - most of the people have their Vishuddhi caught up, most of the people. So they have to either see that they are not guilty or they have to see that there is no shouting - nothing - they are not aggressive in their shouts. And, plus, they have to see that they are completely in balance with themselves. So they are in the central path by which they become sweet, kind and nice.

Now there are many people who artificially become sweet. Artificially. They have to take out some money so they'll be extremely sweet and nice. Such people are really going to go to hell because they are using the power of Shri Krishna in a very absurd manner and for that, they cannot be spared. So those who are artificially sweet are good for nothing. You have to be really sweet

and kind if you think of Him as the One who is Narayana, who is Shri Rama, who is Shri Krishna and who is the Lord of your Vishuddhi.

So we have to control, not to feel guilty again, because there might be some people who might be feeling that "Mother is saying to me." I'm not saying to anyone as such, it's a general talk. So what I'm saying is that if you are a person who is a shouting type, please bring it round and keep it in check and take rest, give rest to your throat. Some people are very happy if they are told that "Today collector sahib is in rest." They said, "Permanently or for a short time?" Because he's the one, if he's a shouting fellow, nobody wants to see him. No one likes any person who shouts, no one likes. Even the nearest and dearest don't like it. Of course they tolerate, is different, but they don't like it they don't want it.

So for us it is important to understand that our Vishuddhi is to be kept clear first of all we must have a beautiful heart, a very clean heart, where there is a fragrance of Shri Krishna's melodious music. Unless and until we have a beautiful, sweet music in our heart we can never be, never be good Sahaj Yogis. I hope today's evening puja, though has been rather late, doesn't matter, will help you to think about it, improving your Vishuddhi, working it out. And then to look at the Viraat and find out what's wrong with you, get it corrected - which can be done by anyone - and see that you just have a full idea about yourself, about your Vishuddhi. And that's only possible, only again it's a vicious circle, if you have a good Vishuddhi. If you don't have a good Vishuddhi you can never see yourself because at the Vishuddhi point only, you become the witness.

You are just a witness when you are at a Vishuddhi point. So you have to be at the Vishuddhi a witness. If you have achieved the witness nature then you can see in your Vishuddhi what's wrong with you, what's wrong with your problems, with your atmosphere, everything, and you will end up here only thinking, "Oh, this is the one that is wrong."

So today, when we are worshipping Shri Krishna, we should know that our Vishuddhis and our brain, because ultimately He becomes the brain, Shri Krishna becomes the brain. That's what I told you that the fat of the stomach goes in the brain. So Shri Narayana enters into the brain and becomes what we call as Viraat, Akhbar. And when He becomes Akhbar, then He's the brain in the big macrocosm. He's the brain. So people who worship Shri Krishna become brainy people without ego. Their brain develops and they have no ego about it. Egoless intelligence, which I call as the pure intelligence, starts manifesting.

May God bless you all.

After this puja now you know that I'm going to Finland and you should see My itinerary. It's terrible. And from Finland to Moscow, Moscow to India, India to Japan, and Japan to Los Angeles and Los Angeles to New Zealand, New Zealand to Australia. So this will be like this everyday practically, I think. But whatever it is I'm going now and now you have some time. We have lot of time now in between till I come in October to trouble you again. So in this time you all should decide what you are going to do, how are you going to help Sahaja Yoga, how you are going to work it out. This is very important because I don't need any Sahaja Yog, you need it and all the rest of the world needs it. But despite that I'm working so hard. So you have to think that "Mother is now gone out, doesn't matter. We are going to work it out and we are going to find out what we can do about it."

So please work out something till I come back. I'll be back here again in October, then we'll see what we can do and achieve further. But let's see what you have achieved and bring them to some conclusions, bring them to some fruits. And that is what I'm expecting.

Now I have to thank all the people who have done so much for Sahaja Yoga already and all the centers and all the countries where Sahaja Yoga started and is growing so much. I don't know if you know the names of all the leaders or not, but it is worth knowing all the leaders of all the countries and paying your attention to them and praying that they should be able to deliver blessings of Sahaja Yoga to everyone. Also they should be able to have visions, to see what they can do and how they can combine different countries and how they can work out through their own countries.

So this is what it is and I have to thank all the leaders of the world and all the people wherever I have been so far, for the arrangements and everything they did. They worked very hard and achieved such a lot of things. And I have to thank also the

Sahaja Yogis who are with them, who have helped so much. Thank you very much, all of you.

All right. In today's puja we'll have first a Shri Ganesha's three mantras and then we'll have hundred and eight names of Shri Krishna - if they have. Have you got hundred and eight names of Shri Krishna? Just wash My feet. Need not call the children now, it's very late.

## 1989-0817, Devi Puja: Don't get frustrated

View [online](#).

17 August 1989

Don't Get Frustrated

Devi Puja

Hotel Cumulus Kaisaniemi, Helsinki (Finland)

Talk Language: English | Transcript (English) – Draft

Devi Puja, "Don't get frustrated", Hotel Cumulus Kaisaniemi, Helsinki (Finland), 17 August 1989

Here we are in Finland and hell, competing with itself a little bit because it's the end of the line. All the problems come and settle in the end. And that's how we see here that there are lots of negative forces that have been working very nicely, and also there are so many seekers. So, it's more of an attraction for them to come here and attack the seekers.

When you take to Sahaja Yoga, you have to know that Sahaja Yoga is like the light coming in your life and the light which comes gradually shows you everything that you have.

For example, you are carrying the snake in your hand. Somebody says, "Throw away the snake." You are in the darkness; you think it's a rope. So, you don't want to throw away the snake. But the light comes in, you see the snake in your hand, you get a fright and you throw it away. And somebody might just run away thinking that the snake has come from Sahaja Yoga. The people who come to Sahaja Yoga also will be like that. They'll come to

Sahaja Yoga, and they will be upset about themselves that, "Oh, God, this is my condition," and they will not like to face the reality and will run away. So, you have to be very patient with them and careful. A little complication piece.

If somebody is coming to Sahaja Yoga, let's say – if he is coming from complete darkness or from complete ignorance. Maybe he's already half mad. You will not know what his mental condition is. Maybe he is suffering from some sort of a horrible disease; it could be cancer, it could be anything. Because if he had been to gurus, there could be anything. And maybe they are not suffering yet from that. Or they are suffering so much that they can't feel it. It's very complicated.

One should know the first principle of Sahaja Yoga: Never get disappointed. Sometimes you have to work hard. I've worked on people for twenty-four hours and I found they are good for nothing. They're just like stones. If I'd worked on stones, at least I would have created a Ganesha out of them. You find there is nothing has come out of all that work that's important. There is nothing to feel frustrated in Sahaja Yoga. Whatever we have to do, we have to do. We shouldn't worry about the fruits of it. One of the main principles of Gita is: *Karmanye vadhikaraste* (Though the karma is there, but not to worry for it). *Phaleshu ma kadachan* (we should not worry about the fruits).

So, that will keep you on the right track. Otherwise you might get frustrated and I have known people, how they have been breaking their heads and one day I said, "Why are you so much worried?" It happened in Boston. They said, "Mother, do You mean to say, 'all of them are going to go to hell?'" I said, "I don't say that." But I would say that at least you should not give up hopes. Till the end we should try to save them. And things will work out. And it has started working out there.

In the same way, we have to know that in the beginning you never get many Sahaja yogis. Never, whatever you may try. Even in India I started with one Sahaja yogi. Because we have to have a proper foundation, we have to have proper people. Also the Divine doesn't want us to have too many people. Because there would be just useless people joining us. We have to know that, first of all, we have to have solid, good Sahaja yogis. And those who call themselves Sahaja yogis have to build up themselves in such a manner that they are very good Sahaja yogis, there are no catches and their attention is good.

First, once they are established, then we can build up the whole thing around them. But otherwise it so happens that if the foundation is weak, the whole building can go down. So, we have to have few Sahaja yogis. We can't afford to have many. Though you will see when I go there's a flood and thousands will be there.

Everywhere. Italy when I went, Milano, they had never seen my face; they never knew who I was. But the whole hall was full. I don't know how many thousand people and you had to just wade through it. Everybody was so enthusiastic. I could see the future also.

So, we got about ten people out of all that. Then ten people more, ten more. That's how it started gathering. Because since Sahaja Yoga, you have to become something, becoming is the problem. If you don't become something, you are no good as a Sahaja yogi.

This is a very big problem. You should never get frustrated, never get upset about it. If anybody says anything to you, after all he is blind, so it doesn't matter. Have pity on him and don't get angry at him at all. There may be some fanatics who are against Sahaja Yoga naturally because they are fanatics. They are not wanting reality.

So, all such things will happen. You will have to show your patience and a complete forbearance. That's very important. Never to get frustrated. Remember what we have. We should try to perfect it. The more you'll perfect it, the better it will be for our basic things, our foundation, which has to be very strong. And once the foundation is strong, then you can go ahead with it.

But just now, to begin with, you should not talk about Me much. Just say that, "She is an ordinary human being." Or at the most, if you don't want to tell lies, you can just say that, "She is all right, we shouldn't discuss that, let us discuss something else. Let us know about science. That's better. Then we can know Her." You say, "Keep it for the further discovery."

If you go on making them understand that it is for their benevolence, for their own energy and their own maneuvering, they should keep it to themselves, they will be happy and not to tell them about Me much. Now the miracles or such things of Sahaja Yoga should not be described or talked to them. Like Heidrich talked to them about the photographs, to these two persons, but they have been doing Sahaja Yoga. But normally, never show them any miraculous photographs. Because they will always say, "You have managed it and it has been some kind of a maneuvering." For that you should limit yourself to some things like telling about Sahaja Yoga, about Kundalini, about all these things. But about Me or about miraculous photographs and all miraculous things, you should not talk. Keep it in a general way.

Also, you shouldn't say, "It's a puja," and things like that. Because very few new people can come to puja. Everybody need not know about puja. But what you can tell them is that there are chakras, they are to be cleaned out and they are to be kept in balance. And you have to raise the Kundalini, how to raise the Kundalini, and you can say that, "Just now let's use Mother's photograph for the time being. But later on, when we are free, independent guru beings first, then you don't have to use Mother's photographs." Then they'll never give up. And they'll fight for it. And thirdly, they are afraid of collectivity. So, you have to say that, "Because we are not collective, that's why we are frightened, and if good people all collect together, if righteous people..." Like that if you talk, they won't be afraid of you. Only the thugs combine, only the thieves combine.

The good people don't combine. So, we have to combine good people. So, then they will understand that part, and they won't be angry. Otherwise, if you say, "We have to have collectivity," they must be thinking you are up to something. That will be the suspicion. It will always be because nobody combines for love. If they combine together, they only combine for what you call is the fight, or the hatred, or could be some sort of a sinister stuff. Otherwise they never combine.

If you say, "We are for love," they'll go away, "Oh, we know this kind. The story we know, this love." So, if you have to really bring them round through discussion and argument, you must, first of all, be very good at Sahaja Yoga. That means that – of course the knowledge of Sahaja Yoga is too vast – but you should be in such a mood and such a state and such a personality that they should see there is something special about this person. And then they will accept you much better. That's what we have to do

and not to get frustrated. It's a fun, that's all. If we don't get this, all right, we'll have another one, doesn't matter. And now I've been going to countries and countries and countries. The first one I went to was Italy, which today is a great Sahaja yogi nation. I stayed in a hotel, like this and Mr. Gavin had arranged to stay in a hotel and there was going to be a press conference and there was a very huge meeting for which also I paid for a big hall in there.

So there, with me was Gregoire's first wife. We went down. And they gave us the room and all that was nice, and I stayed there. But when in the evening we went down, not a single soul from the press and not a single cockroach even for the meeting. And before that I, of all the things, went out to do the postering.

And she was so worried that, "If they catch us" and "something will happen." I said, "Nobody's going to catch you. Take it from Me. Just like that we will do." I went and did all the postering, because we were the only people there. Despite that, not a single soul came in. Not a single one. It's all right. It's fun. It happened that time so I could tell you today for you to laugh.

They'll realize it later on in Sahaja Yoga that they didn't know where to go, what they have been doing, how they were stupid and they'll enjoy it themselves. So, all humans are important in Sahaja Yoga. Very important. Because that gives a variety and an interesting theme.

Everything has to be taken as fun. I wish you people could completely understand this and relax completely on this point. Never get frustrated. If somebody is not all right, doesn't get vibrations, you should just smile a little bit and, "All right, next time."

May God bless you.



## 1989-0817, You should see for yourself if it works or not

View [online](#).

17 August 1989

You Should See For Yourself If It Works Or Not

Public Program

Valkoinen sali, Helsinki (Finland)

Talk Language: English | Transcript (English) – Draft

1989-0817 Public Program, Valkoinen sali, Helsinki, Finland

I bow to all the seekers of truth.

At the very outset, we have to know that truth is what it is. We cannot conceptualize it, nor can we organize it, neither we can order it. So we have to know it. I know in Finland, I came here in 1980, I found people were big seekers, no doubt. And they are seeking the truth. But at the same time, you have to know that truth is a manifestation on your central nervous system. Like we have to feel this all-pervading power all around us. You have to feel it on your fingertips. It's not just what one may claim about, but it actually has to happen to you. From the amoeba stage now we have come to the human stage.

And there is a little breakthrough which we have to achieve in this lifetime. So how do we do it? Many people ask me, "How do we do it?" Now, how do we become human beings? Spontaneously. Within us is the power, which spontaneously acts. Because it's a living process. It is not an artificial process, but a living process. Like this Mother Earth sprouts a seed, spontaneously. Because the Mother Earth has got the capacity, while the seed has got built-in properties.

In the same way, within us is also built-in this instrument. Now, you have to have an open mind of a scientist, that you should see for yourself it works or not. There should not be any blind faith about me or about anything. We have lived with the concept, all throughout. Some people believe in this, some people believe that some people believe in that. So this belief has led you nowhere. Whatever belief you may have, whatever religion you may follow, whatever philosophies you may follow, every human being is capable of committing any sin. So, as we are ourselves, we are miraculous things. Look at the eyes; are the best camera also you could ever think of! Look at our brain, what we have created out of it!

Look at our hands! All this is a miracle. And look at the flowers. These are so beautiful, coming out of a seed. Who does this work? Who does all the living work? It is done by the all-pervading power, which is a subtle power of God's love. In modern times, if you take the name of God in the West, people don't like it. They also conceptualize by saying, "We don't believe in God." But this is very unscientific.

You should find out, first of all, if there is God or not. Without finding out any facts, if you say there is nothing like God, then you are outside of it. Now, if I say that there is God and there is the all-pervading power of God Almighty, which does all the subtle work, then as a scientist you take it as a hypothesis. And if it is proved, you have to accept it. So as it is the living process, you can't pay for it. Those people who take money from you for doing anything that is called as God's work, or increasing your awareness, are all false people. There are some who will say, "You can fly in the air." But we are flying in the air systematically. But if you just take that some of you just start flying halfway in the air, what will happen? If you people start just flying halfway, you see, somewhere, not systematically.

Is that what is going to happen to us, that we are going to become birds or what? Then some people say, "You start jumping like a frog." Are we going to become like frogs or earthworms now? What is going to happen to us is that we are going to become people of absolute truth. Absolutely righteous. Absolutely compassionate. Absolutely loving. Moreover, we are going to have the dynamics of truth. Like Christ, when he saw Mary Magdalene; he had nothing to do with the prostitute, just stood up and said, "Those who have not done any sin can throw the stone at Me." That is the courage, that is the courage of a person who knows

the absolute.

While we live in a relative world. We don't know which theory is correct. It's all the mental projection. And nowadays people have become so much mental that I don't know, how will they recognize the truth? Because the mental projection moves in a linear way, it cannot sustain itself, because it's not the truth. It cannot sustain itself. So it recoils. We had science, so we produced ultimately going to the extremes atom bomb, hydrogen bomb, this bomb, that bomb for our destruction. We started cutting the trees, so the ecological problem has come. We started using the machines, now become slaves of machines.

Machines are for us, we are not for machines! So there is no balance in our life. Anything we start, we would start going to the extremes. And then we feel guilty. We think, "Oh, we have done something wrong." So, one side we start using our ego too much and then we feel guilty, "we should not have done like that." So the knowledge that you have about science, about all other things, is the knowledge of the tree. But this is the knowledge of your roots. The tree that grows out of proportion without having a relationship with the roots is definitely going to be destroyed. So through Sahaja yoga, Sahaja, 'Sahaj' means 'born with you', is 'spontaneous'.

And 'yoga' means 'the union with the divine'. So this Sahaja yoga is a right of every human being. This is the last breakthrough, as I told you, of our evolutionary process. As a result of that, you get powers, you become powerful. You do not become somebody's slave, but you become powerful. You start feeling the cool breeze of the Holy Ghost, which is the all-pervading power. And you get the experience of actualization of your second birth, which we can say an actualization of baptism. You feel the cool breeze coming out of your head. You feel it! Then you start understanding your own centres which are within you, and also the centres that belong to others.

It is like this instrument (mike with wire) if it is not connected to the means, it has no meaning. In the same way, our lives have no meaning unless and until we are connected to this all-pervading power, which has created us. I mean of course, as a result of that so many diseases get cured completely. We have records and records and records of so many diseases like breast cancer, another, so many incurable diseases being cured. It happens automatically. You yourself become a doctor. Because you can feel the diseases of another person on your fingertips. And if you know, how to correct them, you are a doctor! Mentally you become so peaceful. You feel such joy and such peace within yourself.

In Helsinki, there is a big talk of peace. Because, I think, for the safety we have. (For translator:) Big talk of peace in Helsinki. And this peace, as there are Peace Foundations, 'peace' this thing, 'peace' that, but nobody has peace within. So, you establish your peace within yourself. But such a person is so compassionate, at the same time so dynamic, that you work any length of time, you are not tired. You're always feeling fresh and you give joy to others. The first thing that happens to you, that you become an innocent person. And you develop respect for yourself because you know you your glory. You realize you are at the epitome of evolution.

You no more feel guilty, because you are now one with that Divine power, which is the source of all these things. But your attention becomes so innocent and so powerful. What Christ has said, "Thou shalt not have adulterous eyes." Your eyes become completely devoid of lust and greed. And even one glance of such a person can solve the problem of anybody in trouble or distress. So this transformation takes place spontaneously. But one has to open the mind. And to recognize that you are all capable of reaching that state. Also, one thing I've noticed about, especially about Finland was that people were very simple and very humble. But unnecessarily they felt too much guilty.

They have done nothing wrong so far, they've never dominated any country and I don't know why they are (feel) so guilty; to such an extent that they are very frightened also, afraid. But there is nothing to be afraid. If you are in the collective consciousness, then every nation is your friend. Like this hand will always help this hand. Because you are part and parcel of the whole. You are not hanging somewhere in the air. Today you will be amazed to know that for Helsinki we have got people from many different countries, rushing about, even, even from New Zealand. And Sahaja yoga is now working in thirty nations. And you should see the way they all are together, no quarrelling, no fighting, no arguments. Just enjoying each other.

More than flowers; more than flowers, more than paintings, more than anything else the best things to enjoy are human beings. But we have to develop that capacity, that state. I am sorry I am here only for one day, I wish I had come yesterday and I am very sorry that I did not come yesterday. Only thing I have to make a humble request to you all, that when you get your realization, don't get lost. I'll give you an analogy. Somebody is standing with a snake in his hand and you tell that person, "There is a snake in your hand." But he is in darkness. So, you put on the lights. He sees the lights and then he sees the snake and he is frightened. He throws away the snake, alright, but also puts off the light.

Because he is frightened. That happens very much. There's nothing to be frightened. You must know that all these things which frighten you will just run away. But you have to stand on your legs. So far we have had thousands and thousands of people, in the West also, who have got their Realization. They had no problems. Also, I would say that in India, say, when I go there, we have fifteen thousand people in the meeting. We have eternal football grounds, you see. Because we have a background.

And the false gurus are not interested in Indians, because they have not so much money to waste. And Indians know that you are not to pay to anyone who says that "I am such and such." So it works much faster there. But in the West, those Sahaja yogis we have got are excellent people, very deep. Quantity is less but the quality is great. I hope today it will work out among your people and then you are going to master it. This will hardly take a month at the most. But you must have the determination that you are going to master this. I'll give you another analogy that when you start driving the car, there is a break and an accelerator, you use both. As the left and the right sympathetic nervous system as you have seen.

(pointing to chart) But once you learn the balancing, you become automatically a driver. But still, the master is sitting behind. So you have to become the master. And once you become the master, you can see the driver, the accelerator and the break. And you control it fully. All this may sound very fantastic. But you are fantastic. You are not yet aware of it. Like if you take television in an Indian village and tell them that, "You can see everything in this box." They will say, "What, this box, how can you see everything?"

But if you put to the mains then they will see what the (connectivity?) it is. So in our ignorance about ourselves, we might not think much about ourselves. But each one of you is capable of achieving that state. So you have to have confidence in yourself. May God bless you all! It's a very vast ocean of knowledge and I must have given thousands and thousands of lectures even in the English language. Like for these beautiful lights we have to just switch on one switch. But if I go on telling all about electricity and how it was (told?) and how it started in Finland, you will have a headache.

The better thing is to have the light! In any case, I think because I am here for one day if you have any questions you please ask me. But they should be relatively sensible, in the sense that they should show that 'we want your self-realization.' So I am not here to ask for anything. I am just going to give you your own property, your own powers. So I am not here for any votes or elections either. I am sorry I have come to Finland very late. But it's the end of the lands, so naturally, it took some time for me to come here. But I must tell you that among all the Scandinavian nations you are the greatest. I mean spiritually.

And don't have any inferiority complex in your heads at all. Doesn't I know Finns very well? (Shri Mataji laughing) Their humility goes up to the inferiority complex. That's going too far. You are good for everything! And especially very good for the spiritual ascent! Alright. Is there a question? Q. Yes.

How can you divide people? For Scandinavian people, for Finnish people, Swedish people? A. That is an incidence. Q. How can you make.. how can you make a divide? A. Yes, you can also, once you get this realization, you can also. Because when you go to a nation, you see a spiritual life, how many are seeking the divine. And how do you... how do some people go deep into it and some people are very superficial.

You can easily see, that says I would say Turkey, we had such a lot of Sahaja yogis suddenly coming up without any difficulties, Turkey, of all the places. And they were the people who were told that they will never come to Sahaja Yoga (Turkey people), because they are Islamic people. But they blossomed! Now, as you know my husband's job is international; I met many people

who are Finn, who is also Swedish and also from Denmark; but I found the Finn people have a genuine desire to know. So when I say that, I mean the more percentage of people. If I say so, the Russians will be very great seekers and they will be there very soon. Imagine their (Russian) Government has accepted Sahaja Yoga officially. And also the Italian Government has accepted in a very big way. And even if, I mean Indians accept it, I am not surprised because they know all about it already. So the quality of spirituality can be determined by the percentage of people and the depth of the people.

It's easy to ascertain. It is easy to ascertain them. Now, let others ask the questions. Alright? He says that if you have some bad habits, like smoking tobacco, and you want to grow and try to reach the state of enlightenment, do you have to leave them before you can have it. A. You just leave them automatically. I don't have to tell you. Once you get your realization. In England we had drug addicts, overnight they gave up.

Overnight. You won't believe that (unclear). Because you get the light and you get the power. I know there is a drug problem here, I know that very well. Because you depend on it [drugs] and then suddenly you start depending on your spirit; the whole thing is finished. Q. How often? How do you practice and how often do you practice? A. You don't need.

This is no question of time I mean, my child, you go beyond time. It just works. You see, it's... the Kundalini starts rising, and she starts enriching your centres by which you start feeling better and satisfied with yourself. And in most of the cases, it has happened, it has happened overnight. That's why I said the quality of seeking in the West is much better than in India. Most of the people take drugs because they are seeking. Most of the people who commit suicide, they are also seeking. They do it out of frustration. Also in Sahaja yoga, you will be happy to know that family life becomes beautiful. Every year we have about 75 marriages and I would say 1% will be divorced or some sort of thing; but otherwise they have got very beautiful.

And also they have beautiful children, just like saints. Yes, please? Q. What's the first point about deepening and maintaining the experience, what is the first point about that, Shri Mataji? A: Yes. For that, I am saying it takes about a month, at the most, to see, because you yourself become knowledgeable. You yourself know, what's wrong with you. I will give you an example. There was a gentleman who came and he said, he is a realized soul, he said, "Mother my this Agnya chakra is catching". That means his ego is troubling him, that means he can see his ego, separately.

If you tell somebody, "You are suffering from ego", that people will hate you; anybody. But this person himself says that he has got an ego. Now, what do I tell him? That you just forgive, everyone. And he has those cool vibrations in his hands and he can correct it. (Shri Mataji pointing at the forehead.) So you have to just know how to correct your damages, that's all. Which is of course free. The whole knowledge is absolutely free.

Q. What can you say about... what can you say about a wish? Is it if we have not enough... not strong enough wish to enlightenment, to self-realization. A: You see, actually this is the point one should know that we cannot force it on anyone. Then we cannot force it. That's all. Just can't force it. We are very sorry. We can't help people if they don't want to have it. It cannot be forced. No, not at all.

And moreover, if you want to leave us, it's alright, very good, thank you very much. You see also in the Kingdom of God there isn't any places, you see.

Q. Is it possible to sing or make music which is the same as Truth? A. Of course, music is very close to it. But first, you must get your realization. Then you will have the discretion to know, which is the right music and which is not.

## 1989-0818, Truth is self-supporting

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18 August 1989

Truth Is Self-supporting

Public Program

Saint Petersburg (Russia)

Talk Language: English | Transcript (English) – Draft

Public program Day 1 . Leningrad (Russia), 18 August 1989.

I bow to all the seekers of Truth.

One has to realize that Truth is what it is. You cannot conceptualize it. You cannot organize it. And you cannot maneuver it. It is self-supporting. Now before you I have to put the theory, you can call it, or a hypothesis about what is within ourselves. In a subtle form, what we have inside and outside. We see everything - like these flowers, all that is living - and we take it for granted. But who does this miraculous work, this living work? Now you have to have an open mind of a scientist to see if this hypothesis is working or not. And if it works, then you have to accept it in your honesty. There is an all-pervading power, a subtle power, all over, that does all these miraculous living things. We have come from ameba to human stage. From ameba to human stage we have come. But still we have not reached the absolute Truth. We live in a relative world. So there are difference of opinions and difference of believes. But there is within us a power, which can connect us to this all-pervading power. And this union is a real yoga. Otherwise, all kinds of yogas are there, but they are unjust or physical or maybe little mental projections.

Now as everything is living work, our evolution is also a living work. And at a human level now, with our human awareness, there is a little breakthrough needed. This breakthrough will give us a new awareness, a new dimension. This power, which is within us, is called as Kundalini in Sanskrit language. Now in the West you have the knowledge of the trivial. But this is the knowledge of the roots. And if you do not have the knowledge of the roots, we can destroy ourselves completely. So this knowledge has to be understood. This power rests in a triangular bone called as Sacrum. Sacrum means "sacred". That means Greeks knew that there is a sacred power inside this triangular bone. So this power has to rise within us and has to break through our fontanel bone area, which was a soft bone in our childhood.

Like this instrument, if it is not connected to the means, it is of no use, it has no meaning. In the same way, unless and until we are connected to the means, we too do not know the meaning of our life. When this power rises, just like a seed is sprouting, it is your mother power. It is the power of pure desire. All other desires are in general not satiable. Not satiable. Not generally satiable. Because you want to have today supposing you want to have food, tomorrow you want to have a house, the day after tomorrow a car, I don't know, then a helicopter, still you are not satisfied. And ultimately, I found, where there is too much money, then they commit suicide. So there must be something, which is a pure desire within us. We may not be aware of that power, but it exist within us. And that desire is to be one with this all-pervading power. It's subtle power.

What human beings can do is, that if there is a dead tree, we can make a furniture. From death to death. But we cannot create even the wood ourselves.

[Translating Sahaja yogi: Sorry Mother, we cannot...?]

We cannot even create the wood ourselves.

[Translating Sahaja yogi: The wood?]

Wood, I mean the tree or anything ourselves, not even the clay. But we feel we are great, because we've done some atom bombs

and nitrogen bombs. That's only for our destruction. So we go into imbalances. Anything we want to have, we go into imbalances. Like, they wanted to have science; with science, it's atom bomb. Now they are having ecological problems, this problem, problems, problems, problems. The problems have increased much more than they were about hundred years back. Now we have machines and then we want to have run the machines and we run machines to such extend that we don't know what to do with them. Because you have to go on producing! Now in America, they have produced so much of plastic, they don't know what to do with it. So machines are for us, we are not for the machines. So we have lost ourselves somewhere. Because we haven't got the Truth with us.

And it is very easy to get Self-realization. To get Self-knowledge. Because it's a living process. It is so vital. It works so spontaneously. And all of you can become those super human beings, who know the Absolute. When you are connected with the Divine power, it starts flowing through you like cool breeze, from your hands. And you feel the cool breeze coming out of your head. Yourself you feel it. It is a fantastic thing that is a human being. You are at the epitome of evolution. Epitome of evolution! Only you are still to be connected to the means.

The first thing that happens to you, when this Kundalini rises within you, that you get back your innocence. You get your purity of your innocence. Then, second thing that's so easy to happen is that suddenly you become very creative. It is very surprising, I have seen, people who could not even sing have become great musicians. There are very great artists, who have come out of Sahaja Yoga. Also your brain opens out and you become extremely dynamic. At the same time, you are very compassionate. And you are completely at peace with yourself. As a result of this happening, the first thing that happens to you really, is that you get cure of your elements, physical. And you know how to cure yourself and cure others.

In a medical terminology we can see that we become in charge of the parasympathetic nervous system. And all so-called incurable diseases are being cured. We have got some doctors in India, who have got MD on Sahaja Yoga [Doctor of Medicine, ed.] for curing diseases. Mentally you become so strong that all your bad habits drop out automatically. Supposing you are holding onto a snake and somebody says, "You have a snake in your hand." But in darkness you say, "No, I think it's a rope." [Shri Mataji repeating for the translator:] It's a rope. In the darkness, you see, if you are holding a snake. Snake. And somebody says it's a... But if the light comes in, he drops the snake. All right. And snakes run away. So, whatever we agree in our ignorance, just runs away from us and we become really free people. Many people, who has schizophrenia, say, also lunatics, have been cured with Sahaja Yoga. And also the absurd habits people have developed in their own ego, they get all right. I have seen many children, many students, who could'n get through in their exams, have got first class and are doing very well in India. Emotionally you become so balanced, that you have very happy married life. And you have beautiful children.

All these things happen because of your transformation. Because the Spirit, which is in your heart, comes into your attention now. And then your attention becomes very powerful. When you pay your attention to someone, you immediately know, what's wrong with that person. And once you are established fully, properly, then even a glance can do the work. But, highest of all, you become extremely peaceful and very joyous. You enjoy the comfort of the Spirit, you don't bother about other comforts. All this looks very fantastic, again, I would say. But say for a television, if you take it to a remote village in India to who have never seen it, and if you tell them that, "In this box you can see everything from different places," they'll say, "No, how can it be? It's just a box." But once you put to the mains, you see the dynamism and the beauty of that television.

That is how we are. We are great, we are glorious. But we have to be connected with the mains. That is our right, as human beings, to have it.

I would, of course, like you to ask me few questions, but there are so many people. You can ask me some questions and if you have some more, you can write them down, I'll answer them tomorrow. But there should not be any aggression, because I have not come here to take anything from you. These are your own powers. And you will be endowed with powers to give others Realization. To...

So I would request you to ask me questions, few questions, and then if you want, we can have the session of meditation, in which you can feel your all-pervading power. But should be questions, which are related to the subject.

[Sahaja yogi: Shri Mataji, there is a question. Is there any effect of: If you feel the diseased person and you take the disease on you and then you, being the healthy man, can you transfer this health onto him?]

Now, you don't take any diseases.

[Sahaja yogi: Sorry?]

You don't take any diseases. You are an instrument, you just note it down.

[Shri Mataji is speaking to someone about Her drink:] This is very sour, she is not understanding. First get [UNCLEAR] water. This is too sour. This is very sour for the throat.

[Sahaja yogi: So shall we continue? Or shall I translate the question, the another question?]

Read it, the question.

[Sahaja yogi: Mother, second question is: How to get rid of insomnia, lack of sleep? And the other question is: How to get the energy, if you do not have the sufficient quantity of it for you?]

I'll answer the second first. That, you don't have to decide. Your Kundalini knows everything, she is like a tape recorder, she knows you very well, she is your individual Mother. What is the first question was?

[Sahaja yogi: There was a question of: How to get rid of insomnia? And the second question was: If you don't have the sufficient quantity of energy, where to get?]

That I have said. So, the first question was "insomnia". Is curable by Sahaja Yoga. Now, we'll be having a center here in Leningrad, where you will come and we'll solve the problem for you. But in any case - maybe today - you might get your Realization maybe. You may get rid of your problems. Now, will you please write it down? It's better, systematic. What is the gentleman saying? Yes. Please. You have to be kind and civil. I am not here to get anything.

[Sahaja yogi: Shri Mataji, there is a question: If Kali shakti is the same as Kundalini. The question is: If Kali shakti, Mahakali shakti is the same as Kundalini shakti, and can I address this...]

No. I'll tell you tomorrow all about the chakras and the shaktis. All right? Tomorrow, in a complete lecture. I'll tell you everything. But this knowledge is Love. And even if you know everything about it by your brain, mentally, is not going to work out. It has to work out, is the point. The problem is the actualization. So by arguments and all these things you are in the web of words.

[Sahaja yogi: Shri Mataji, the question is: Who is your teacher?]

I am myself my own teacher. And I'll make you your own teacher too. Once you have your Spirit, once have your enlightenment, you don't need a teacher at all. And you have to know that this is a living process, and anybody who takes money from you is a false master. And you cannot pay for it. Or it is also not outside, like you go on chanting or saying something. It's a happening within.

[Sahaja yogi: Mataji, there is a question. The question is: Our attitude towards Sri Aurobindo and his teaching.]

Now... You see, teachings are teachings, has no meaning to me. They must act. All mental.

[Sahaja yogi: Mataji, there is few questions.]

We'll answer you tomorrow, don't you worry. All right? Is all mental activity again. But I wanted you to ask me questions to know that your mind should not suddenly start bothering you too much. Because this mind is like a monkey, you know. It just makes you dance all the time. It's a joyless pursuit. Tomorrow I'll explain to you all these chakras and all the left and right side, sympathetic nervous system, parasympathetic. And everything that you want to know about it.

Now, see, there are so many lights here. And you have to, if put them on, you have to just switch on one switch. But supposing I have to give you a lecture about the electricity, how it was discovered and brought here to Leningrad and what is the source and all. It will be just a headache to you. Better to have the light! Because it is already built-in. In the same way it's all built-in within you. So why not have your own powers? As simple as that. All right?

[Aside:] You could get somebody to stand here to show. You can get somebody to show that how to do it. To raise the Kundalini, all right? If you can get somebody, as to show. Just one of the Sahaja yogis. Someone. Some man. All right. Anyone up. You can come. Now, you can show. Is here.

Now, one simple thing we have to know. That there are two conditions for your Realization. First condition is that you have to forget the past and you are not to feel guilty for anything. Because after all, we are human beings and if you make mistakes, there is nothing to feel guilty. And this all-pervading power, which I am talking about, is the ocean of forgiveness. Now, whatever you think you have done wrong can be easily dissolved by this powerful ocean. So first you have to forgive yourself and forget your past completely. The past is finished and the future doesn't exist, so present is reality.

Now the second condition is that you have to forgive everyone. Some of you may think that it's difficult to forgive. But it is just a mental activity. If you forgive or you don't forgive, what do you do? You just play into wrong hands. So you have to forgive. Forgive everyone. Forget the wars. Forgive the Germans. Because they are dead and gone now. Finished. [Repeating for the translator:] Germans are... they are dead. Now, if you meet the new Germans who are Sahaja yogis, they are so gentle, so kind, so beautiful. And I asked them, "How is it that the British are still very arrogant and you people are so gentle?" And they said that their forefathers never lost any war and God we lost the war, so we are in our senses. Look at the wisdom now. So forget the past and forgive everyone. That's all you have to do. It's very important. Otherwise I cannot give you Realization. I am sorry. From your heart, please, do it. All right. Now we have to take out your shoes, because you have to take the help of the Mother Earth.

[To a Sahaja yogi:] Floran, Floran, you get all the [UNCLEAR].

So now we have to know, that we have to be very pleasantly placed towards ourselves. To be... actually to love yourself and to respect. Only after Realization you will know how great you are, and how great are other people who have got Realization. The most beautiful things in this world to be enjoyed, more than flowers, are human beings. So now we have a simple nourishment of our centers, which I will show you before, and then you can close your eyes. Later on. It takes about ten to fifteen minutes. That's all. Now, you have to put both your feet apart from each other, because these are two powers, left and right. You have to be comfortably seated, not too much slouching or too much straight like that, but in a comfortable state of body. In a very pleasant mood.

Now, you have to put your left hand towards me, like this. Very comfortably. And this symbolizes your desire to have Self-realization. Now, I cannot force it on you. You have to ask for it. I respect your freedom, because ultimately you have to get the complete freedom. So I cannot force on you. Now, the right hand is to be used for nourishing your centers on the left-hand side. So first we put our right hand on our heart. If you have anything in the pocket, please take out. Will be better, it is good for you. Those, who don't want to do it, should go away. Should not disturb others by... Everyone of you have to do it. Otherwise you can leave the hall. If you don't want to do it, I cannot force on you. And it will not be civil to watch others. [For the translator:] It's not civil.



So now, put left hand towards me and right hand on your heart, please. Now, in the heart resides the Spirit. In the heart resides the Spirit. And if you are the Spirit, you become your master. So now you put your hand on the left-hand side of your abdomen, in the upper part. This is the center of your mastery. Now you have to put your hand on the lower part of your abdomen, on the left-hand side. And press it hard. Now, this is the center of your... the knowledge of the purity, or you can say the pure knowledge. Which manifests on your fingertips. As if you become a spiritual computer. Now, raise your hand again on the upper portion of your abdomen on the left-hand side. Then raise it again to your heart. Then raise it in the corner of your neck and your shoulder, as far as possible, and turn your head to your right. Put it here, nicely. Now, this center catches, when we are guilty. As a result of that, you get diseases, very dangerous diseases like angina, spondylitis. Now, you put your right hand on top of your forehead across, and put down your head. And press it on both the sides. This is the center for forgiveness. Now, you have to take back your hand on the back side of your head. Back side of your head. And push back your head as far as possible backward. This is the center for asking forgiveness of this all-pervading power. But you are not to feel guilty, or to count your mistakes. Now, you have to stretch your hand fully like this, and put the center of your palm on top of your fontanel bone area, where it was soft bone. Now, you have to press it hard. And move it, seven times your scalp, slowly. You can push back your fingers. Put down your head and push back your fingers. Seven times. That's what we have to do. You have to press it hard. With the fingers outward.

Now, you will have to close your eyes. You can take out your spectacles. Until I tell you, please, don't open your eyes. Put your both the hands, feet, on the sides and one hand towards me like this, and close your eyes. Now, take the right hand on your heart. Now, here you ask a question to me, three times, which is very important. In your heart. You can call me Shri Mataji or Mother, whatever you like.

"Mother, am I the Spirit?"

Ask this question three times, as you would ask a computer. Now, if you are the Spirit, you are your guide, your own master. So please, take your right hand to the upper portion of your abdomen and press it hard. On the left-hand side. So now, here you ask me another question three times. Mother, am I my own master? As I've told you, that I cannot force the pure knowledge on you. You have ask for it. So now, please, put your right hand in the lower portion of your abdomen on the left-hand side. Now, here you ask six times.

"Mother, please, give me pure knowledge."

Because this center has got six petals. As soon as you ask this question, this residual power of Kundalini starts rising. So you have to open the upper centers by your self-confidence. So now, raise your right hand in the upper portion of your abdomen on the left-hand side. Here now, with full confidence we have to say ten times:

"Mother, I am my own master."

Now, one has to know that you are not this body, you are not this mind, you are not this intellect. You are not your conditioning or your ego nor your intellect. Because you say, "my emotions, my body." You don't say, "I body." So you are the pure Spirit. Now, raise our hand to your heart on the left-hand side and here again with full confidence, please, say twelve times:

"Mother, I am the Spirit."

Now, again I have to tell you that this great all-pervading power is the ocean of love and compassion. It is the ocean of bliss and joy. But above all, it is the ocean of forgiveness. So please, know that whatever mistakes you have committed, can be easily dissolved by this great ocean of forgiveness. So now, raise your hand in the corner of your neck and your shoulder and turn your head to the right. Turn your head to the right. And you have to say with full confidence again sixteen times:

"Mother, I am not guilty at all."

Sixteen times. I have already told you that it's a mental activity, when we say we cannot forgive someone. And whether we forgive, or we don't forgive, we don't do anything. But if you don't forgive, then you play into wrong hands. Mentally, mentally you suffer. So now, just take your hand on your forehead across and put down your head as much as your can on that hand. And press it, press it on both the sides. Press it on both the sides and here... and here you have to say:

"Mother, I forgive all the people, everyone."

Do not count whom you have to forgive. Now, take back your hand on the back side of your head and push back your head upward. Here you have to say, without counting your mistakes, without counting your guilt, just you have to say for your own satisfaction, from your heart, not how many times, your have to say that,

"Oh, all-pervading power, if I have done anything wrong, please forgive me."

Now, stretch your hand and take your hand on top of the fontanel bone area which was the soft bone. Push back your fingers, put down your head. And - put down your head. Here again, I cannot cross over your freedom. You have to ask for... You have to ask for your Self-realization. So move your scalp so many times, slowly, saying:

"Mother, please, give me Self-realization."

Now, please, take down your both the hands and slowly open your eyes. Put both of your hands towards me like this. Watch me without thinking, you can do it now. Now, bend your head and see for yourself with your left hand, if there is a cool breeze coming out of your head. There might be some hot, doesn't matter. Now, put your left hand towards me, put down your right hand and see for yourselves. Again once more, please, put down your head and see for yourself, if there is a cool breeze. Now, you take both your hands up like that, push back your head. And ask me a question:

"Is this the cool breeze of the all-pervading power of Love?"

Please, ask this question three times. Now, take down your hands please. All those, who have felt cool breeze out of their heads or in their hands, or even hot breeze coming out, please raise your both the hands. Both the hands. [My God!] Both the hands. The whole of Russia has got Realization!

Now, just put your hands like this and ask the question: "Mother, is Russia going to be the greatest spiritual country?"

It is true. It is true, I know that. And best - if it's true, the vibrations will increase, the cool breeze is here. Ask this question three times.

All right? It's true.

May all of you be blessed.

And I'll come again tomorrow to explain to you. But now, now you should go in peace and silence and don't discuss it, don't think about it. Otherwise you'll loose it. Those who haven't got it will get it tomorrow, and those who have got it, their connections will be fixed.

Thank you very much.

And now you all know yourself and enjoy! This is our religion: To know ourselves and to enjoy.

## 1989-0820, It Is the Blossom Time: Reaching for Thoughtless and Doubtless Awareness

View [online](#).

20 August 1989

It Is The Blossom Time: Reaching For Thoughtless And Doubtless Awareness

Public Program

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of Truth. One has to understand that Truth is what it is. We cannot conceptualize it. we cannot order it, we cannot organize it, it is what it is. I have seen in Leningrad that people have read lots of concepts about Truth. And many theories about it because they were seekers I believe. But if you are the seeker of Truth, one has to realize that at human awareness we cannot know the Truth. Whatever I am going to tell you now is to be understood or to be taken like a scientist with a very open mind. And if this knowledge I put before you as a hypothesis proves to be true then as honest people you have to accept it. So, this is the knowledge of the beautiful arrangement we have within ourselves to achieve our self-realization. As human beings we are at the epitome of evolution. But still, we live in a relative world. All through our mental projections, we have reached nowhere. We developed sciences to create atom bombs, hydrogen bombs to kill ourselves. We developed machineries and we created acid rains for destroying all the trees. We have created so many problems for ourselves because we were not in balance. Machines are for us; we are not for machines. But they are dominating us now. So, to develop this balance and then to ascend to new awareness, there is a beautiful arrangement within us. In the west you have the knowledge of the tree. But this is the knowledge of our roots. And if the tree is not connected with the roots, it cannot sustain itself. As it is he has already told you about the centers that are within us, these are subtle centers which look after our emotional, our mental, physical and also intellectual side. Also, our spiritual being is within us which we have to achieve through these centers. There is a power of pure desire within us in the triangular bone called as sacrum. That means Greeks knew that it was a sacred bone. This power has been known to many saints in India thousands of years back. And this is the one that connects you to the mains. And the mains are the all-pervading power of love and knowledge, which does all the living work. We see the flowers and we take them for granted. See the human beings and also all his parts like his eyes: is a wonderful camera. And human brain is already acting like a computer. Who has programmed it? So, within us all these arrangements are made for this power to raise through the six centers and come out of your fontanelle bone area to get connected with this all-pervading power of love and knowledge. All living work is done by this power which exists in every molecule, in every plant, in the whole cosmos and also acts in us through the parasympathetic nervous system. So, when this kundalini raises, you get connected to this all-pervading power like this instrument has to be connected with the mains otherwise it has no meaning. We too have no meaning till we are connected to this all-pervading power. But our evolutionary process has been spontaneous. Because it was done by living process. And all processes are living as they are absolutely spontaneous. For example, if you sow a seed in the Mother Earth, it sprouts spontaneously. How does it sprout? It sprouts because it has a built-in quality with in us(it). And the Mother Earth has a built-in quality to sprout. In the same way we too have got a built-in quality within us to ascend and to become the Spirit. Today is the first day and any amount of talking is not do as good I know but today let us have some questions from you, so that I would like to know what are your problems. And after that we'll have the session of self-realization. But ask relevant question. One person should ask only one question.

Question: Mataji, the question is that its only you, how can explain my situation now? I am sure and what is going on inside me?

Shri Mataji: Ya, is it a personal thing?

But please make it short because others may ....

Translator: Mataji, this is always extrasensory business ah.

Shri Mataji: It's a bigger lecture.

Translator: If someone or Sahaja Yogi could help me just to have the, if someone who sit here to take the all the notes alright?

Shri Mataji: Alright. Sit down.

Translator: Mother, this is all of extrasensory business. Because of that Jew na who makes them see, it's always nonsense.

Shri Mataji: I know, I know. Sit-down, sit-down madam, I will answer your question. Please will you be sitting down now? I will answer your question. Alright Unclear ()?

I will tell you Sahaja Yoga is not meant for people who are superficial first and foremost Unclear (say the first one). Now, if you can see the light, that means you are not the light. You have to become the light. Alright? Secondly by seeing the light you don't have power, you don't have powers to give realizations to others, you cannot cure others. Just a minute, just a minute madam. By that you are not going to do any good to anyone neither to yourself. Take it from me, after sometime you will have problems. So, you have to become something yourself and you have to be for the benevolence of others, you have to give them realization. This is it. If you don't want it, you can leave the place. And as it is if you are seeing light, is going to be difficult for us to give realization to you. I am sorry to say. I am sorry to say. It's a serious thing you see.

Translator: Mataji there is a question: He has taken some way; I understand in his life and the question is whether he is correct or not. Haven't chosen that way of life. Just for you to guess I think or something.

Shri Mataji: We will see now while your Kundalini will be raising, She will decide for you. She will judge. She is your Mother. She is going to give you realization and let Her the judge what you are like.

Translator: Mataji, what is the meaning of suffering and the joy on your way of evolution or on the way of life.

Shri Mataji: Suffering comes out of ignorance. And joy comes out of enlightenment. Sensible question.

Translator: There is a question, how real is the problem of creating, the question of creating the co-ordination center of Sahaja Yoga in Moscow in Leningrad. How soon can we do that? How feasible it is.

Shri Mataji: Great, whenever you desire my child. Whenever you desire. Ya, so great.

Translator: Mataji, there is a bit funny question: if you please tell us what are the dangers on this way,

Shri Mataji: What are the?

Translator: What are the dangers, dangers of this way, what can Unclear (inferior/in fear) us on this way? What should we afraid of on this way?

Shri Mataji: No dangers at all. I told you that Kundalini is your own Mother. Your individual Mother and She knows all about you and She loves you. When you were born, your mother took all the trouble, you never took any trouble. There is no danger.

Translator: Mataji, there is a question: can one cure oneself with the methods of Sahaja Yoga.

Shri Mataji: Ya, you can. Automatically sometimes you get cured when your Kundalini raises. Then you can feel on your finger tips your problems and then you know how to cure it also.

Translator: The question is: if there are Sahaja Yoga schools, where though they give the teaching of Sahaja Yoga in India on

which level?

Shri Mataji: On which level?

Translator: On which level, the grade I don't know. Maybe he must, different states of Unclear ()

Shri Mataji: There is nothing like you see levels are there, you start growing. Actually, within yourself. Everybody grows. Somebody grows faster, somebody grows slowly. There is nothing like a level or anything but like a tree grows you also grow naturally.

Translator: May be if we just name them the Sahaja Yoga groups in Maharashtra, Delhi or Bombay

Shri Mataji: and also, in Moscow we can do it, but there is no need to go India, also you can do it here.

One question. He is trying to ask too many questions.

Translator: Mataji, there is a question: if there are certain rules or methods of Sahaja Yoga used for the education of children's schools and colleges.

Shri Mataji: Ya, we are starting now a very good school in India, but we already have schools in different places like Australia then we have one in Dharmasala, we have in Pathankot, we have one in Switzerland, one in Rome like that. But this for very small children just now but we will be having another school for children in India. It would be an ethanoic style of schooling and the children will be from all over the world.

Translator: Mataji, there is a question that: according to certain tradition in yoga, one should concentrate oneself on this third eye of Shiva and we are speaking about the heart. Doesn't it mean necessarily that it would influence the harmony of the evolution.

Shri Mataji: It is an introduction for, you see because they did not know what was about, so they talked like that. But it is wrong. Absolutely wrong. You don't have to concentrate. It just works spontaneously. It was all done thousands of years back. But now you are at a stage where you don't have to do any more.

Translator: I like this question. Mataji, there is a question: as long as the most crucial moment or the most benefit you have one of your personal energy of Kundalini raise this up and gets into connection with all-pervading power. Thus, this all-pervading power has the Divine origin and has it any connection with the religion? Does it have certain religion sense in it?

Shri Mataji: No religion is Divine. They are all gone mad. They have nothing to do with reality. If reality, if you want it to call it Divine, alright. Otherwise, I am talking of reality. Call it by any name.

Translator: So, the question is as normally the preliminary stage of any yoga is Yama, Niyama phase.

Shri Mataji: Ha, that's in the Patanjali alright. But now we are in a stage where you don't need all that.

Translator: Mataji, there is a question, whom can you call your teacher?

Shri Mataji: My teacher?

Translator: Yes, who is your teacher? Can you give a name of your teacher. Some, if you have one.

Shri Mataji: No, I don't have.

Translator: There is a question, if there ..., I said no by the way already. If there is any difference between Sahaja Yoga and Kundalini Yoga?

Shri Mataji: No, not at all. But you see, people are misusing this word Kundalini very much. There are many false people and they are using all this for making money, they want to make money you see. And you cannot make money, you cannot pay for it. It is spontaneous. Anybody who asks for money is a false person.

Translator: Mataji, there is a question: where you can get the knowledge of Sahaja Yoga in Moscow?

Shri Mataji: that's just now.

Translator: There is a question that in September in the USSR certain conference is to be established whether Unclear () all over the union yoga association. Do you have an intention to join to be one of the participants or.,

Shri Mataji: No, no not at all. It's going to be an independent thing.

Translator: There is a question that after, well with regard to the meeting to the conference to the program in Leningrad, did you foresee the results, the successful results of those programs in Leningrad and did you need a sort of restoration re-compensation of your own energy for the beautiful which you achieved?

Shri Mataji: I knew about Russians long time back. They are very wise people. Thanks to communism, they are not mad and stupid and idiotic like Americans. You are not conditioned; you don't have ego. Also, now its time for you to see the ultimate freedom. Because without realization its difficult to bear the freedom. People go amok. Without realization you can't bear money, and without realization you cannot bear power either. So, this is the right time for you to get your realization. I was really so much full of joy to see so many Leningrad people getting realization. This was the dream of Lenin who was a realized soul himself that he wanted to have stateless state. And realized people don't need any state. You are just there.

Translator: Mataji, the question is: if the child has this brahmarandra open, is it possible to keep it open for the whole?

Shri Mataji: No no no no no no no no. It must be closed first. And then with the Kundalini it should be open. If it is left open then the child might become mad you see Unclear ().

Translator: Mataji, there is a question: if I cannot wait till the Sahaja Yoga center is established here, can I go to India and find you somewhere Unclear (there),

I will explain my reasoning

We have too many yogis who are just practicing yoga and they finish their life in the mad houses. In asylums.

Shri Mataji: No, ya I know I know, no no no don't you worry, will start it very soon and then you are welcome in India

Translator: Mataji, there is a question that: you have been to the Unclear (USS, USSR) already several times and you have seen lots of Unclear (shola Tans) perhaps there are they as well,

Shri Mataji: What?

Translator: have you seen any real yogis here in the Soviet Union? An you name one of them?

Shri Mataji: One is here in just standing, we have so many, we have already so many, they know a lot about Sahaja Yoga, you all are going to be. It takes hardly any time. It just takes a ten-minutes at the most to reach there. Then to establish it at the most

one month.

Translator: Mataji, they all are asking for practices. They are asking to stop questions and go to practice.

Shri Mataji: [Shri Mataji laughs] Alright, now, this lady has some special question?

Alright alright I will stop it after this. Alright?

Translator: There is a question: can you use the method of Sahaja Yoga, to show evil, for something evil? Unclear (can I be use it for evil?)

Shri Mataji: Of course, of course. When there is light, the darkness has to go away. Ya, automatically. Alright, alright. So anxious.

Translator: Shall we proceed? ok?

Shri Mataji: he is so anxious. Alright. Please please.

Translator: Do you need to become vegetarian first to help the raising of Kundalini?

Shri Mataji: Nothing, nothing of that kind. It's only question of ten, fifteen minutes.

Alright, will have now. No no no, he doesn't want it the gentle man there. Tomorrow will have questions. So anxious. Alright, sit down, sit down. Now let us have.

Translator: There is a funny question: in which dimensions you live now?

Shri Mataji: I

Translator: Yes

Shri Mataji: In every

What he is saying? He is so anxious

Translator: One question: perhaps its just to me because you may be not aware of something I do know about what he is going to ask.

Mataji, there was a very famous writer who used to write notes on science fiction

Shri Mataji: On?

Translator: On science fiction by name of Unclear () and he, he practiced some yoga, some Kundalini yoga but he died in a strange circumstance. I can tell him that I never heard of Unclear () as a writer practicing Kundalini ...

Shri Mataji: Forget them, forget them. You better get your realization my child.

They all mean all kinds of things, all mushrooms

Translator: Mataji, a personal question to you, can it be asked?

Shri Mataji: What is it? What did he say?

Translator: Could you express your attitude towards the ideas of swamy Sivananda and his ideas about Kundalini.

I said that you have to express yourself Unclear()

Shri Mataji: Forget it, forget it, forget it, forget it, forget it.

Now, you become Shivanand. In Moscow there are more questions than in Leningrad. Mental.

Translator: Mataji, there is a sort of philosophical question, you say that these generation of people is ready to, is ripen up to receive realization, what are the signs that they are ready. How can you judge that it is high time for them to receive it.

Shri Mataji: You see, like in the tree of life they were first one or two flowers, but today there are many. I can see them. It's a blossom time. Already predicted thousands of years back. This is a blossom time. Also, I have a devised method by which so many can get realizations.

Translator: Mataji, they are asking for the practice. So, do stop the questions.

Shri Mataji: So, let us stop the questions. Whether I answer or not, the main thing is the actualization of Kundalini awakening by playing with words, its not going to work out. So, it's no guarantee also. But it works out. I wanted you to ask me questions because sometimes this mind is like a monkey while we will be doing raising of the Kundalini, suddenly it will come out and say, why didn't you ask the question. And it may stop your ascent. So, just to give you the vent, just to clear it out. It has no meaning at all and it has no relationship to your ascent. Because first state you achieve is thoughtless awareness. When you cross this center and then ultimately when you establish yourself, you are in doubtless awareness. Patanjali is described as Nirvichar Samadhi and then Nirvikalpa Samadhi. That's what we have to achieve. That's beyond thinking. Alright.

Now, very simple things we have to do which I will tell you before and then you have to close your eyes. Can you get some Sahaja Yogi to come in.

Translator: If any foreign Sahaja Yogi, please come here on the stage to help, just to show. David, could you please.

Shri Mataji: This is Doctor Spiro from UK. Now, we have to take out our shoes to have help from the Mother Earth. Keep quiet, keep quiet. Quiet.

Translator: No necessary for socks. Let it be there.

Shri Mataji: Because they are nylon socks, better to take them off. Alright? as you please. Now. Those who do not want to have their self-realization have to go out. Because it cannot be forced on you. We have to respect your freedom. And those who want definitely to have their self-realization should stay back. All of you have to follow the method and not to watch others. We have always watched others. Now it's the time for us to watch ourselves. Now, there are two conditions. Very simple.

The first one is that you have to forget the past. Completely, entirely. That means you first of all forgive yourself and not to feel guilty at all. Because after all you are a human being and if you have made mistakes is alright. And this all-pervading power of love is the ocean of forgiveness. And you cannot commit any mistake which cannot be dissolved by that. So, you have to be self-confident. I mean to say you should be pleasantly placed towards yourself. And remember that you are at the epitome of evolution.

Now, the second condition is that you have to forgive everyone. If you don't forgive, then it's a mental activity. Whether you



forgive or don't forgive, you don't do anything. But if you don't forgive, then mentally you torture yourselves and play into wrong hands. So, forgive everyone. Forgive everyone. Its very important otherwise this center is narrow, it doesn't open. And you are not going to miss your self-realization for that.

Now, you have to put your left-hand towards me because it represents your desire. Because this is the power of desire, and also represents your desire to have self-realization. The right-hand is represents the power of action. So, you have to just put your left-hand like this, don't do close your eyes just now.

Now, first put your right-hand on your heart because the Spirit resides in your heart. Then you have to put your right-hand on the upper part of your abdomen, on the left-hand side., will be working only on the left-hand side. This is the center of your mastery. Guru is not a very good word these days. All the horrible gurus are there. So, now, you have to put your right-hand in the lower portion of your abdomen on the left-hand side. This is the center of pure knowledge, which manifests on your central nervous system, which means in Sanskrit language we call it as 'Bodha' or 'Prateeti'. Prateeti – something like precious. Prateeti. And also, is called as Vidha from the where the word Veda has come. Now, then take your back again your hand in the upper portion of your abdomen and then in the (Shri Mataji asking to the person in the audience: you are not doing? Put left hand like this. Ya. Properly. This gentleman doesn't want to do? Then he should leave. Yeah. He is obstinate.)

Translator: He said that when he brought, when bought his ticket, he was not asked for that. He was not asked for that.

Shri Mataji: then please don't disturb others and please go away. You shouldn't disturb others. They all wanted you don't want. Please.

Translator: He says that he would Unclear () directly in his technique, in his own technique.

Shri Mataji: then he should go na, he should go, he should not disturb others. Please. Please. Please. Please. Thank you. Thank you very much. Please. Please.

Alright, now, don't get disturbed. Its alright. Is meant only for seekers. Alright. So now you raise again your hand on your heart, and then you have to take your right-hand in the corner of your neck and your shoulder and push it back as much as you can and then you have to turn your head to your right. Now this is the center which is blocked when you feel guilty. It is very dangerous to feel guilty because if it blocking, you get horrible diseases like Anjana, like spondylitis. Now, you have to take your hand across on your forehead. You need not write; nobody need write anything. Tell them not to write. Some people are writing. Its very simple. Its very simple. Now, just put down your head, on it let it rest and press it hard on both the sides. This is the center of forgiveness. Now the other side of this center is you have to put your right-hand on back side of your head and push back your head on it. This is the center where you have to ask for forgiveness. But without feeling guilty, without counting your mistakes. Now, you have to stretch your head(hand). And please bend your head and put the center of your palm on top of the fontanelle bone area. Put down your head and push back your fingers and move it seven times. That's all we have to do. But you have to really push back your fingers to get pulsation.

Now, we close our eyes. Put it off this. No need to have lights. No no need what is there? later on when they raise their hands can be, you see because the light disturbs the attention. No, extinguish. Extinguish the light. Keep quiet. Keep quite will put it off. Ya ya its alright, its alright. Now, take it easy. Now, please close your eyes. Put both feet apart from each other. Put your left-hand towards me, right-hand on your heart. And be comfortable. Don't bend or don't be too straight. Just simple. Ya. Now close your eyes. Here now on your heart you ask me a question three times. Please say in your heart, you call me Shri Mataji or you can call me Mother, 'Mother, am I the Spirit?' ask this question three times. Now if you are the Spirit, you are your master. (Shri Mataji addressing to the translator: Loud, loud. You must speak loudly, but they don't listen...) Alright. So, you put your hand now on the upper portion of your abdomen on the left-hand side and press it hard. This is the center of your mastery. So, now here you again ask me a question in your heart: 'Mother am I my own master?' Now, again I would say that I cannot cross over your freedom. I respect it. So, I cannot force pure knowledge on you. Now, put your hand on your abdomen on the left-hand side in the lower portion and press it hard. Here, you have to ask for pure knowledge, so please say six times as this center has got six petals.

'Mother, please give me pure knowledge'. When you say this the Kundalini starts raising. Now, to help Her move, we have to nourish the higher centers with our self-confidence. So, now you have to raise your right-hand on to the upper portion of your abdomen and press it hard and here you have to say with full confidence ten times 'Mother, I am my own master' say it with full confidence. Now we have to know we are not this body, we are not this mind, we are not these emotions. We are not this intellect. We are not these conditionings and this ego. Because you always say my emotions, my ego. We don't say I ego or I emotions. So, we are the pure Spirit. So, please put your right-hand on your heart. With full confidence here you have to say twelve times: 'Mother, I am the Spirit'. As I have already told you that the Divine power is the ocean of love and compassion – the all-pervading power. It is the ocean of bliss and joy. But above all it is the ocean of forgiveness. So whatever mistakes you have committed, it can dissolve it. So, now please put your hand in the corner of your neck and your (and shoulder and turn) your head as far back as possible and turn your head to your right. And turn back your head to your right. Here now with full confidence please say sixteen times: 'Mother I am not guilty at all'. Whatever you have done, forget it. I have already told you that you have to forgive everyone. I have already told you that you have to forgive everyone. And it's a mental activity which tortures you. It is a self-inflicting and is of no existence. So please forgive everyone. Now, put your right-hand on your forehead across and press it hard. Bend your head press it on both the sides. Now, here you have to say: 'Mother I forgive everyone'. Please do not count whom you have to forgive. Also don't think about them. Its not how many times, but from your heart just say. Take back your hand on the back side of your head and push back your head. Here now, without counting your mistakes, without thinking you are guilty, you just have to say for your own satisfaction that 'O all-pervading power, if I have done anything wrong, please forgive me'. This too from your heart. Now, stretch your hand and put the center of your palm on top of your head. Be careful put it properly on the soft bone you had in childhood. Please push back your fingers. Put down your head. Again here, I cannot cross over your freedom. So, you have to ask for self-realization in the glory of your freedom. So, now, so please ask seven times: 'Mother, please give me self-realization' and move your scalp with force, with pressure seven times clock-wise.

Now, please take down your hands, open your eyes. Put both the hands like this. Now put down your head. Put the right-hand like this, and with the left-hand please see if there is a cool breeze is coming out of your head. Now, please put your left-hand towards me, don't doubt. Don't doubt it's coming from your head only. Bend your head and see for yourself if there is a cool breeze coming, may be some heat might come out. Might be some heat coming out. Doesn't matter. It can be near or away. Now, you can put again once this right-hand and see. Now, push back your hands like this and bend back your head and ask a question three times: 'Mother, is this the cool breeze of the all-pervading living power of love?' ask three times. Now, bring down your hands please. All those, please watch me without thinking. You can do. Now, all those who are felt cool breeze on their finger-tips or out of their head or even hot please raise both your hands. The whole of Moscow. May God bless you all. May God bless you all. Now all this has happened without thinking about it. So, enjoy the peace. Don't discuss it. Don't argue it out. Be in the silence now. Alright? but if you want to meet me, I could meet you till eleven O clock I could be here, come and shake hands with me. And tomorrow again I would like you to come here.

Translator: Please keep them, keep them one by one. Unclear () could you help me with translation please.

## 1989-0820, A tremendous power around us

View [online](#).

20 August 1989

A Tremendous Power Around Us

Public Program

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

I can see in this country and in any western country. the world has gone very far in the material development. And Lenin also had believed that when we will have material {inaudible} we will be satisfied with the matter. Then we will have a stateless state. and that's what happened to you people you are very satisfied people in a way and very peaceful also you have balanced your life very well and you are leading quite a balanced life. And also your government very nicely has given you a balance by now say removing things like alcohol and all those things which can cause problems. It is very very wise government I should say that way that it has disciplined you like small children. but now when you will start gradually getting your freedom how will you ever to keep the balance it's the point. moreover one start thinking that we have everything now but still there is no joy in our life. As in the West, I asked many people why do you take drugs why do you divorce why do you take to so much of alcoholism and they said we get bored with life we get fed up with life we don't feel any interest anymore like in a country like Switzerland and Norway which are very very rich countries people are just committing suicide. so one must see what the reason. The reason is this that all these countries have grown like big trees and they have not yet known the knowledge of the roots. Now science and all these enterprises you've had all these theories political economics have been a kind of a .. express the knowledge - knowledge of the tree. but to get to the knowledge of the roots you have to go to the East I think. Especially India because our climate is so good that we did not have a problem to fight the nature. so we had a lot of advantages that we did not go outside outward. now when we are not fighting outside so much one starts meditating and thinking why are we on this earth? so we can live with very few things in life in India because we have no problems of nature. As a result of this, they discovered the knowledge of the roots. Now as we are learning a lot from you about science that you have created there is no harm in learning something from Indians if they have some knowledge of the roots.

And these roots are going to nourish the tree so we have to go to the roots so in this knowledge of the roots what these ancient saints have found out in India was that within us in the power. Now, for example, we have evolved from amoeba stage to human state that the scientists accept it is accepted by scientists. But this to be also logically understood that we have not reached the absolute point. in the absolute point, there can not be the difference of opinions. but we live relatively all of us live relatively all human beings. now we should look at this subject like scientists with an open mind, a scientist with the closed mind is not a scientist. Now like a scientist will put a hypothesis before you and then will try to prove it and when he proves it, it becomes the law. so this hypothesis should be paid attention to and should be understood because there have been many experiences of many people. Now this power which is within us gives us the last breakthrough in our evolution. All around us there is a tremendous power the subtle power that does all the living work. It exists in the mother earth in the air in the ether, everywhere now we do not feel it, because you do not feel it one should not say it does not exist as an open-minded scientist you try to see if you can feel it. Now this power which is lying in the triangular bone is called as the sacrum. the word sacrum means sacred means the Greeks knew something about it. So when it rises it pierces through 6 chakras 6 centres these are places in the spinal cord and the brain but when it pierces through fontanel bone area on top then you start feeling the cool breeze coming out of your head. As the result of its ascent, all the centres get enlightened. and they get nourished so all the problems of health are solved when the centres are disturbed or dislocated or exhausted then only we get physical troubles, but when these are nourished we go back to our health. For example, cancer is caused by the two forces of the left and right sympathetic nervous system acting on the central path. When you supposing are a very active person or you are doing something in extreme then you get vulnerable to cancer and it is triggered when something from the left side from the emotional side enters your attention. This one is called protein 52 and 58 doctors give a name to everything but they don't know what they are talking about. So if you have to treat the tree and you try to treat it thought its leaves you can not treat it, you have to go through the roots, and that's why to go to the roots you have to become a subtle person so when this power of kundalini but in every scripture is described

separately. And when she rises up she automatically solves your problem physical mental emotional and spiritual because now you are a human being you are at human awareness and then you become the spirit. Now when you become the spirit then your attention becomes enlightened. sitting down here you can feel whats wrong with another person. and if you know how to corrects it, on your fingertips you can find out and by certain movements of your hands you can cure, because now you find that the vital energy is flowing through your hands this is not an analysis of energies but the synthesis of three energies. First is the energy of the desire which is called as the emotional energy another is the energy of action, which gives us active physical and mental third is the energy by which we have evolved so far. so by the first energy which is the desire we get existence power by which we get cured we feel comforted we feel relaxed and we start watching everything a witness all kinds of diseases that take place because of our activity like heart liver blood pressure all of them disappear, this is the energy that gives you a balance of emotions and actions you see some people are very dry by nature and some people are extremely emotional but they become balanced after this. second power is that of action you become dynamic you can do lots of work and you don't feel tired you don't think about it you don't plan about it but it works out because you are also supported by the all pervaded power actually this power starts flowing through you because of the evolution that you have achieved that you become one with that power that means the union the yoga but its a living process and living processes like sprouting of the seed can not be explained it just happens and as a result of that you become a person who can manouvre the power so you become very rich because you have so much power and you become a real communist because you become compassionate you must give it. You can raise the kundalini of others you can cure other people apart from you being healthy you can make everyone peaceful and happy. Now you know I am working in 15 countries and thousands of people who have taken to Sahaja yoga thousands and thousands. and there are so many people who are married, Sahaja yogis they have beautiful children very obedient, good children good citizens honest people. and they are very peaceful people they are not very ambitious fighting type. they are just in the centre and very powerful such people are to change the world and this has to happen it was predicted in India thousands of years back. We have one gentleman called Brugumuni he is the pioneer of predictions and horoscopes and all that science. but he also has written about mundane things but also he has written a very nice book as to what will happen what people get resurrected. so actual transformation has to take place. It's not just artificial baptism or artificial say that now you are this you are that. It is actualisation and becoming. like a seed has to actually become a plant and then it has to become a tree otherwise if you just certify the see that now you are baptised does it become a tree? It is all in outside religions they made a big mess I must say. I know {inaudible}. Within us, we have 10 valencies as the carbon has four we have 10 valencies. And once we rise because of the balance and ascent of the kundalini we enter into the nucleus. Like int he periphery of the wheel there is a lot of movement but in the centre, there is actually a complete peace. We have done may other experimentations in the medical profession in India doctor Rye who is dean of the faculty of physiology he has started a research subject on Sahaja yoga they are working on 3-4 subjects one subject they have already covered with the physiology of the person. and they discovered to their amazement that people who are realised souls have a wonderful physic they have a beautiful shining skin and they have sparkling eyes and great resistance to diseases their metabolic rate is very balanced, blood pressure is normal and there is such a difference between an ordinary person who is healthy and a realised soul. Now they are working on angina and other heart troubles because I have cured many heart patients many. We have a president called Sanjivaredi and when he was coming from America he was just about to die I met him in the plane because my husband knew him very well then his wife said please cure my husband because I am known in India very well. Within 1 minutes he was perfectly alright and he went down the steps so nicely that everyone was surprised.

And you can save them from acid rain this one doctor Hamil from Austria who was agricultural advisor in the UN he experimented with vibrated water and the trees that were dying in Austria and he found out that all the trees that were more than 60 years old in Austria could not survive but all the rest survived very well. and this power appears like vibrations like a cool breeze and if you give it to the seeds then you don't need use hybrid seeds. they have experimented that if you give these vibrations to non-hybrid seeds and allow them to grow they do even better than hybrid seeds. and then you dont have to give too much manual. Also it works wonders on animals. If you give it to a cow and Indian cow will give 5-6 years of milk if you give them vibrations they give about 10 years of milk. Now you see the cows in the west are mostly hybrid. And their milk you see gives you a funny brain. and sometimes it can make to become violent by nature. Because relative to the other cows Indian cows are very peaceful and kind and they are very motherly and very wise but if you see the hybrid cows they don't have care for the calves. Nor do they understand how to walk on the streets they are very aggressive but our Indian cows are not aggressive so we need not have hybrid cows or if you give the vibrations to hybrid sows also they ll become more peaceful and their milk will give us more

peaceful brains. sahaja yoga gives you a very comprehensive idea of how our liver works our brain works all these ideas you can easily learn without much difficulty. In England we have a very good assembly of 7 doctors they are working research on cancer and many incurable diseases now what they are doing is to get some patients say of cancer and treat them with Sahaja yoga and then record how they are cured. Formally I used to cure people not writing their names or say about it. But then we felt we must have everything on record. Because people are very mental and they must have the record to see what happens to you. So there are so many advantages of becoming the spirit but apart from that, that is the destination of our evolution. The people who will become a realised soul will form a very powerful group. It will become one collective group as we are part and parcel of the whole like a drop falls into the ocean it becomes an ocean so with the pure intelligence that you have you can clearly see the advantages of becoming the spirit. And luckily now we have very many young people of all races of all countries who have joined Sahaja yoga. we have no organisation no do we tell them anything much that you should do this or that. You become the spirit and you yourself know what is to be done, I never told them to give up drugs but overnight they gave up. The sense of insecurity disappears and you don't play with your ego anymore. And you become extremely discreet. In your work, you also get surprised that you get such ideas and such help that you are amazed that you are being helped out with every problem. In London is such a lot of unemployment but not as Sahaja yogi is unemployed not one. and in America we have so many Sahaja yogis and not one has got aids all have wonderful health and they are immune to it they don't get AIDS at all nobody has got heart attack nobody has got any problem whatsoever and also materially they have improved they are so relaxed that they do beautiful work and they are all being promoted from this to that. Even in our country, all these people who have got realisations are all occupying very big posts very big positions. For example the president of High Court he is Sahaja yogi he has got his realisation and after that he was elected. He got this job as a judge and now he is a President of this Court.

So we have people who are blessed by this power to such an extent that you can see all your great artists your musicians also politicians like Lenin all were realised souls. They were unique these people one here one there. You can say on the tree of life there were very few flowers but modern times are like blossom times and many people can get their self-realisation. But we can not go on asserting it advertising it we can not do those cheap things. You have to ask for it in your freedom we can not force it on you. and it can not work out if you force it. of course, you can not pay for it, its a living process like how much do we pay to the tree because it gives us a flower and we can not also say that it will happen today or tomorrow some people get it in a second some take some time a year also! but on the whole, it works out. but if it's your own power why don't we get it. One has to be humble about it like you go to the university and you will try to show off your ego before the professor the professor will say alright sorry you'd better get out of the college. So also there is a centripetal and centrifugal force. and all these forces act in such a manner that if you are a genuine seeker a special category of people then you can get it. You may be a king a big boss there is no difference even a person in a village can get it better than a person with a very big power so-called. But thousands have to do it now I think I have worked it out in so many countries and now it is high time that a communist country has to take to it immediately. Because they are disciplined for it they are developed for it they talked about it so why not have it the ultimate goal it has nothing to do with politics it has to do with humanity no race no nation no country none of these artificial barriers will hamper.

One Sahaja yogi happened to go to Sierra Nevada and there these people the Africans just living in the jungles got their realisation and they came down to see me in London so like that it can work out anywhere. In India there were 6 thousand people in one village who got their realisation. So it has to work out and it is working out everywhere and I am sure it will also work out in your country. Thus you will become very good citizens and very honest people satisfied people.

And people of very great ideas and visions. And I think your prime minister is also a realised soul. You can see how in the whole world he is considered as a very charismatic person.

People think he is today the greatest politician. He is so straightforward, so humane. At the right time of your development you've got the best prime minister. As also our Prime Minister Anir Gandhi is also realised soul. But he is troubled by so many negative forces in India just torturing him for nothing at all. But I'm sure he will come out of it. Like a beautiful Lotus comes out of the maya. And I'm sure he will make our country very fragrant. So we have had realised people in the olden days like America had Abraham Lincoln. And I'm sure that the day will come that we will abide as very beautiful citizens of the whole world. So one has not to neglect the power that is within us. And at least pay some attention to it.

I'm happy people even though small you might think we are very few people. Does not matter. 17 years ago I started Sahaja Yoga with one lady. And in London I worked for 4 years on 7 hippies. Very intelligent well educated, all doctors of literature this that from Cambridge Oxford. And very hard nuts there is a beauty about the English is that when the nuts are broken then they are the first class. But in India we have the background we have the knowledge. We know what is important. So that you have to have your realisation. And he said that somebody has to give you. Like one light one candle has to be enlightened by another candle. And so we have to have an enlightened light. But it doesn't give any obligation or anything to the person that you are enlightening you're just a catalyst. But nowadays there are many false gurus that have come up And they're catching hold of all these people who are honest seekers. They are nicking money they have so much money in the Swiss banks. They have really finished so many people made an invalid or insane. People have sold their things And they bought their rolls royces. But one must understand that you cannot pay for it. And nor can you live on that money.

Like Christ's Father was a carpenter. He lived like a carpenter. So say I'm a housewife I belong to a particular family so I leave the way they want me to live. But there is no attachment there is no greed. And how can you take any money for this it's absurd. This is love. But because formally the so-called Popes and all these churches: We should take money. And today only I saw the priest's clothes is made of gold and all this. So because you're used to this kind of thing you think you can purchase it. There's one thing one should understand you cannot organise it no can you purchase it this is above us.

But when you get the blessings then it really looks after you and nourishes you it guides you it comforts you it redeems you.

And you become completely Joy. Joy doesn't have a double face like a coin. Like happiness and Happiness. It's absolute. And also you get discretion which is absolute. Now supposing you put your hands and ask a question Mother is this the true knowledge? Ask me three times and the tremendous cool breeze will start flowing in. But supposing there is a person who is a thief and he's telling your lies - immediately you will feel the burning on your hands. Supposing that someone is suffering from the heart trouble immediately you will start feeling the burning on the heart finger. But after some time you don't have to feel you just know you start seeing your Ego and your conditioning as if you get out from the water and watch the water from the boat.

That is what should happen to all of us that we should become a witness. When we are not involved with the problem we can solve it better. The fear, complexes all these things drop out. And all the mental projections are of no value. You see what man made of this science. What you produce is an atom bomb everyone is afraid of the devil. And a mental projection moves you in one line and it moves back to you like a boomerang.

But if you become the spirit you get completely integrated and the light of the spirit spreads the all sides. So you get to the synthesis and not the analysis. I think it should happen to all the Russians here. They should all enjoy the confidence of their spirit. And in the guidance of the spirit they should walk on the right path of the righteousness and peace.

It's late I'm sorry it's such a short time. I'm not been able to tell you much. But sometimes later maybe if I come here I will explain you everything very nicely. I hope I'll have more chance to come. But beware of the false gurus. All these negative forces will crawl into this country somehow. And I know that in this country there are many who are Seekers. Many many more than there are in America. Because Americans are destroyed very much inside. So they should not get into the trap of these people who will destroy them. These Are The People Who destroy them. So it is better that we should be alert about it. I hope I will be able to come again. And then we will meet more people. And then it will grow gradually. It should grow as much as you can bear. If you get a large crowd how will you manage? So first you should get acquainted with it and gradually you will get more people.

And the greatest joy in the world is to give a realisation to other. Like an egg becomes the bird like in India they call it Dvijah means the one who has become the brahmin who has known the Brahma twice born. But it is not a false certificate. And also a bird which is called Dvija in sanskrit. So it is what it is. And we are at that brink of evolution. Like first one fish came out then few came out and then the shawls of fishes. And now this is the last thing the last breakthrough the epitome. At any cost it should not be missed. So you don't have to do anything you don't have to pay for it so why not have it?

Thank you very much.

## 1989-0821, The Divine Power is doing everything

View [online](#).

21 August 1989

The Divine Power Is Doing Everything

Public Program

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2 in Moscow (Russia), 21 August 1989.

I bow to all the seekers of truth.

The truth is that you are the spirit and that you are the part and parcel of the whole and that the all-pervading subtle power, living power, of love and knowledge is doing everything.

So when we think we are doing something, we are really playing with our ego. For example: if a tree is dead and out of that we make this platform, we think we have done a great job but - from dead to another dead. We cannot do any living work. So this idea that we are doing something only comes from our institution of ego.

But after self realization you can do living work. Like if you give vibrations to trees, who are dying of acid rains, you can stop their decaying and you can make them absolutely normal. If you try to give vibrations to a cow, Indian cow, which gives about, at the most, six to seven kilos of milk she can give sometimes more than an Australian cow which is about sixteen kilos; fifteen to sixteen.

A person who is supposed to be a dull person, a depressed person, can become suddenly very dynamic and can create works of art - music - which many people having gone to colleges of arts cannot achieve. With this new dimension of vibratory awareness you become collectively conscious. That means you can feel another person on your finger tips and if you can de-code it, then you know what is that person suffering from. Like an absolute computer you work. Even if you have ten children and tie up their eyes and ask them: 'what's wrong with this gentleman?' they'll all of them point out to the same finger.

(interpreter: sorry Mataji, could you repeat that; I didn't catch the idea. If you have ten children?)

Tied up their eyes and ask them to ask what's wrong with this gentleman, they all show the same fingers. So you know the absolute truth. Then you can make out who is a realized soul, who is a false person, also in the past who all have been realized souls. Everything you come to know, because now you have the absolute computer. Human beings have ten valences within themselves. As carbon has four they have ten valences. (Just show where.) In this part there are ten valences - in the green part that you see. And when these valences go out of control, then you either become sub-human, or you become a supra-human, means a very cruel person. These valences are enlightened within us so we don't have to tell: 'don't do this!' You just don't do it. As I told you the other day somebody is standing with a snake in the hand and then somebody tells him that: 'See, you have a snake in your hand.' But there is darkness. Then you put on the light. In that light he throws away the snake. You don't have to tell him don't. In the light of your own spirit you know what is for your benevolence.

So apart from that your physical side, mental side, emotional side improves, you get a much greater penetration into your creativity. And automatically you become a righteous person. You become extremely compassionate and generous. You enjoy your generosity. Then your sense of security is established. Many people in this world are insecure. I was just now discussing the Jewish problem. They got their problem because they were displaced from Egypt long time back. So all the time they still have a feeling that they'll be displaced from somewhere. All their action is based on that fear. Moreover they celebrate their Passover. They celebrate it the way they got their exodus. So it is a permanent reminder and all the time they are reminded we might have to again go away. Now they are not in Egypt but still the feeling is there. As in Christianity now, you are supposed to be sinners and there is a fear of going to hell all the time. Moreover you have to always confess that you have committed a sin. Especially women are sometimes very much insecure. If their husbands are wayward then they are all the time thinking that;



'We'll be divorced. We'll be left with our children. We'll have problem.' Such women develop a tremendous type of insecurity within themselves and that is how they get sometimes this breast cancer, because their motherhood is challenged.

At the heart chakra there is a bone, which you know as behind it, and this bone is the one which creates the anti-bodies 'til the age of twelve years and they go in the whole body. After twelve years of age if there is any fear, any trouble, then this bone, which is called as 'sternum' in English, starts pulsating. With that the message goes to these anti-bodies and they get prepared to fight. So those men who run after other women all the time, or have this joyless pursuit of having many love affairs, joyless pursuit it is, but all such men give horrible time to their wives. That's why Christ has said: 'Thou shalt not have adulterous eyes.' But all the Christian nations I have seen, most of the men and women have adulterous eyes. So such men give a tough time to their women and play games with them. Also when there are divorces and people, children suffer that their parents are lost, the father is lost or mother is lost, you catch this chakra on both the sides; one for the father and one for the mother. And if somebody, some child's parents, both of them die in early age then both these centers are very weak. So if the right heart center is weak because of father or because you are a bad husband then you get asthma. If you're a bad father or a bad husband then you get asthma. Or if a lady has suffered because she had no father or she has bad relations with the father then she can also get asthma.

This is the deeper reason. That's why people cannot cure asthma. With the left heart weakness people become, develop diseases of lethargic heart and with the over-activity (alright, thank you), with the over-activity that we do, the over right sidedness the more futuristic plans we have, also we have massive heart attacks. Now the second center of Swadishthana is very important, because it has a very important work to do. It converts fat into gray cells for your brain. When we think too much, then these gray cells have to be re-placed. So all the attention of the center, of the second center, is on transforming fat into brain cells. But this center also has to look after your liver, your pancreas, your spleen, your intestines, lower intestines and also your kidneys. (Shri Mataji says to interpreter: sorry! - and kidneys, kidneys and lower intestines, large intestines. Alright.) So all these organs are neglected. Now a person who is very futuristic, planning type, always thinks too much, has no energy for these organs. As a result of that you get a bad liver and liver, which has to take out the heat from your body, is incapable to remove the heat. So such a person has an attention which is very irritable. Very hot tempered you see. You have to reach such a person with a barge pole. God knows when they'll jump at you. Anybody like that you see, you know that he has a bad liver and forgive. Then there's your pancreas is in danger. As a result of that you develop diabetes.

Now in India, in the villages, people take sugar so much that the spoon has to stand at right angle in the cup and they never get diabetes because they don't think for tomorrow. They don't plan. They are satisfied people. One day they work, earn, eat and sleep off. At the most in the night they'll sit down and sing songs together - that's all. So in a way we are also happy that we are not so rich to get drunkards. Only when you have extra money you drink. Then we have the problems of the spleen. This is the most interesting one. The spleen has the job to supply red blood corpuscles whenever there is an emergency. I mean, supposing you have taken your food and after that you have to run: you get pain in the spleen area. If you have taken the food and suddenly you have to run then you get a pain in the spleen area. Because there is an emergency and the food is to be digested, so it becomes crazy. But in modern life we really make it crazy all the time. We have become slaves of watch. We try to save time to waste it. Time we have to save for meditation, for enjoying yourself. But we lead a very hectic and shocking life.

Early in the morning we read the newspaper, which is the most horrible thing. So many people have died, so many.... All kinds of nonsensical things. Newspaper never reports something good or peaceful. They have to shock you. So, early in the morning you get a shock, so poor spleen does not know what to do. Then you are hurrying up for your work. You get into your car, you are eating your breakfast there in a hurry. Then you find the jam. Then in the office your boss shouts at you. All the time you are on the run. This poor spleen doesn't know how to act with a crazy man like that, who is all the time in emergency. As a result it becomes hectic and a very serious disease called as blood cancer, or leukemia, manifests. Well, you will be happy to know that we have cured leukemia in India and also abroad. Because with Sahaja Yoga you become a peaceful personality and your spleen which is a speedometer doesn't become hectic. With kidney you get high blood pressures. Kidney troubles they are curable of course. Also you get large intestine with that constipations and all kinds of problems. Also you have problems if the Swadishthana chakra is lethargic. So you have to be in the center. Now at the vishuddhi chakra we become witness. Witness of the play. Witness of the drama.

When you get realization and vibrations start flowing in your hands because the vishuddhi chakra is enlightened. We express our collectivity and relationships with others with this center. We shake hands, we move hands, we talk to people with our hands - not with our legs. We nod our head say 'yes' or 'no' and the language also is expressed through this. In Sanskrit this power of expression of language is called as [WAIKHARI?]. Now you become absolutely collective if your this center is alright. It is spoilt on the left side if you are guilty, all the time think you are good for nothing; then this is spoilt. And such people run away from societies. The right sided people, who are having the right vishuddhi problems, are extremely aggressive with their language. They shout and say very horrible words and they try to control. They intimidate and so many politicians and we can say the dictators and also presidents and all of them. They try to control other people through this center, but this is a very dangerous thing because. Those people who go on chanting names develop the left vishuddhi. This is another madness is to go on chanting something like in Buddha's name they go on chanting, in Rama's name, Krishna's name.

By chanting, even Rama must be getting angry. Supposing we just go and stand in the palace of a king and you start saying: "A king! A king!" - then the king will get us arrested. But Rama is king of kings, so how can we just call His name? Is He in our pockets? There is a protocol. But after realization you take name of anyone, in one second the whole job is done. It is before your telephone is connected you go on ringing. The telephone gets spoilt. Like that your throat gets spoilt. Safety is about prayers, everything without connection. So now we have the center which is very important is what we call as agnya. Where the optic chiasma crosses each other in the center they call it Shiva's third eye. That's such an important center because it is a very narrow. Is called Shiva's third eye, because you can see inward, not outward. Those who see outward are not there. So if you see something outside like light, this that; that means something wrong with your agnya. Supposing you have a camera and the camera has to take the photograph outside the camera, but supposing the camera takes the photograph of your eye, then what would you say? In the same way Paul saw a cross somewhere. He had nothing to do with Christ. He is the one who organized Christianity and spoilt all the teachings of Christ. Now the last is the most important, is Sahasrara, is the thousand petal, which is made of thousand nerves and is covered by your ego and super-ego like this. And in the center of that is the limbic area. So when the Kundalini passes through this agnya, She sucks in these two institutions. So your karmas and your conditionings are sucked in and you become a free person. And then the Kundalini emerges through your fontanel bone area and gets connected with this all-pervading subtle power. As soon as the Kundalini passes through agnya, you become thoughtlessly aware. Now the one thought rises and falls off, another thought rises and falls off and we are jumping on the cusps of these thoughts. They come from the past or from the future. Now if I say that: "You be in the present" - you cannot be. If I say: "Pay attention to yourself" - you cannot. In between these thoughts there is a little space, which is the present. So when the Kundalini rises these thoughts become weak and there's a space in between, that's the present, where there's no thought. Then you grow spiritually and you are inspired. And now you can think about whatever you want whenever you want, with a new light, with a new penetration. Now Kundalini pierces through alright, but if you have problems She goes back and attends to it. So you have to know how to master it and how to fix your Kundalini, your connection, and once it is done you are in the second state, which we call as 'Nirvikalpa Samadhi', meaning 'doubtless awareness'. There's no end to this knowledge. I don't know! Thousands of lectures I've given so far in different languages. The tapes will be made available to you, once your connections are fixed. Actually we don't want you to read much, because if you go on reading you will know all the knowledge of Sahaja Yoga, so called, but the connection will be loose. As there are many lights here but we have to just switch on one light and the whole thing comes up. But if I have to tell you the discovery of electricity and how it is brought here to Moscow and all that you'll be fed up and you'll be tired and bored. So the best thing is first to have to a light. I hope you understand that no amount of discussions, arguments, reading is going to work it out. As Kundalini is the power of pure desire, you should keep your pure desire to be connected with that all-pervading power. That is the best way to achieve your spiritual ascent, as you are at the epitome of evolution and this is the last breakthrough into absolute knowledge and reality.

(Applause...)

Questions, there were so many questions. What happened to them? Lost them?

(Interpreter: Not too many today. Not too many questions today. We never offered. Just several I have on papers and I already made a suggestion. Those who have something to write please address and name and the usual proceedings and we shall

collect them and we shall make replies later).

Alright but please you have to give your questions and also you have to give your addresses to us, so that they could contact you for further information about what is the center you are going to have.

## 1989-0901, The International Situation

View [online](#).

1 September 1989

The International Situation (date Unknown)

Public Program

Mumbai (India)

Talk Language: English | Transcript (English) – VERIFIED

[A Talk given in response to a request from a Sahaja Yogi. Location unknown. Possibly UK]

The state of our planet, or Mother Earth, is very precarious. On one side we see signs of great destruction at the hands of human beings and which are therefore our own creation. The potent idea of destruction is at work within human beings, but it creates destructions on the outside. This destructiveness is not necessarily deliberate, but blind and uncontrollable. It is this blindness and ignorance that have to be enlightened.

According to the ancient Puranas of India it is precisely these dark days of Kali Yuga or modern times that are the times for en masse Self-Realization or the Age of enlightenment. But, we still have many problems from our past or our history that have to be solved beforehand. These have a bearing on the international situation, so first let us see which problem or problems have to be solved.

In international relations, there have been a number of fundamental problems in recent years. In the post-World War the most important political development has been the conflict between communism and the democratic idea. There was a fundamental cleavage between these forms of political thoughts and government, and this has resulted in a lot of constant tensions between East and West. This became one of the very crucial issues of our times for the future of humanity.

In recent years, however, there was a major change initiated, first in China by Mr Deng (Deng Xianping) who began to open Chinese society to the new ideas. But the most important change came with the arrival of Mr Gorbachev on the world scene. When he assumed power, he obviously made a very thorough review of the situation in his country and came to the conclusion that the old political and economic structure, in accordance with the orthodox communist doctrine, needed to be changed and that change had to be fundamental in nature.

So, he gave to the world two new words, “perestroika” and “glasnost”, which encompass some very radical changes. Is this the beginning of the new Age in accordance with the play of the Divine?

First of all, “perestroika” really means “restructuring”. Mr Gorbachev is engaged in a really great endeavour in totally restructuring the Soviet political and economic system. Accordingly, he has made breath-taking changes within a very limited period of time. He has also opened up Soviet society by using “glasnost”, which means “openness”.

Now, the democratic world is getting far more news of the USSR and the people of the USSR are getting far better news about their own affairs and those of the rest of the world. Not only that, but many more people are now visiting the USSR without any difficulties.

I should mention that recently about forty Sahaja Yogis from the West went to Russia. The invitation came out of the blue. We had a tremendous success and thousands of people came pouring in and most of them got their Self-realization. Russia is the first country which has recognized the unique capacity of Sahaja Yoga by granting official status of absolutely independent organization. Perhaps they have realised that it is only after Self-realization that the inner transformation process is triggered through which ultimately you get your enlightenment. This is our guess. But even on the spiritual level, as far as international relations are concerned, Mr Gorbachev and his new policies have resulted in the lessening of tensions between East and West.

In fact, by a very wise approach, Mr Gorbachev has taken a number of initiatives to demonstrate that he does not believe in East-West conflict at all, but rather in East-West cooperation. Perhaps he believes that by reducing pressure from the reformed Soviet side, the aim of bringing about a better relationship between the peoples of different parts of the world could be easily achieved, by gradually creating, in this way, a deeper sense of security, world peace could be finally established.

He has shown by his initiatives, with regard to disarmament in particular, that he no longer wants to take a stand on the basis of a mighty military force that has been perceived over the years as a threat to freedom in the West. He has shown remarkably his courage in the nuclear field and even in the field of conventional forces and has continued zealous negotiations between East and West for overall disarmament.

We should now appreciate how the apprehensions of the West are losing their substance. This is so obvious today in the views that have been expressed by a number of countries in the Western alliance. For example, West Germany, who was once the bitter enemy of the Soviet Union, now feels that the changes that have taken place in Russia are not merely cosmetic, but they are fundamental changes. The conclusion is that the West should now respond in a suitable way. Although some countries have not really responded, the results are evident. Thus, East-West conflicts have now ceased to be the most fundamental point of conflict in the world.

When there is a much better understanding between the two super powers and their allies, this naturally also has an effect on thinking in the NATO alliance. Not that one can say that all the problems are solved, but it is certainly not "problem number one" any more.

Then, what is the problem?

The world must decide that it can do to ease the labour pains of the birth of a democratic Russia and also decide how to tell the truth about the problems of the so-called free world without any egotism. This is a great challenge for the honesty and devotion to peace of the Western world. This is the moment for them to formulate a clear policy as to how to help that process, as well as diligently and wisely working out through profound introspection, how to establish security and peace within their own countries and to curb the self-destructive ventures of their own people.

If this policy is the right one and this process is supported in a pragmatic and humanistic way, then very quickly these changes will be miraculously consolidated and we will see a more humane freer society in the communist world. I feel that the Russians need real freedom, while the West needs wise self-discipline. Thus, My vision is that these right actions and these appropriate reactions will bear their fruit of a very beautiful world of brotherhood and peace, which will be worthy of its enlightenment.

Crucial and dangerous problem we must face is surely that of religious fundamentalism and we cannot point the finger at any religion in particular. Wherever you see or look you find that the concept of religion has strayed far from the original ideas of its founder. I have said many times before and I say it again now, on the tree of spirituality many beautiful flowers have appeared as seers, saints, prophets and Divine Incarnations at different times. Those flowers were nourished by the same sap of Divinity to manifests the fragrance of love for the whole world. But they were plucked from the tree of life by human beings and now these dead flowers have become so many dead religions without any fragrance or vitality.

Religion is meant to make human beings worthy, to transform them from their state of subjection to their original animal instincts and, after that, to wean them from their tribal instincts, which are based on insecurity, fear and conflict, balancing them to prepare them for their final transformation into enlightened and complete human beings, conscious of divine laws through their connection to God, God Almighty. This was the original intention at the awakening of the various religions in different parts of the world as a message of God to make human beings aware of His power of love, beauty and bliss.

Unfortunately, in the course of time, religion has become the point of the most tremendous conflict. They preach love and blind

faith, while they themselves have become money or power-oriented and those in the highest position of these so-called religion and religions do not themselves know God. They have no knowledge of reality.

In this way, these man-made religions have twisted or rationalized the words of pure scriptures. For in their pure form, all religions are created from one universal principle: seek ye first the kingdom of heaven, that is, seek the eternal which is unlimited and use the transitory only with a clear understanding of its limitations.

But on the contrary, in practice, man-made religions are organized for the contempt and hatred of others on the assumption that we are the chosen ones and yet no matter what faith they may profess, these staunch believers are capable of committing any number of sins.

This is because they do not have the consciousness of the guiding principle of the Spirit which spontaneously acts in our attention, only after Self-realisation, which leads eventually to our total enlightenment. Then the good or higher Self, controls the lower or baser self. This, which relies within our reach, on the path of our true ascent, in this Kali Yuga or dark Age in which we live.

Now, what I have found is that instead of uniting people, instead of making human beings good and loving, religions actually turn people into self-opinionated mental acrobats and fearsome defenders of faith. Of course, the truth in fact defends everyone and is in need of no defence. In the end all one can say about man-made religions is that the tree is known by the fruit it bears. Of course, as a result, many people do not believe in God. They do not believe in God at all. They believe only what can be scientifically proved, what can be demonstrated to give results.

But if you want to be scientific you must keep an open mind. You must be prepared to consider the evidence of demonstrable truths. Unless and until you have not felt the All-pervading Power of God how can you be at all sure that He does not exist?

If you do not keep an open mind, then it is simply the ego that is covering the pure light of your intelligence. However, I can assure you that the time has come to prove the existence of God by experiencing His All-pervading Power on your central nervous system, that is, on your fingertips. And so we realize that human beings have to be transformed and have to enter into a higher state of awareness, through inner transformation. This has to be the last breakthrough of our evolution, which is a living process.

The question before Me is: how make human beings seek the truth and the truth alone, by removing the evil effects of the conditioning of the past and of religions.

This is a very delicate task, because the human ego is so very easily hurt. As I have discovered, no amount of discussion or any mental process can achieve it. So, what is the answer?

It is obvious; the only way is the inner transformation by the living process of evolution in every seeker who comes for his Self-realization. This will be enough to change the world. A further important point, that needs to be appreciated, particularly by the free world, is that when freedom is abused it can become demonic. Because the freedom of the rational human being can also be used to serve destructive and evil purposes, either consciously or unconsciously.

In the free world, politicians are very anxious to keep their seats glued to them, if possible, and for that they have to please the voters. This is why the voters are given full freedom to run amok in their own private lives.

They have freedom to drink in their beds or in the pub from sunrise to sunset and from sunset to sunrise, all over again. They have freedom to keep any number of guns they like, to kill each other.

They have freedom to become like primitive people and to degenerate into a mere sex point, rather than a human being if so they choose. They have freedom to get themselves a heart attack from over-work or if not, then from jogging. Freedom to insult their

husbands or wives by sleeping with any Tom, Dick or Harry.

They have freedom to destroy their brain cells by listening to heavy, very heavy rock music from dawn to dusk and dusk to dawn.

The media have now achieved their final liberation from self-respect, decency, decorum and social responsibility, and have developed the highest expertise in slinging mud at anyone they please, and in preventing truth in the service of political creeds or sensationalisation, to slander and blaspheme the Divine without knowing or caring what sin they are committing.

They have freedom to destroy creativity with negative criticism and perverted values. So that, in order to win public acclaim in any branch of the arts, an artist is obliged to have recourse to something sub-human or obscene. They have freedom to burn their skin in the summer sun and to sleep without clothes like animals in the winter. Freedom to preach the religion of sex or gay liberation. Freedom to get cancer or AIDS. They have freedom to take a black magic spell and spoil their own and others' innocence. Freedom to indulge in any habit they choose, except so far drugs, but maybe tomorrow drugs will be made free as they are already in Amsterdam.

They are free to accumulate as much money as they like, regardless of the means. They are free to look stupid and weird, to be the last word in idiocy, to walk and talk in society in the most ghastly and crude manner, without even blushing. Every woman has the freedom to attract the looks of every man, like a prostitute, and every man is obliged to look young forever and so never maturing and reaching the heights of wisdom. In this way, the so-called liberated or permissive society, have reached the very limit of their decadence and their self-destruction.

So, this so-called freedom has its built-in polarity of enslavement and destruction, which manifest side by side. And yet so often people are blind to evil and no explanation is of any avail. If you try to tell them that they are damaging or destroying themselves, they will just say, "So what? What's wrong?" The slow suicide or the gradual decay is done in the name of freedom. But a free society must not mean that human beings are allowed to do what they please regardless of whether it is evil or good. One has to be aware of the importance of preserving goodness.

So, let not the free world believe that its battle is against communism. It has a battle on its own country, on its own hands, which it has to face. If it does not recognize that it is itself its own greatest problem, there will be terrible conflict of destruction or survival. And it is the abuse of freedom in the West that is in My view the fundamental problem facing the world today.

I hope that the Russians will keep their wisdom and their discretion intact and aim for freedom to ascend and not freedom to destroy themselves as the West is doing by creating a host of plagues, such as football hooligans and the mafias, all in the name of freedom.

If, in a free society, young people and people of mature years can openly take to degrading ways, then there must be a fundamental disease in that society. Therefore, at a time when the communist countries are making a wide-ranging review of their situation, the Western world also needs to make the same kind of fundamental review of itself. A solution has to be found to its most urgent problem, which is the abuse of its own freedom.

A further pressing problem is that of the environment. The very existence of human beings is now being threatened. People have now become aware of the damage that has been done to the environment and of the depletion of the ozone layer. Why do we still have acid rain?

Why do we have often disastrous climatic problems around the world? We have to find the answers to these problems. It is an extraordinary thing that in the developed world you cannot now be confident of getting proper food to eat. Every day there is a new scare about salmonella or a new product is put onto the banned food list. So, now food poisoning has become a very serious issue. What does that indicate? We have to know that this is the extreme of industrial development, by which we have become slaves of machines. Machines are created for our own use and yet we have become the victims of machines.

We have to change the balance between machine-made and hand-made goods and take more to natural things. Machines create things like plastics, which have no natural vibrations and which are actually injurious to human beings. But how to achieve this is the problem. How to reduce the consumption of such useless things, like plastic, in our daily life?

Another problem we have is that of relationships between people in society. The rapport between husband and wife or between one human being and another has become very artificial. They can no longer relate directly and simply to each other, but have to have something in between, in order to have a relationship at all. Like the television or a squabble, just to make the link. There are some people I'm told, who prefer to talk to the refrigerator, rather than their husband or their wife, because it won't aggress them. So much so, that in developed countries, people's pets have become more important than other human beings.

They have their dogs in their beds, on their dining room tables, but they will push their babies out into another room. They will entertain their dogs or their cats at their own table for their birthday, while thousands of human beings cannot find enough to eat. This is a funny sort of society that we have developed and we can see that first of all we have lacked maturity to understand that we are not individual but we are part and parcel of the whole. Our freedom has not given us the chance to mature, to also know that this world is created by God – He did not create nations.

You find very old men running after young girls, old women running after young boys. This is unnatural. There is a terrible increase in child abuse and the destruction of innocence going on. It is as if they cannot bear anyone to be innocent. People cannot even grow old naturally. The other day I saw, for instance, several octogenarian actors and actresses doing a rock and roll and shake sort of a dance. They had no need to; they were shaking themselves quite naturally with the walking sticks in their hands.

All these things might appear funny, but they are in fact very serious and a country which is filled with such immature, insane, sick people will explore anything, regardless of its value for our growth and our ascent. It is people who make society and it is the society that preserves the country. So, all these crazy things that come from this sort of freedom have to be brought round and cured or these countries will be ruined in no time.

To My mind, there is only one solution; that is the transformation of human beings. Now this transformation is possible, here and now, and on a mass scale. I would like to show you on another occasion how it can be done and how to work out the emancipation of human beings, spontaneously and effortlessly and without paying a penny for it. Let Me show you one day, how through Sahaja Yoga, you can transform yourself and change the world.



## 1989-1006, 8th Day of Navaratri, Talk to English Yogis on Style and Content

View [online](#).

6 October 1989

Navaratri Puja

Butlins Grand Hotel, Margate (England)

Talk Language: English | Transcript (English) – VERIFIED

Talk to English Yogis, 8th day of Navaratri, Margate, 6th October 1989

Today is the eighth day of the Devi puja and, on this day, the power of Kali acts and She is the one called as Samhara Kali, meaning the one who destroys all the evil forces. So it is a very good day, that we have a puja here, in England. I am very happy about it.

My spectacles? In my purse, I think. Where is she? She's got it?

Now, I was thinking that I should talk to the UK Sahaj Yogis, because very important.

I'll be completing now sixteen years of my stay in UK and I have really found such love and such goodness about you people. Now next year, I will not be staying here because my husband is going to be transferred and of course and I'll be coming back and for a month or so, I could be with you, maybe much more closer than I have been so far.

But there's something that I think I should warn you people, because now I'm receiving lots of letters about Gavin [Brown] asking, "Why Gavin has become like that? What's gone wrong with him?" Perhaps everybody seems to quite frightened to see these things happening and to some other Sahaj Yogis also.

Because in other countries, when the Sahaj Yogis go out of Sahaj Yoga, they don't get after me, or they don't get after Sahaj Yoga or Sahaj Yogis. But they think there's something wrong with them and they feel very sorry and keep out. But why is it that Gavin has become so adamant and is becoming so much against us? And I am told he's supplying information to some horrible organisations and things like that.

I mean I don't know how to explain human behaviour. It's difficult because when you have found out something so great and if you cannot value it, what happens? Why?

So, I feel that English have so many great qualities among them because at the time of crisis they are the ones who have always stood up. Because of them we could avert the war, second world war, was averted because of them. Not only that, but also they work out things at the nick of the time, whenever it is necessary. And their whole style is very quiet and they show results at the right time, that's a fact, no doubt. One has to accept it. All these qualities are there, but I think there are certain other things which have crawled up and maybe that's one of the reasons we have to guard against, if you have to keep to Sahaj Yoga, if you have to grow in Sahaj Yog.

So one of the things I have found out that English believe more in the style, what your style is. Say, like a cocktail style, you can call it, or a dandy style then a punk style and this style and that style. You have got tailcoat style. All sorts of styles here, they say. And because [there's] too much of it, in the atmosphere, too much. As soon as you see a house they'll tell you, "Oh, this is Georgian!" "This is such and such," and "This is Neo this and that!" So, you see, it must go up to that style, it has to be that style [for them]. And any house which is not to that style, then they'll say, "Oh, it's a compromise!" There's a little fussy or I don't know what all words they use to criticise such a thing.

So this is one thing we have to know that styles cannot substitute the content. It cannot be a substitute.

Style is so outward and so deceptive. It is so deceptive and so outward that it deceives us also. Like, if we feel that we are a class, or something, there's class consciousness also quite a lot. If we start thinking, we are [from] a [social] class. Then I mean, one has to know that this is something very man made stuff – to be a class. If you say, "I am a class." That means it's all man made. It's not the way the Divine is. The Divine doesn't have all these differentiations.

You are a class Sahaj Yogi, means in your content, within yourself, you have such powers; that you can face yourself happily and you enjoy yourself, and you know yourself. That is what is a class in Sahaj Yoga, not how you dress up or how you talk of you hold your fork and spoon – it's not the way. So this style that we think of is no substitute for the contents.

Now this thing works out better with this outside culture that we have, that you should not express your feelings. This is another nonsense they have taught us, in this country, which is all nonsense, absolute nonsense – you should not express your feelings and you should be poised. Somebody died, a friend in our circle, and Mr. Shrivastava went there. Thank God, I had no black sari so I didn't go! But you must go in the black sari, and black blouse and black everything and the black bangles and I said, "Baba, I don't have all these black, black things, so what to do?" So I didn't go.

I mean what is there? A person is dead now, he doesn't see you whether you're in black or red, you see? But one thing is there, definitely, that if you wear something, whatever you wear, you express the inside, the content within you, that you're so sad and unhappy.

And then he went and there was a champagne for that! I mean, somebody is born you have a champagne somebody dies you have a champagne. So champagne has nothing to do with the style, they can have [that] at any time. But the style was, you must wear black, everything black. I said, "This is too much!" I mean at the most one could have some strip of black to suggest. But what is there to suggest, if somebody is dead?

I mean you do feel inside. And he was looking very sick, my husband was looking very sick, because he was feeling so sad really that he had lost a friend. I also cried. So they said, "What's the matter, are you not well?" They were all laughing, joking, and the dead body was lying in the next room! So C.P. said, "No, but such a friend!" "Oh! Be poised! You have no poise, Mr Shrivastava!"

And one lady had gone, whom she's also our common friend, she's from, I think, Ghana or some place, and she started crying, naturally! I would have also have also cried, thank God I didn't go. So they all criticised her, "This is not proper, she should not have done all this things," and all that.

So all these ideas, you see, every country has some sort of a conditioning and we must realise what our conditionings are. Then we are all right. Because we have to break all our conditionings in every country. The best thing about Sahaj Yogis is that once they become a Sahaj Yogi, they see the problems of their own country. This is the best thing we have. And they laugh at the people who are there.

But still we must know there might be some subtle things lying within us, because from this case of Gavin, now you can see clearly. You see, he had a style, always he had a style for everything: for puja he'll have a style, this thing he'll have a style, that thing he'll have style. So I used to little bit doubt him. I said, "Why is he's so much worried about his style?" Even if he'll wear an Indian dress, he will think of a style, what style it is. I said, "You see, we don't have any styles. This, we have been wearing from ages! Now what style can we have? We don't have Georgian, this, that style at all. It's only one style, is kurta – that's all." So like that, he was more worried about the style he would put up. And that's what I am saying, that we have to understand that style cannot substitute your content. Be careful.

So now not to express your feelings, you shouldn't laugh you should sit like a monk. We don't want monks here, all right? You have to really laugh aloud and enjoy and show your expression of your enjoyment. If you cannot laugh it out, if you do not know how to enjoy your Spirit, you are not a Sahaj Yogi, finished! That's all. If you are a Sahaj Yogi, then you should be able to enjoy

everything, every small thing you should enjoy.

Once we climbed a hill to go to a temple to see. It was an old temple, we went to see that and we had to climb quite a lot. My son in law, my daughter, they were exhausted, but I was enjoying everything. I didn't feel anything. I went up and then we all laid down there, in one of the outer sides of the temples. And he said, "I'm fed up of this," my son in law said, "it's too much to climb this." I said, "Now watch these elephants, see these elephants are so nicely done! Everybody has a different type of a tail!" He said, "Mummy how can you see tails at this time at this time when I'm so exhausted?"

I said, "That's how I don't get exhausted! But you can see the tails, there are different, different types!" He said, "Just now I cannot".

I said, "You start seeing them, you'll forget it." And really it happened.

So one thing is: we are not any more English, or UK Sahaj Yogis, we are Sahaj Yogis of the God's Kingdom. And we know what is the truth. And we are not going to make ourselves miserable for nothing at all, because some of our great grandfathers have told us to put things like this, that you have not to express your feelings.

But it was not so bad I must tell you when I first came, when I gave Realisation to Douglas. If you see him, he'll remember. You see, he lost all balance, he just picked me up and put me up like that. And I felt that English have improved a lot! But Gregoire was there, he got nervous, He said, "Put Her down! Put Her down!"

So it was so simple, so spontaneous, so natural, you know. That is what we should understand: Are we natural? Are we spontaneous? Do we laugh a lot? Do we talk in a very open way? To be open hearted is wrong according to the old stupid traditions what you must have had. It's wrong, absolutely wrong I tell you!

So this is one of the things we must cut out that we have no other styles, but Sahaj Yoga style is to laugh, to talk to embrace everyone and to be joyous. That's what we are. Because we know the knowledge, we are gnostics, they are not stupid blind people, who would wear their, black hats to go to church and sit over all the tombs there. We know such a lot.

So this is first thing that we have no styles, no styles of any kind.

Now some Sahaj Yogis went abroad got married, from UK and I have complaints about them, that they think they have become ladies and ladas. I said, "Eh? Ladies and ladas? They have had no jobs here, how have they become ladies? They said, "They have. Now they want to wear a kind of a hat and they want to wear this kind of a thing and some of them have become hippies!" I said, "Hippies, why? I can't understand!" "And they don't want to talk to anyone and they are stiff upper lip." All English styles, you see!

I said, "I hope they are not wearing tail coats borrowed from this Moss Bros." (laughter)

So it was very sad because they would not go to any collective programmes, they would not, because, you know, they have become now sahibs, you see! In India, they are called as sahibs. In India, if somebody tries to show too much style or tries to show that he's some class, they say, "Ha! Now he's become a sahib! He's become a sahib!" Sahib means, it's condemnation. In India it is condemnation. But that's what it is. It's come from English only, because English would talk like that; sometimes in such a manner that, even he might be just a butler somewhere, but he would talk with such a big airs about him. But you are not that.

And we have been thinking why, why is it, that the English cannot open their hearts? After all, you live on the heart of the whole universe! I mean, if you don't open your hearts who else is going to open their hearts? There's no need to be vivacious, talking like this, talking like that, it's not needed, I am not saying that, that, please understand. But I am saying, in a proper dignified manner, you have to laugh, you have to joke, you have to enjoy.

Because there's no joy inside that's why it is so. Is it not? Or is there joy? And still you think, "If I laugh too much, what will people say?"

So, this is one thing one has to understand: that all these artificialities are all stupid artificialities that were there. Like at the time you go to one of the queens parties — I must tell you about it because I've been to all this nonsense — and there are people who come in there, of course this Moss Bros. business again, they come in their tailcoats. And some get very tight ones and some get very loose ones, you see! (laughter) The tight ones walk with such a funny gait, you don't know what to do, you feel like laughing all the time and they look like jokers, I tell you. Very nice dignified people look like jokers. And the others who have loose ones walk like Charlie Chaplin. (laughter) And I can never make them out, I tell you, I told CP, "Is he the same?" "Yes, he's the same why?" I said, "I can't make him out, he's looking so different like Charlie Chaplin!"

Might be, Charlie Chaplin might have been to one of these such parties, I am sure, the way he had his dress made. Because this is absolutely there, I tell you. And then, they must have the tea, sit down this, that nonsense, you see. What I am saying [is] that all this trickles down to us from a man-made nonsensical idea.

We are sitting in the Kingdom of God. So we are not going to do all these things. We are not going to indulge into all such nonsensical things, because it gives such an artificial superiority and cuts you off from the rest of the world.

So I have to really tell you that, in this whatever has happened [is] that the kind of artificiality that was built up, the reality had to give up. It couldn't bear any more of that artificiality, it was too much.

Now I have tried to find out why this difference like I have seen Jeremy [ ] and Robert [Hunter], they have become real Italians, I tell you. So once, we had gone for shopping and then we said, "Let's have some ice cream!" Guido is very good at taking me to ice cream shops, because I never eat otherwise! So we were there and suddenly we heard a big laughter coming. I said, "Looks like some Sahaj Yogis coming this side." It was Baba Mama and these two coming down to the same shop, and laughing so loudly, that even the Italians were looking at them that, "Who are these greater Italians who have come here?" Three of them laughing and laughing! And they saw us and they got a fright, because they were sitting. I said, "I am so happy to hear your laughter. All the way you came here and everybody was looking at you." Because both of them know Italian language, they know another language.

There's another thing with us is that we don't want to learn any other language. Everyone will have to jolly well learn English language, otherwise we think they are all stupid fools. And we make fun of them. I have seen so many films here — they show so many little, little dramas sometimes some sort of series coming — where the show a French speaking English in a funny way, or a German speaking in a funny way. And also I think English can speak in quite a funny way to me! Sometimes it's impossible. Like today, the ticket collector I don't know what language he spoke, but I didn't understand what he was talking, he was trying to be nice. But I was looking at him, I was about to ask him, "Now, what [is this] Oxford English, or is it Cambridge English? I don't understand." That's how.

So what I am saying [is] that language is just for communication. But in the communication, if there's no love, if there's no genuineness, if there's no feeling, concern, why do we want to communicate with anyone? Just a lip service is no good.

So now we are not only part and parcel of this world but of the whole. And everything circulates through you once you give up this insular feeling. But insulation is there, very much insulation, in the character, maybe because of England being an island. Except, as I was telling today to David [Spiro], that except for attacking other people and going into up to even China up to Australia, otherwise they are insulated!

So we must learn to watch ourselves, we must learn what is coming to us from our forefathers. This is the inheritance we have got! So suddenly we become lords, suddenly we become ladies, suddenly we become some sort of an English duke.

In India they made a lot of fun. You must have seen the dukes nose they have given the name to one projection of a mountain, they call it, "This is a dukes nose," because some duke must have gone with a nose like that.

So we must learn to make fun of ourselves. Then all these things will disappear, and must understand that we are much higher people than this limited thing. It's no good. And if we are following these old people then we can become bhootish with them, because they were quite bhoots, you can see them, they were quite bhoots, the way they did certain things. And now they are dead and gone, we are newly born, special people, we are flowers and we should be fragrant.

And this is what happened with Gavin, that he's gone down too much. And this Valerie [Brown] is a character which is another horrible one. I just don't know what to say about her — the less said the better. I mean I have never seen such a person writing such a horrible thing, I have never heard that such books are written for general reading. I mean in India [it's] out of question! Even one sentence like that wont be permitted. Something that's nauseating, absolutely nauseating. I couldn't read of course, I am sorry to say. But whatever I heard about it. And there were a few lines, they read it and I said, "Baba! Stop it! Stop it! Stop it! I don't want to vomit!"

So to just to have a style and this and that, it is not all right. We are the Spirit and the Spirit is the light, light all around us, all around our auras. There are people walking with a special type of a personality, what do we need style for? Who has better style than ours? We make our own styles, we are the makers of styles.

So to conform to some sort of a nonsensical idea and to secede yourself, to separate yourself, to cut yourself from the collective, is nonsensical.

Now this time, those who are going to India, I have to tell you one thing: that you must get mixed up with people. We'll not have any camp which will have only English or this. And it's a very common failing, we must face it. It's a very common failing. Because now, I'm in England, so I'm also English, but I don't have this failing in me. But I have seen Indians, when they live here, they become like this.

I went to a place called Mar del Plata in Argentina. It's a very beautiful place, very beautiful colony of people. So I said, "Who are these people living here?" They said; "All Spanish, Italians, this, that." "And English?" They said, "No! English have a separate colony of theirs." But I wouldn't be surprised tomorrow we have a separate colony of the English Indians; could be.

They say in Sanskrit, "Sangati sanga doshena," means, if you live with somebody, you become like that. So we might have some dukes and duchesses in the Indian community also possibly tomorrow if they live here — quite possible. This is such a charged atmosphere, "We are something special." And it shows so clearly when they do to another country, it creates problems. They cannot mix up with people, they cannot talk to others, all the time they think they are like some media people, trying to criticise.

The whole attitude is that we have to get mixed up with the whole ocean of Sahaj Yogis. Instead of that, if you behave like that, people think they are criticising us. That's why I have said many a times that we cannot use the words "I like" or "I believe". No, not to use. Because that is how you despise others "I don't like this, I don't like that." You may not even have half of this in your own house, but they will say like that. You may not have food in the house to eat but when they go to somebody's house, they say, "I don't like this food." That we don't have to have. All these things I have seen in him (Gavin Brown) and that's what I am telling you.

Of course there are many books to read and we can. One good quality about English is that they are scholarly, they have scholarship. They read a lot, they know a lot. Ordinary person will also know. Also it being a very small country, they know about little, little places. You go anywhere they know, "This glass is from Darlington, this is from here, that is from there." Indians wouldn't know anything! And if you ask them, "This sari comes from where?" Men, especially, women may tell you. Women will say, "I don't know, must be from India is it? Or is it from Kenya?"

They know about birds, about from where they come. But all these things, you see, this knowledge sometimes can make us over nationalistic: "We the British!" It can come. Be careful on that point, to say, "We are the British." We are not! We are not Indians, we are not British, we are nothing. We are gnostics. We are the ones who know. We are Yogis. Because this is such an artificial ego in our head and that has made people hate us, while we are here to love the whole world.

So our beauty lies in how much we love others. We must face ourselves: "How much do we love, others? How much do we care for others? How much do we enjoy others? How do I feel when I face another Sahaj Yogi?"

When I see you, a ripple of joy becomes like a thunder to me. I mean, I don't know where I stand. And sometimes I feel I might just raise myself up in the heaven! That is the content within us of our Spirit. Not all these artificial things, they can never give us joy. They cannot give joy to anybody else.

We have to be very simple people. Simple doesn't mean that you should just wear some little few clothes, it doesn't mean that. Simple, means from your heart. For small, small things you should feel happy. Simple things should make you happy. And that is how we'll get closer to each other.

Because this world has to be one. Now when it will be one Europe, what's going happen to English I don't know. They'll have to jump in the sea I think because the way they will be encroached by all these people because they are in a way, in an English way, they are aggressive people, because if an Italian is there, he'll just walk into your house and say, "What have you got for today's dinner?" Quite possible! And you will say, "What's this? It's very unmannerly to walk in my house!"

Why do you have a house? Even a rat cannot walk into that house. You polish your, brass, you do all your cleanings, sweepings — for whom? There's not even a rat in the house to come and see it. What's the use of doing all this? [Might as well] live like pigs then, better is, [so as] not to waste energy. Because there's not even a pig to come and see you!

All right the climate is such [that] we can't leave the doors open, all right, but hearts can be open. I have had lots of experiences of this myself. But in Sahaj Yoga, if it crawls up, then I don't think our Sahaj Yoga can prosper, or people can have that content.

The quality of Sahaj Yoga should be within us: how many people we give Realisation? How many people we can talk to? How much do we know about Sahaj Yoga? How much we have mastered it, how many people we get into Sahaj Yoga? Can we?

It's the circulation of the heart that is important. And if you cannot circulate why are you living on the heart? This is the country of heart where Shiva lives, where He is pulsating in everything — is pulsating in everything — and there where you are there, then what you should do?

Circulation: how much you can circulate, articulate with people, rapport, understanding. Everywhere there's joy, everywhere there's understanding. Such oceans of depths people have but we must know how to penetrate into them. But if you want to have the pearls, you have to dive down. But if you want to live with the straw it is hanging there on the surface — live with it!

We have come to Sahaj Yoga to become great people. We have been British, all right finished now, done! But now we had a second birth, we have entered into the Kingdom of God, now we are here to become great people, great monarchs.

And these styles and all this have come from the so-called monarchs and kings and horrible people they were! Do you know that? They told me that Queen Elizabeth, the first one, had a kind of a funny patch here, they don't know if she was a man or a woman, or whatever it is, whatever she was, man or a woman, or a person, this was the thing, she had a patch here. That's why she made this kind of a collar for her which was standing here. And everybody had to wear that! And they said about Victoria also — I don't want to say anything against her because I have great respect for her — but they say she developed a hump on the back so she developed these Victorian skirts.

So also you can see that hippyism started in England, punkism started in England. Imagine the punks! They are mad! And when I went to an exhibition in Rome, beautiful exhibition it was, we were passing from one country to another country, to another country, and there, I thought of England, because I have become English as I told you. He said, "Where is UK?" He said, "It's there!" And there were about six seven boys mostly from Italy, and three, four girls laughing, "Ha! Ha!" I said, "What's happening there? What's the matter? Why are they laughing at the English, when the English laugh at everyone?" And you know what was that? It was a punk shop — that's the only thing they had for exhibition, believe me.

Holey pants, holey, H O L E Y ! Holey pants and they had these — what you call them, what do you call I don't know? We call toora in Hindi language that kind of thing — and all that, they were selling there. And they said, "It's all genuine, genuine, genuine from England." And all of these Italians were laughing. So I asked Flavia, "Why are they laughing at these British?" He said, "Mother, we have a sense of ridicule, we have a great sense of ridicule." While these people were thinking, "So what? What's wrong? If I cut my nose what's wrong?"

So ultimately we end up into this kind of a stupidity, as you know, that a person who has this kind of an ego becomes an idiot. And there are many things which you can see clearly how, how we thought that we were something great and how people befooled us.

There's a great writer in Hindi language called as Premchand. I must tell you his story it's very interesting. We had English in India and we knew how to befool them, I must tell you, frankly. And there were two Englishmen going in a Benares street. And mostly in Benares, they have their WCs on top in the open. They sit there. And we carry our jar, lota (round water pot), they call it lota with the water. Somebody put the lota there, and suddenly, with some sort of a thing, it fell down. And it just fell down — are you recording me? Hello? Now don't record this. You want to record it? Only for English all right. But don't give it to anybody else! (laughter)

So the lota fell down. And he describes, "Fell on the feet of those where many Indians go and put there heads." So I said, "What that must be?" They were the feet of two Englishmen. And then the Englishmen got angry, because according to their country's law nothing can be hurt. And they took the lota they said, "We are taking you to the police now. This has hurt us so much!" So, the man who was upstairs came running, said, "Sorry, sorry!" He said, "Nothing doing, we are going to take you to the police! It has hurt us. You had no business to keep a lota there that it fell on our feet."

In India, nobody compensates. But if an Englishman comes and says, all right, they'll say, "Baba, it's all right, what to do?"

So there was one fellow who thought of a trick. He knew English. He said, "See, you can take them to police. At most police will fine them a little bit. But do you know this lota?" He said, "What?" "This lota belonged to Akbar. Akbar used to carry this lota with him, so instead of taking them if you ask for this lota will be a good idea its an antique piece you see. Will be good for you Akbar the great used to take this!"

And he told in Hindi language to them that, "I have befooled them and I have told then this belonged to Akbar and you just say that 'We don't want to give this lota and you can take us to police!' So they said, "Now, all right. If you give us this lota, then we'll forgive you!" So these people said, "No we don't want to give this lota." "Why?" "Because it belonged to Akbar! How can we give such a lota? He was our forefather. We can't give our lota to you!"

So then the English said, "All right, then are you willing to come to police?" "Yes, yes, we are willing to come to police but we can't give you this lota!" So they paid lot of money for that lota and bought it. (laughter) And they were very proud, you see. And they took that lota and they must have put it in some frame to say that this is was the lota which was carried by Akbar.

So this is how it is. So first we must have respect for other cultures, other things and other people and other countries and try to see what they have good about them. Otherwise nothing will penetrate into you and you will be left high and dry all your life.

There's so many nice things in this world. Say you go to Italy — see the beautiful work they do, the furniture they make, things they make. Once they come to England I don't know what's going to happen to us. We had lots of beautiful art and we had talents, but all finished now, nobody is having that. And when they come here what is going to happen?

In machinery, when the Germans come here, they'll finish us off.

So we have to realise that these outside things and thinking that we are something great, is not greatness. Greatness is within yourself, within your heart. And it is so much, so much evident, so much evident here, that it's really shocking.

As a reaction to all that formalities and all that, people might have taken to very casual dresses, all right. But that's not the way, because from inside it has to go.

All these ideas have to be washed off completely, cleaned off. And we have to know that we are the ones, we have to give light of the Spirit to the whole world. And how can we cover and cloud ourselves with all these funny ideas?

And that's why so many of you, you have asked me questions about Gavin. Only thing I have to say [is] that, to this extent, only an Englishman can go because he can forgive himself. To this extent nobody else can go. Nobody has done like this. No one has done like this. We had so many people removed from Sahaj Yoga, you know that very well. But the way he has gone down and the way he was with us for the last fourteen years, it's surprising. And I understand that people ask me questions, I understand why it is happening.

But be careful now! Let us not be lost with these foolish stupid ideas we had. And let us be something great. Let us be within ourselves, see for ourselves.

No amount of arrogance, no amount of artificiality is going to give us any special personality, except that we realise what we are. And when we know what we are, we enjoy ourselves, we never get bored, we enjoy ourselves — never get bored.

So at the beginning of the programme I have to say that I have seen the Sahaj Yogis if they want to be good they can be really very good people, in England, because the quality of intelligence is much better, perhaps, also their scholarship is very good. But when they fall, they fall also very fast and go down very much. So on what we have to depend is our step where we are standing and what step we are going to take further.

For example meditating: Dr. Brian Wells told me that people don't want to meditate in the ashram. Now meditation is very important, is the only way we can grow.

Now all right, people used to get up, say about ten o'clock before. But do you don't get drunk, why should you get up at ten o'clock? You have to get up in the morning. You have to look after yourself: means you have to look after your Spirit! And that's what we have to achieve. And I know if you all decide you can do it very well. Among yourselves is [a] better understanding but when it comes to others it seems there's some sort of a communication gap which [there] should not be.

If the Germans could be that gentle and so sweet. You've seen the German people who are Sahaj Yogis — even to touch a flower is easier than to touch a German I tell you they have become so gentle, because they have learnt a lesson. And I asked a German, "What's the matter with English? Why haven't they learnt a lesson?" He answered me back, which is a very important thing to know, "They have never lost a war Mother. They have to lose one war, they'll be all right."

So the gentleness, which is not outward, which is not just a lip service, but from within: "How can they hurt someone?"

I mean, I had to put myself into a frame of mind to talk to you like this. And I didn't know how many flowers I should weave round



my words so that it should not hurt you. And even then [in] the back of my mind, there's a kind of a sadness, because I love you so much and it shows that I have stayed with you the most of the time. You are specially privileged. But that should give you greater humility. Because whatever are my qualities they should be much more in you and be shown to people that they should [say], "Oh, English, we can make out, they're like Mother to look at. They are like Mother to behave. They are just like Mother." Let me hear that. All right?

So it's a promise to me — is it all right? — on an Ashtami day. Let us finish all these negativities and let us become that special type of people who are worshipped all over. All right?

May God Bless You.

## 1989-1008, 10th Day of Navaratri, Depth and Contentment

View [online](#).

8 October 1989

Navaratri Puja

Butlins Grand Hotel, Margate (England)

Talk Language: English | Transcript (English) – Draft

It was very spontaneously decided that we should have the Devi Puja in England. And this is the place where really Devi Puja should be, because it's the place of Sadashiva and where Adi Shakti should be worshipped.

We have to today understand that why do we do Devi Puja? What is the reason for this Devi Puja? What do we get out of it? What are we supposed to achieve in our contents within ourselves?

The first thing is that Kundalini is the Devi. She's the reflection of the Adi Shakti. So when you worship Devi, first you worship also your own Kundalini by giving Her credit because She has given you this realization. It's much deeper understanding than normally people have about the Devi Puja because they are not realized souls. Their Kundalini not is awakened. So normally when they do Devi Puja it's for the purpose of getting realization so that the Devi should be pleased – prasanna – and should give them realization, or must get our chance to get to somebody who will give them realization. But you are at a different level now. So it's more of a thanksgiving to your own Kundalini and to Adi Shakti, glorifying that whatever has happened so miraculously is because of the Kundalini which was within you, which was reflected by the Adi Shakti.

But one has to know that only we are realized souls is not the point, only that we can feel the vibrations is not the point, that we can give realizations to other is also not the point. Then what is it? Very important – it's the content within us. What do we have within us is the point. These are all the expressions of what we have within. Supposing somebody is generous, then know that he's a rich man, otherwise he cannot be.

So the content within us, we have to see. And when we start seeing the content, where do we find in the nature there is real content? We see the sea; sea is there you see, full of water. So much of water it sucks in from everywhere, and then it allows itself to be boiled by the sun and gives rain. But sea is the lowest level, stands at the lowest level and sucks in all the water from everywhere. In the same way a Sahaja yogi must know that to be really achieving more content, we have to be not at a higher level outside. It's said in the Bible, "You have to be meek," but I think it was not explained to people. Only the strong people can be meek, secured people can be meek, only the rich in essence can be meek, not the people who are insecure. Because they are insecure, how can they be meek? And not the people whom we think are rich, so-called, because if they are rich they are not generous, they are not satisfied, they are not philanthropic, so they are not rich. They are still greedy beggars.

So the content within us is to be seen. What is our content? You love Me, I love you – it's very good. But when you love Me, you have to know that there are certain qualities which are very lovable in a Sahaja yogi. Actually people get lost even after Sahaja Yoga. They think they can get over everything, they're perfectly all right, and they are thrown overboard. So when we say that we have to be meek, this is a content, the humility is a content. So try to that, try to be humble with someone. You'll like yourself. You'll enjoy that quality within this that, "You see, I'm humbler than another person."

And what is another thing we find has content are the great mountains, because they have heights and they are the only ones who can capture the clouds. So such a rapport there is between the humility of the ocean and the heights of the mountain. That's how a Sahaja yogi should be. He is too high because so much of content is there in that ocean, then it has become beautiful like clouds and touched his height, his Kailasha where resides the Shiva. So it's so joy-giving.

Of course as you have painted Me there, it's true that was My situation once upon a time. Today also it is My situation no doubt, in a very subtle manner, because there's so much of negativity and I have to work it out on all kinds of levels. There is no excuse

for some human being to be a devil, no excuse, and for a Sahaja yogi there is no excuse at all. But still once I have called you My son, My child, there is a little blessing; goes, I would say, a long rope. But that long rope one should not care for. You have to care for your own quality, for your own inner capacity to suck in.

Now look at the ocean as it is. All that is around falls into the ocean, everything. And then the sun – we can say that's the Spirit – evaporates. Only possible in the ocean. It doesn't evaporate the rivers so much as it can because it's such a wide thing, such a deep thing, inexhaustible. And then absolutely pure material comes out of that, and that can go and touch the heart. Because as a Sahaja Yogi those hearts are at a very high level where there is Shiva residing. Nobody can reach there except for the purity, and unless and until you have that largeness, that depth, that humility, and the maryadas. You know that sea never leaves its own maryadas, and if you press it from one end it will express on one other side – it never leaves. If Pacific Ocean was even hundred feet deeper there would have been a problem.

So even in depth, in its height, in its spreading it has its own maryadas. But in that maryada he has the feeling that he is one with the nature, one with Mother. He is not disturbing the Mother Earth, nicely placed in the body of Mother Earth. Nature is bound by the Divine. The Divine looks after the nature. So everything works out beautifully and you have freedom. And after Sahaja Yoga you have greater freedom, absolute freedom, because you cannot be bound by anything nonsensical, anything sinful, anything base. You are above that like a mountain. And so wherever there is a combination of a mountain and an ocean, the ships can come. Deep people can only come to such shores where there is depth. That's how you achieve your depth, between your Heart and your Bhavasagara, that beautiful area where people can come to you and just they know this is something great, everybody knows that.

You have seen that I am like any other woman to look at. I don't know, you might think I am different, but normally... But how many people come to My program? How do they come to My program? Must think. In Colombia when nobody had even heard My name, thousands came – I mean, very surprising. And people had no place to sit. In Russia where, I mean, no question of My, their knowing My name, there are no books published, nothing. So you can say that, "Mother, You manipulate it through the collective unconscious." I do not, but it does – I think so.

So when the Sahaja yogis have that content within themselves, the collective unconscious, the Divine will act, definitely act. Like a person who is spreading advertisements, this that, yes people come. Because he takes money they think they can purchase this man. But where there is no money involved, no business involved, nothing, you people are just simple people just like them, so? But it's all done by the Divine, isn't it? So the Divine works it out. But if the Sahaja yogis in a place are good for nothing, then even if I am there it does not work. Half-hearted people if they are it does not work. In no way to discourage you but to tell you that you have to develop your content within yourself, a complete faith in yourself. This is the greatest property of a Sahaja yogi.

And what is this ocean? It's love, it's love and love. It doesn't talk, it doesn't do much, nothing is to be done in this. It just works spontaneously. The less you do the better. The more you try to do, "I will do this, manipulate there", no, you just develop your content within yourself. And imagine, you are all so lucky, you have so many provisions which nobody had. They had to go into jungles, they had to take all the wrath of their gurus and nobody to protect them. And they never had Adi Shakti to worship. So you have Adi Shakti with you, whose power is all this Divine. So you are at such an advantageous position. But first you must realize.

So when we say we should have content, then the vessel has to be strong otherwise everything will break. And this strength is the one you should know, that you are completely protected. No one can harm you. They'll try. This has to be otherwise how will you test whether you are absolutely safe or not. So somebody has to try some tricks just to see and for you to watch how you are successful. Without doing anything you'll be amazed, everything will be cleared out. And you'll not know how things have cleared out, how things have worked out. So the strength comes.

Again the question is how the strength comes into a Sahaja yogi. There I would say it's the shraddha. Shraddha is not blind faith. After Sahaja Yoga, after realization you know everything. You've seen My photographs, you have seen how Sahaja Yoga works, you've seen how you can raise the Kundalini of people, you can feel the vibrations; you can feel others', you can cure others. All

this power is within you. But just to realize that power without ego is your strength. And when you are powerful you don't have the ego because what is the need there? Ego is there only when you don't have power because you want to have more, more, more. But when you are fully there, there's no ego. So this power is to be ascertained first, to find out whether you are powerful or not, to find out first. And then, like if I've to sit on the chair I'll see, "Is it all right or it's shaking?" "Oh it's all right, I can sit on this."

Some Sahaja yogis still remain on the periphery. There's sometimes a very big gap between some who have reached great heights and some who are outside. All these are negative forces which were killed long time back. Only one Shakti was sufficient to kill them, of Kali Shakti, Durga Shakti, but you have so many of them. You have Mahalakshmi Shakti, you've got Saraswati Shakti, you have all the twelve deities are there working for you. So "realizing it" is the meaning that you must have complete faith in yourself. If you still doubt yourself, that's also a human quality. I mean a dog knows that he's a dog. He doesn't doubt that he's a dog, or a cat, does he? Or a tiger knows he's a tiger, and he knows what capacities he's got. It's only the human beings have got apart from other stupid qualities is one, this, that they can doubt themselves. And this doubting quality has made them cowards.

In Sahaja Yoga you should have no doubts about yourself, "Because I'm doing, still doing like this, Mother, I am still doing like this, then how?" Then get rid of it! I mean, how can I solve your problem if you want to carry monkey on your back? And I'm still carrying the monkey on your back. You get rid of the monkey, finished. It's so simple. I mean to My simple logic, this is what is the answer. Why do you want to carry the monkey and then come and tell Me, "Mother, I am carrying the monkey"? I can see it! Get it off your head! Get it off your back! It's very simple, you are a Sahaja yogi.

And this is what I've found about Russians. They didn't have any monkeys really, very surprising. I think there are no monkeys at all there. None of them! No private problems, no public problems, no any other problem, nothing, nothing, they discuss nothing. This is the, they could have said that "Our government is such, it's...", nothing, nothing, nothing. They had enough of everything, they must have. Very well-read people, very well-educated, very big professions, very humble, very open-hearted; they just wanted realization, that's all. They said, "You have come here for our liberation." They would even touch My sari like that. The place I walk they would touch, just imagine. Who has told them about vibrations? I never said I am Adi Shakti. How did they recognize Me? They developed that strength within themselves, that shraddha. And they never talked about God in that country. They have some stupid people who have churches and things like that and Islamic institutions, but most of the people are so strong and the content is showing itself. Imagine every time they have a program, even now on follow-on, at least one thousand people are there. In this England we can't even get one thousand for Devi Puja. And they come all the way from thousands of miles, from Siberia, this, that. And they have booked themselves, because there the halls you have to pay for. So though the Sahaja yogis don't take money, but they pay for halls. But the mediocrity to be on the periphery, not to work it out, take it easy, not the way for Sahaja Yoga.

We don't have to kill demons. There's no need to join any war or to fight like soldiers as they fought with Devi, nothing. You have just to take out the negativity within yourself, lethargy from you, but work it out. We say mantras, we know what are the powers of the mantras are, but you have to keep them awakened. For that I have told you a hundred times, you must meditate. Not the way to meditate, "All right, it's like playing golf, sort of." It's not that way. It's a serious thing, you are worshipping the Adi Shakti. With that complete understanding and dedication you have to do it; not a mechanical thing, it's not a game. It's something very subtle and special. In no action we can describe it, but it's just a very deep feeling. To that depth no other feeling goes; with that feeling you have to meditate. And then see the results.

Many people say, "I've done this, Mother, I've done that. I've this still" – because you are not deep enough. It's not how much you pray, it's not how many words you use for prayer, but it is how deeply you have touched the feet of the Divine that is important. So today we have to see that Devi is using Her sword to pierce through our heart so that all negativity runs away, and through that She wants to plant the lotus for Shiva to settle down. She wants to take away all that ugliness from within. It's like an operation but so delicate and so beautifully done, you never even felt it.

The other day somebody gave Me a book of on the Devi's and the vibrations are called as 'spanda' – means 'pulsation' – it's correct, no doubt, and it's called as 'anahata' in Sanskrit language, meaning 'without percussions'. But I was reading that book, I

said, "It's like going round and round, up and down, going into 'this means, that means'." How can anybody understand this book, it's so terrible! While I have said all these things and much more than this, and they know it so easily. If you read that book, two pages, you'll get a headache, I tell you. But how the whole knowledge of Sahaja Yoga has come to you so beautifully, it's very remarkable, I tell you. If you read the mantras they'll give you explanations which has nothing to do with reality sometimes, I feel. But even if it has, it's so circuitous, so complicated. I would say Adi Shankaracharya realized it and that's why He gave up the idea of writing any treatises and, "Let's make it simple, the praise of the Mother." Finished. "If you praise the Mother, everything okay." But that's not. I find that's not so, it's easy.

You see, human beings are great experts, they can be just like radios praising, praising. Nothing goes inside the heart. But you have to develop that depth. In Sahaja Yoga we work through our heart, not through our brains. You have to develop that heart and to receive into it the greatness of other people. Now people can see what's wrong with others very easily. They don't want to see what's wrong with them. Any intelligent man can see that, there's no need to have his realization. But a wise person sees what's wrong with him and he trusts. He trusts himself then because he's wise. He doesn't doubt, he knows he's wise. He knows what's wrong with him and what is to be done.

So the work of the Goddess is very different today, as you can see it clearly. Of course, symbolically it is the same but it has become very subtle, very subtle. The first work is to destroy the negativity which is going on as you know. The more light comes in, the ignorance will disappear. This light will spread, all the darkness will go away. But you are the lights. You have to put the lights on and you have to look after your light, and you have to make that light eternal. This is one work which you are doing. It's a beautiful work of the Goddess you are doing is to spread light, enlighten people.

The negativity that is around you is not so dangerous as whatever is in you. Today it has become subtler. The negativity has become subtler. It's entered into your being, and be careful – it may anytime topple you. Even one step you do not put right when you are climbing up, you can go down. So one has to be alert, without tension. You have to be alert without tension. And the alertness grows. When the light goes within you start seeing it. Immediately you see, "Oh, that's it! So I, the so and so – that's it!" And you know how to correct it and you know how to put it right. And immediately you take to it. Like a good sari now has something fallen on it, immediately you clean it.

In the same way we have to be very, very alert; 'daksha' is the word for that. Now this was the work of the Goddess before. Goddess used to give enlightenment and Goddess used to be alert for you. She would sit like a tigress for Her children. They are praying, they are doing puja, they are doing some sort of a homa, havana, so the Goddess would sit down, protect them from all negativity coming, all rakshasas coming, kill them, this, do that. But that stage is gone now. Now She's entered into you. So you have to kill your negativity, you've become as powerful as your Mother. No negativity can touch you. So you can give realization, you've got that power very well; and you can watch your defects more than that of others. And you try to put them out because they're not good, they're not for your benevolence, they're not for your ascent. By that nobody is going to gain. At the collective level it just works automatically. You don't have to worry. It comes to culmination and a person goes out; as if somebody runs up like a blind fellow on a cliff and jumps, jumps down. You don't have to worry too much about this. It just works. You have seen it has worked that way.

Now another quality that you have: to believe that Goddess is working through you. In you She resides, you have got the powers, it's penetrated into you is that you can comfort people, you can cure them, you can give them peace, you can give them bliss. But then what Goddess has done in you is that She has given you the bliss, you have become bliss. Like there's say a cool air-conditioner, you get the cool from there. In the same way if you are emitting bliss, you give bliss to others. But there is no bliss within yourself, but what bliss you can give to others? So a Sahaja yogi has to be a blissful like the Goddess.

You see She has very extreme characters, as you must have known that She's extremely cruel, She can be very cruel, and She can be extremely gentle – like two ragas of yesterday. She could be extremely harsh, extremely harsh, beyond all human expectations, and She could be extremely mild. So this harsh part you need not have. It will just work. This part is only kept for the Divine. You just take to the other side. Let this harsh part be looked after by the Divine. After all, Divine also must do some work. If you do all the work then what will Divine do? So the Divine will look after that part. So you have to enjoy yourself as the

Goddess enjoys Herself; enjoys Her bliss, enjoys Her peace, enjoys Her everything: Her creation, Her children, their love – everything She enjoys.

In the same way you have to enjoy. You have to know about everything, you have to be absolutely knowledgeable. And nothing more is needed but just to say that “Oh Divine, please protect us.” At the most! Even if you don’t say it’s all right, you are looked after. The Divine is working out the stage, you see. You don’t see it, all there, invisible. And you are on the stage, so they are looking out what to focus light, where to put, what light to put, what is to be done, what is to be changed around. Everything they are arranging. You are nicely here. So you need not do all that work. You do your work of acting and saying dialogues. That’s your work. Let them do their jobs, they are doing very well. They are excellently placed and they are experts. So to leave certain things into the hands of the Divine is what we call as ‘surrender’.

And that much of this, if done, then most of your things will work out so miraculously. I mean, you’ll be amazed, “How, Mother, how it is worked out? We never expected how things we got it done?” There’s a very, very big force working: the Force, the Energy which is the Source of all the energies, which has created this great universe, which has created this Mother Earth, created this sun, which has created you very delicately. This Force is working. And that Force is looking after you, so proud of you that you have come on the stage now. So as it is we are today praying to the Goddess that “Help us to fight our negativity within us. Give us Your tiger so that we fight, give us Your lion so we fight.” Let us fight all these horrible animals that are within us, these horrible haunting things that are within us, these horrible conditionings we have. You have to get rid of it. Still, still if you watch yourself, lots of conditionings are there, lots of things, you see. If you see, there are covered with very thin curtains and you don’t see it, but they are there. But let the tiger enter into all these dens and find out. And you enjoy that, riding over the horse, riding over the lion, and riding over the tiger – like a Goddess. Why not? After all, children get all the heritage of the mother, don’t they? So you have all the heritage available to you. But you have to be worthy, in the sense that you have to know that you are worthy, that’s all. You have to just know that you are worthy and that you can do it.

So again today we are here to do this puja, which would have been in Perth but somehow or other it was not so, and is luck for you to have this puja. And it is something of a very deeper nature, very subtler nature. Like your blood it is, because on these seven days they say the Goddess has to wear the red all the time because it’s blood. And the first color you see in the womb of your mother is red. It’s the security. One side is the red rag, another side it is the security. So for you it is the security around you. Every place you go, it is there – just feel it. You have entered I must say, entered the Kingdom of God, no doubt about it. You all have entered, so beautifully you are settled down.

May God bless you.

## 1989-1022, Reach the Absolute Truth

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22 October 1989

Reach The Absolute Truth

Public Program

Antonov Aircraft Corp. Palace of Culture, Kyiv (Ukraine)

Talk Language: English | Transcript (English) – VERIFIED

Public program Day 1, Antonov Aircraft Corp. Palace of Culture, Kyiv, Ukraine, USSR, Oct. 22, 1989

I bow to all the seekers of Truth. At the very outset we have to know that Truth is what it is. We cannot organize it, we cannot order it. And at the human level we cannot achieve it. We have become from ameba to this stage of the human beings. But still we have not reached our absolute Truth. Some people believe this is good, some people believe that is good. So under we can decide something on an emotional basis or on a rational basis. And both are limited. Anything can be justified with rationality. Also emotionally we can justify; might be our emotional oughts. So everyone can think differently according to their own projections. So you have to go to a stage, a state where you can all say the same to this, is the Truth. The whole humanity has to come to that state where they know this is Absolute.

So we have to understand that our evolution is not yet complete. There is one more break-through in it. This break-through is Self-Realization. Is to know your Self. To know your Self is not possible if you work it out mentally, physically, or emotionally. After all, when we became from ameba to this stage we did not do anything. It is through the living process of evolution we have spontaneously become human beings. So, if anything has to happen it has to happen spontaneously. Like a seed, if you put it in the Mother Earth it sprouts by itself. So the seed has got a built-in quality and the Mother Earth also has contributive quality to sprout it. In the same way within us is placed the power of pure desire, which gives you that break-through. It is the power of pure desire.

Whatever desires we have we do not get satisfied once they are fulfilled. We want to have food, when we get the food we want to have clothes, when we have the clothes we want to have a house, then we want to have a car, then we want to have an airplane, and I don't know; it goes on like that. That means in general our wants are not satiable. Then we have a very dormant state, we have a desire within us, which is a pure desire. This pure desire is to become one with the All Pervading Subtle Power of Love.

Now whatever I'm telling you, you have to accept it as a hypothesis. And as a scientist you must keep your minds open. And if it works then we have to believe as honest people. So this power within us lies in a triangular bone called as sacrum. Sacrum is a Greek word meaning sacred, and it means, it means Greek people knew that there is sacred power in it. So this power is placed in this triangular bone and is awakened as a germ or a primula in a seed, spontaneously. It pierces through six centers, ultimately through the fontanel bone area and you start feeling a cool breeze coming out of your head. If this center (Shri Mataji points to the central Vishuddhi) is alright then you start feeling in your hands a kind of a beautiful soothing cool breeze all around us. This power in the sacrum bone is called as Kundalini in Sanskrit language. And many people in India thousands of years back have discovered about this Kundalini in our country. The word Kundalini comes from the coils, Kundalini is the coils because it is in three and half coil.

Now She is your mother. And She takes up all the troubles to give you your second birth. So you don't get any troubles. In Sanskrit language we call a person who knows about this All Pervading Power of Brahma as, as dvijaha. Also a bird is called as dvidjaha. Dvi-jaha means born twice. Like a bird is first born at the egg and then it becomes like a bird. In the same way a human being is born in a closed way of ego and superego on his brain, is the closed personality. But when Kundalini rises and he becomes the Spirit, he becomes as different dynamic personality. He becomes that free personality. No habits can overpower him. He does not overpower anyone. And nobody can overpower him. He becomes a very compassionate, confident personality. And he can feel the All Pervading Power on his fingertips.

Now this All Pervading Power organizes, thinks, above all it loves. So, when this connection is established, your physical problems, your emotional problems, your mental problems, and your spiritual problems all get solved. It is not an artificial thing, it's reality. The problem with the religion was that the essence of every religion was to seek the eternal and to treat the transitory in its own limitations. But all the religions failed and they now are only mundane. Either they have become power orientated, money orientated, or emotional farces. So we have to seek this eternal power. And thus we become our Spirit. You can feel on your fingertips what's wrong with your centers and what's wrong with the centre of others. So a small little drop, which is limited, becomes one with the ocean and becomes the ocean. Then you become the instrument of that Power. That Power starts flowing through you. You become powerful. And you scientifically know what is this power of parasympathetic nervous system. You become a complete in control with yourself and in complete balance, very dynamic and compassionate at the same time. All the time this energy flows through you.

So this is the power, which has got integrated [UNCLEAR within you] physical power, the mental power, the emotional power, and the spiritual power of love. This is how the emancipation of human beings is going to take place. This is how the whole world is going to become one. Because your Spirit is the collective being. It's not forced collectivity, it is innate. For example, I would say, if I have all the powers I'm the greatest capitalist, but I cannot live without sharing it with others, so I'm the greatest communist. That's how all these theories become really actualized. The time has come today, this is the blossom time. So many flowers have to become the fruit. Thus we are all here to get to that state where you all become Spirits. Which is the knowledge, which is the beauty, which is the goal. May you all be blessed.

I would like you to ask Me any questions if you have, because I'm here for the first time and if you have any sensible questions please ask Me. I'm here to give you what you have, your own property, not to take anything from you. So please ask Me questions, which are relevant. Thank you very much.

Q: Is this Power like that of extrasensory individuals?

A: ESP is a power comes from dead spirits. And I told you that either you can move to the left side or to the right side, you can move to the emotional side or to the right side, also mental side. That is the sympathetic nervous system, if you are doctors you can understand that only the sympathetic nervous system human beings can work. For example, if you are running you can increase the beat of your heart through sympathetic nervous system. But in order to reduce the beat that's only possible through the activity of the parasympathetic. So now when you get this power you know exactly what it is. You know how it works. And those who work can give it to others also. ESP and all these things can cause horrible diseases. I can tell you from My own experience, it can cause a disease called epilepsy. There is a reception of prime in India, by Sahaj Yogi has done it, he's a doctor, he's got his MD with epilepsy. That's one of the things you get – epilepsy with ESP. You get into the power of somebody else; it's not your power. Also cancer and many incurable psychosomatic troubles can come from this kind of reach. While you can cure many people by raising the Kundalini, you can see with your naked eyes the movement of a Kundalini in some people. And in some people you can see the throbbing here (Shri Mataji puts her palm onto Her own fontanel bone area) reaching on your head. And when the throbbing stops you feel the cool breeze coming out of your own head and then you see, feel the cool breeze around you. This is the power of love, of pure love. We have never used the power of love; we have only used the power of hatred all over the world. Tomorrow I'll explain more as to how people can go on the left side or to the right side.

Q: Respected Shri Mataji, Self-Realization can be harmful for children?

A: Of course, they are the best, they are the fairest. 1.

Q: Really, could it be possible that all the people who are sitting here would be able to feel this Realization, maybe it is not for the first time but for the second, third, fourth times?

A: Now, maybe first time most of you. Have faith in yourself. Just have faith in yourself.



Q: I have felt coolness coming out from my palms right now, like wind, and my breathing became more frequent. Could this be possible?

A: Yes, yes, why not? That means you are very receptive. Good, good.

Q: Is the Self-Realization for the awakening of Kundalini the only way to [get] the Realization?

A: That's only way. Because it's a living process. Like a seed has to sprout to become the tree, there's no other way out. It's natural.

Q: Did Indira Gandhi and Nickolas Roerich possess that power?

A: No, but don't ask the personal questions. This was not, but to Mahatma Gandhi it was, to Lenin it was, and to Maxim Gorky it was. To Gorbachev it is. I don't asked it, you see, because I'll have to tell you the truth, you see, and some people will not like it.

Of course, you will know about that, and you'll know all about them – Lord Krishna, and also Rama, everybody and all these things you will know, everything about Them, once you come to Sahaja Yoga, every knowledge. There will be no secret.

Q: I couldn't understand [what is] Kundalini – is it a Spirit or an energy?

A: It's an energy. Spirit is in the heart. And the seat of the Spirit is here (Shri Mataji puts Her palm onto Her fontanel bone area). I've told you there's the integration of four energies within us. Tell them there are four energies, in addition of four energies. One that comforts, one that counsels, one that redeems. And also the fourth one is that it gives you the new dimension on your central nervous system, collective consciousness.

If you have personal problems tomorrow I will be here again and I'll meet all of you, personally.

Interpreter: Today, they ask today.

Shri Mataji: No tomorrow, tomorrow, because today we have got some dancers, I want to see their dancing. I will greet this every day, now let's see [UNCLEAR] the dance. All right? Thank you. Spasibo (Thank you in Russian. – Transcribers).

Now, Chernobyl has been a great, great problem. All My attention was there. And it was a lesson to us that we should not indulge too much with atomic energy.

We should now care more for peace. And the All Pervading Power will give us everything that you want. And we should not play with such terrible energies, which can be very dangerous. I feel sorry that Ukraine people have been suffered, but this a lesson for the whole world. Moreover, it's like they were the ones who are crucified for the whole world. I'm sorry for that, very much sorry. But the Spirit does not die. For the people have died, their Spirits are still there and they may come once again.

Q: Respected Mistress, there are many Yogas in India – Hatha Yoga, Raja Yoga, Karma Yoga, etc. What is the peculiarity of Sahaja Yoga? (This question had been asked in Russian and immediately Shri Mataji started to answer without translation it into English by the interpreter. – Transcribers.)

A: In a... all kinds of Yogas they have got this talk about. Now if you, if these people read the Patanjali Yoga, which is Patanjali who has written it, they set a big book. In that this asanas and all that is not even this much (Shri Mataji shows her thumb and forefinger clenched). Sahaja Yoga is described in this book very clearly, that you have to reach the state of thoughtless awareness and then undoubted awareness. And he had also called this All Pervading Power as [SOUNDS LIKE – Rutambhara

Pragia]. But some of that people who went to Himalayas and all that and they were useless, so they just knew little bit about this Yoga asanas. And those who were teachers threw them away so they started teaching asanas. Leading the attention of people only to the physical side. But even physically it's very dangerous to this, to do this asanas without explanation. It is like taking all the medicines from a medicine box without knowing. In Sahaja Yoga also if somebody has some physical problem on the spinal cord we use there, the one that's required any asan. If it's necessary. But Sahaja Yogis are masters, they know what to be used. It's not absurd that's you go on turning that body into [INAUDIBLE]. The other day I met a very important minister, counselor-minister. Poor man, he was complaining to Me that he did Hatha Yoga. Now the situation is such that all his muscles have become tense and one of this shoulder joints, the socket, from the socket the bones come out and they have to again.... Because he said that his guru, his teacher, make wanted to make him an expert and made him first to stand on his head and all these [UNCLEAR]. [INAUDIBLE] gets a horrible self-destructive things. In the beginning he said, "I felt better, but now at this age of mine I've become a very weak person, and so many of us who had learnt this man have become very weak." And I found they have a very weak heart also. In Sahaja Yoga you will know why it happens. Because he developed a very one-sided personality. Actually, Ha-Tha, Ha means the Sun, Tha means the Moon. Ha-Tha Yoga, means that both the naris to be used. But they only use the right nari. They just use that Sun nari by that they become very dry, absolutely dry, because they get liver problems and very hot temper, the really hot temper. They are so aggressive that to go near them you have to use a barge pole in between. Barge pole in between. They divorce very easily, they can not carry on with their wives. It's very funny, even the wives become like men; it's horrible.

Now the other word is Raja Yoga. Raja Yoga has come from the idea that when the Kundalini rises there are lots of things happen, like when She rises there's upon Nabhi, there's a constriction in the chakras, till doesn't fall down or when it comes to here (Vishuddhi) they call it that we have to the tongue is fallen inside. It's a fact, little bit happens, little bit happens. But you don't have to worry. (To the interpreter) Tell them that. Now it happens that it's like you see supposing if your car is ignited, started, your car started, then all the machine starts working by itself. But supposing you take out the wheel and start moving it without igniting that thing, like without rising the Kundalini if you start moving your charkas, this, that, what will happen? It will be spoiled. Artificially. Unless and until you start your car what's the use of moving the wheel or [INAUDIBLE]. And to such an extend, to such an extend that they cut that thread under the tongue, and the tongues are hanging just like the dog's tongues. You see, they can't talk. I know some doctors from India was doing it, because they say you have to down your tongue inside just for the [INAUDIBLE], horrible. This I saw in California, so the first idea that you have to suffer to enter into this great Kingdom of love is absolutely wrong.

Q: Could be natural powers, like water, like earth, like air help to raise Kundalini?

A: Yes, they do. We'll take their help. But first of all there should be somebody who knows the job.

Q: What could be a main problem in raise Kundalini? Could it be a collective problem or individual problem?

A: There could be any, but you don't worry about it, you forget it. That's My headache, that's My headache, I'll find out, you don't worry. These were collective, collective vision, but we have hundred, hundred things, one need not bother it.

Q: The power of practical Realization? They want Realization.

A: Practice! Practice! He is a seeker! After, after I will do it, I will, I will.

Q: When this power has come out, what should we do with it, please? (Laughter)

A: We'll tell you everything, we'll tell you how to use it. That's all is free.

Q: Where [does the] Kundalini go when we [INAUDIBLE]?

A: Now he's asking about death. We need not talk about death, nobody's going to die here now. You will know everything about it,

later on. And we will answer it, you'll see. See now, we have beautiful life we did saw, and not sought to beautiful life.

Now, when you come in the room you ask what switch you have to put and you put on one switch and all the lights come in. Because it's all built in, it is all built in. Now, if I have to tell you the history of electricity, the source of electricity, a name of the engineer who did it, you, say, will be bored. So the first thing is to get the light and then know about it, it's much better, isn't it?

Now, we have lots of literature. But, you see, reading it is not going to help you. Reading too much can be also headache, I tell you, one of [INAUDIBLE]. There's a very great saint in India, Paritta, he said that by reading too much people have become stupid. So I could not understand, how can that be? I did not understand, how can that be. But I've seen that people are over read, they will go on asking questions from the poor man, just wasting times.

Second question this lady has.

Q: Is high radiation affecting our energetic ability in our body?

A: Once you are Realized soul, if there are many Realized souls in your place no accidents can take place. God protects. You are protected and also all radiation, all evil forces are killed and neutralized. And like the Statue that you have here, of The Mother, She makes a Kundalini who protects you and also She kills all that is negative. Also She challenges the church 2. Imagine, the churches, I don't know, what your church is, but Roman Catholic Church doesn't ordain a woman, as a priest. And the Kundalini is the Primordial Mother. Can you imagine, they have got God the Father, God the Son and no Mother. How can you say that? And to Indian a woman is Goddess, Goddess is a woman. So is very different that you put down 50-60% people as something lower. In Sahaja Yoga if you are a woman or a man, whatever you are, you can all become masters, you can all become yogis. So Me, there is no such differentiation for men or women, it's nonsense.

Q: (The interpreter) Questions about Jesus Christ; what kind of powers Jesus Christ had?

A: Ah, you will know about Jesus Christ also, everything about Him. Who He was, what were His powers, everything. About all of those Divine Incarnations, you will know all about Them. But it won't be just a sermon, actually on your fingertips you will know. You'll know on the Kundalini itself when it moves you will know Their importance. Do not judge Them by the way people start these religions, they are all [UNCLEAR] side.

Q: What is the purpose of the candle that is near You?

A: I don't know why that is put, this could work other side, but candle is good, if there's any negative force here that can show on the candle also. It drives out all [SOUNDS LIKE – our newer spirits ?].

Q: When was born the first Self-Realized person?

Shri Mataji: In Sahaja Yoga?

Interpreter: No, no, no. Just?

Shri Mataji: In the World?

Interpreter: Yes. In the world like...

A: Eight thousand years back we have the father-in-law of Rama, Raja Janaka, who was the incarnation of Brahmadeva Master. And a disciple called Nachiketa went to him to ask for Self-Realization. One, one, Nachiketa. And He told him that, "You can ask for anything, but not ask for Self-Realization". And He tested him, and tested him, and tested him. So it is difficult to give the history about the Realized soul, but it's an eternal process. On the Tree of life first there were only one or two flowers to become

fruits. But today it's a blossom time.

All right now, should we have our Realization? (Clapping)

So there are two conditions, two conditions. One is to forgive yourself and forget the past. Not to feel guilty at all. After all, you are human beings and only human beings can make mistakes, so what is there to feel so guilty? And the All Pervading Power is the ocean of forgiveness. So what mistake can you commit that can not be dissolved in that ocean?

The second condition is that please forgive everyone whatsoever. You may say that is difficult to forgive. But whether it is forgiven or you don't forgive logically you don't do anything. But if you don't forgive then you are playing into wrong hands. So the best thing is to forgive everyone from your heart, forgive. Prostitute. (It is "Forgive" in Russian. – Transcribers.)

Thirdly, we have to know we are going to enter in the beauty of love. Into the kingdom of enjoyment, joy. Into the garden of purity and bliss. And we are going to know how we are glorious. So we have to be very pleasantly placed towards ourselves. Not to be angry with yourself, maybe you might have done anything before, forget it. In your seeking you might have done anything, doesn't matter. Don't judge yourself, your Kundalini will itself judge you. And have complete faith in yourself and confidence. Already some people have filled a cool breeze in the hands.

All right, the second of these things that we have to take out our shoes to take the help of the Mother Earth.

All right. You have to sit in a relaxed manner, not which allows you like that (hunching) or not too much straight like that (Leaning back). Relax straight.

Now, first I'll show you how we are going to use our left hand symbolically to suggest that we want Self-Realization, because left hand or the left side is the power of desire. And the right hand to give energy to our chakras in a way that the Kundalini rises. It is spontaneous but by this you will know later on also whenever you want to raise your Kundalini afterwards.

Now please put your... I'll tell you everything, all right. He will show you, he will show you. You cannot see Me?

Now, please put your left hand towards Me like this on your lap. And right hand on your heart. And in the heart resides the Spirit. Now you have to take your hand like that, you are working only on the left hand side. And this hand is steady and the right hand then moves from this to the upper portion of your abdomen. So this is the center of your mastery, so that you know how to control yourself. Then you have to put your hand on the lower portion of your abdomen on the left hand side.

Now this is the center of the pure knowledge, pure knowledge, knowledge of all the laws of this Power. Now, then you have to put again your hand in the upper portion of your abdomen on the left hand side. Now on your heart again.

Now you have to take your right hand in the corner of your neck and your head and turn your head to your right. This center catches when you feel guilty. And gives you a horrible diseases like spondylitis and angina.

Now you have to place your right hand on top of your forehead across, like this. You have to bend your head as much as you can. Now this hand has to go on the back side and push back your head. This is the center of forgiveness.

Now you have to stretch your hand. And put the center of your palm on top of the soft bone that you had in your childhood, this fontanel bone, and push it down, press it down with your fingers outward. Now, move your scalp slowly seven times, pushing back your fingers. That's all we'll have to do.

Now please... You have to put both your feet apart from each other. You can loosen your neck tie. Loosen it a little bit here and here, if it's very tight. You can take out your spectacles because you close your eyes as until I'll tell you, you should not open your eyes. Now those who don't want to do it should leave the hall because they will disturb others. It will hardly take ten minutes,

hardly.

Now, please close your eyes, slowly. Now put your right hand on your heart. Put your right hand on your heart. Here you ask Me a very fundamental question, you can call Me, Shri Mataji or Mother, whatever you like. Here you have to say, ask a question, "Mother, am I the Spirit?". Ask this question three times. Ask in your heart. If you are the Spirit you are your master, you are in control of yourself.

So now you put down your right hand in the upper portion of your abdomen on the left hand side. Ask Me another question, "Mother, am I my own master?" Ask this question three times, please.

You have to know that I respect your freedom and I can not force pure knowledge on you. So please put your right hand in the lower portion of your abdomen. And please ask Me six times, "Mother, please give me pure knowledge". Six times, because this center has got six petals. As soon as you ask, the Kundalini starts rising, as soon as you ask pure knowledge.

So, raise your right hand in the upper portion of your abdomen on the left hand side to open this center for the Kundalini to rise. So please say ten times with full confidence, "Mother, I am my own master", say with full confidence.

Now, the greatest truth about you is that you are not this body, you are not this mind, you are not these emotions, and you are not ego or conditioning, but you are pure Spirit. So now raise your right hand onto your heart and with full confidence please say, "Mother, I am the Spirit".

As I've told you that this Divine Power, or we may call it the All Pervading Power, is the ocean of love and compassion. It is the ocean of bliss and joy. But above all it is the ocean of forgiveness. So all your mistakes are completely dissolved by this great ocean. So now raise your right hand in the corner of your neck and your shoulder and put your head to your right. Here you have to say with full confidence, "Mother, I'm not guilty at all", please say it twelve times. [UNCLEAR] Sixteen times.

As I've told you that whether you forgive or don't forgive you don't do anything. But if we don't forgive then we play into wrong hands. So we have to forgive everyone. So now please put your right hand on your forehead across and bend your head slowly on it. Here you have to say, with full understanding, not how many times, "Mother, I forgive everyone", from your heart.

Now for your own satisfaction you have to ask forgiveness, for your own satisfaction, without feeling guilty, without counting your mistakes. Now, so for that you put your hand on the back side of your head and push back your head as much as you can do. You have to say, "Oh, All Pervading Power of Love, if we have done any mistakes, please forgive us".

Now stretch your hand and put the center of your palm on top of your fontanel bone area. This is important, so press it hard, push back your fingers, and you have to move your scalp seven times. Put down your head and very slowly move. Here again I cannot take your freedom, so you have to ask for Self-Realization. You have to say seven times, "Mother please give me my Self-Realization".

(Shri Mataji blows in the microphone 7 times.)

Now please take down your hands. Please open your eyes. Now, put both the hands like this towards Me. Now, put the right hand towards Me like that. Now bend your head and see for yourself if there's any cool breeze coming out of your head, with your left hand. Some people get it little hot and some people get it little far away. Now bend your... Put your left hand towards Me, but must bend your head. Now see from your head if there's a cool breeze coming with right hand. Now, put your right hand towards Me and please bend your head and see with your left hand if was cool breeze coming out of your head.

Now, raise your both the hands towards the sky, push back your head. Ask a question three times, "Is this the cool breeze of the All Pervading Power of Love?". Ask this question three times. You may not [UNCLEAR] of mine. "Is this the cool breeze of the All Pervading Power of Love?".

Now put down your hands. Firstly, you'll feel very relaxed. And thoughtlessly aware. All those who have felt the cool breeze out of their head or on the fingertips please raise both your hands. Both the hands, please. So many of you have felt it, most of you, most of you. Tomorrow again those who have not felt will feel it. And those who have felt will feel it better. Apart that we should not discuss it, arguing, it is beyond mind.

Interpreter: Many felt heat coming out.

Shri Mataji: Let them, heat go, come out, it's all right. You've much heat in the body, let it get out. Doesn't matter. Heat will go away. Also if you don't forgive you feel heat. You put your right hand like this and left hand like this. Left hand like this, like this, backward. Not like this, not like this. Like this. Tell them they have to put like this, backward. Not like this, like this. Now you say from your heart, in your heart, "Mother, I forgive everyone". Say from your heart.

Cooler now? Cooler? Good, better. Now see on your head if it's cooler. Better now? You should have. Cooler? All right? That's how, the heat has to come out. Thank you very much. Did they feel much up there? (Means people who were sitting at the upper rows.

Audience: Yes.

Interpreter: Yes, Shri Mataji.

Shri Mataji: Wow!

(Applause)

1 Apparently, because of the interpreter's poor English and of his indistinct pronunciation Shri Mataji has heard the question as, "Self-Realization can become for children?". – Note of the transcribers

2 Shri Mataji means the huge statue of Motherland in Kyiv, in which She has awakened Kundalini flow that day. Now it is emitting a tremendous flow of vibrations. It stands nearby the Pecherska Lavra, the internationally known Orthodox monastery and church complex. – Transcribers.

## 1989-1023, What is the criteria of a yogi?

View [online](#).

23 October 1989

What Is The Criteria Of A Yogi?

Public Program

Antonov Aircraft Corp. Palace of Culture, Kyiv (Ukraine)

Talk Language: English | Transcript (English) – VERIFIED

Public Program Day 2, 23 October 1989 Kyiv, Second day

I bow to all the seekers of Truth. Now we are here to know the Truth and the method by which we achieve it. Now when I tell you about all these separately questions it will be too much time but all in go in general I'll explain to you what is within us and how to achieve that state. So first of all we should know how this mechanism built within us. Yesterday I told you about this power of Kundalini. Now some want to know when it rises then does it fall it fail or also but you will know how to raise it and fix it up. But for that you'll have to attend your followed on programs to understand thoroughly how to raise your Kundalini if it falls down due to some mental, physical, emotional ill in your body. And we are here only for today and we are just to help you to sprout, germinate your Kundalini that pierce through your Sahasrara to begin with through the very subtle center, central channel we call it Brahma Nari. So when she rises and pierces through this fontanel area in a just like a thread then she touches this All Pervading Power, you start spread slowly pouring on our two sympathetic nervous systems it relaxes, that's how your centers get relaxed and more threads of the Kundalini can rise. But some people who have lived a very temperate, moralic life, their chakras quite all right and their Kundalini rises once for all and does not fall on. It hardly takes few times to make your Kundalini fixed. So first we should see what are the problems we have.

We have two channels – one is a left side channel and the tight side channel. And they combined like this to form a center. So the left side and the right side look after the left and right sympathetic nervous system and the central one looks after the parasympathetic nervous system. Whenever there is your problem of going to the left or to the right there is a movement and the chakras get constricted and you can see it clearly here. But the worst catches come from the spiritual problem. Because that hits the parasympathetic itself. When people came to know that there are many seekers of Truth the market was flooded with false gurus and false people. As a demand is there, there is a supply. Of course, I'm very ashamed and sorry that most of them came from India. And they have took some funny ideas of teaching people about their accent. Misleading people. For example, people have asked about Karma yoga, Agni yoga, this yoga, that yoga. Bhakti yoga. Karma yoga. There is no yoga there. It's only the union. When the union takes place you can feel it and experience, it's a real yoga, it's written in all the books. They do Bhakti yoga, for example, of Shri Krishna. Without getting Realization you can't even understand Ghita. He has said that, "You must do ananya bhakti". Ananya bhakti, where there is no other, when you are joined with Me.

About Karma yoga He says, "You should do your work and put all the fruit at My feet". That is not possible unless and until you are a Realized soul. So any kind of bhakti you do actually you go to the left side. In the, just in India everyone – servants, everyone say "Hare Rama, Hare Krishna" in the morning all the time. They'll say "Hare Shiva", everything they go on saying. So are they in yoga? What is, what is the criteria of a yogi? We have so many beautiful books, in Sanskrit and also translated in English, that "Shiva Sutra" had been, "Swahakalibraham", all these books are translated, where you can see what is the sign of a yogi. He's not like mad singing some songs or praying to God, breaking his head, no. He isn't beating, he's not in separation. On the contrary if you, say, take a name of Shiva, Who resides in your heart, you take a name of Shiva, you take a name of Omkara, you catch on this center. You take a name of Shiva, you catch on heart, if you take the name of Krishna, you take a catch on the Vishuddhi chakra and you get cancer of your Vishuddhi chakra. Now rising of the Kundalini then you'll see with your naked eyes, not only that, but also that we have three doctors in our university of Delhi who have got their MD doing Sahaja yoga as subject for curatives of different diseases. I've told you yesterday that just by dancing in the name of God or by singing or by selling books – all these things – you can not get ananya bhakti, you can not get oneness with God. It's very misleading and what surprise Me that so many of these people who are doing "Hare Rama, Hare Krishna" just taking money in London and also in

New York. And Shri Krishna is Kubera, means He is the God of Wealth, and when we have the God of wealth why should we beg for money? He gives us money as it is, He has done it. Before also, in so many books it is written. What is there to beg? If you worshipping Him, you are all right. Kubera, He's called as Kubera. Shri Krishna is called as Kubera, means God of wealth. He's the bestower of wealth according to the Scriptures. So why should His disciples ask for money? By shaving your hair, if you can get your yoga, when all the sheep that shaved every year should get to their yoga. Try to understand, please, it has to be logical, it's not that stupidity. If you are to be seekers then earnestly you must seek the Truth. And do not you'll be saved by people who are very cunning and clever, even if they are Indians, they are horrible evil people. In India we have had many saints and seers, no doubt, but we have also the greatest cheats and the thugs and the greatest evil people. These people are the same, I think. If they want to take money from you, they live on your money, it means they are beggars. What can they give you? They are your servants. Unfortunate, they say, for example, for somebody's haunted lady or the airplane take it holly, but why are they taking money for their nameshifting?

So let us end up with all these Agni yoga, Karma yoga, Bhakti yoga, first of all we should have a real Yoga. You should not accept anything if it is not the truth. One has to be honest to your Self, you have a duty to yourself, you are a seeker and you have a duty to yourself, you have been seeking for all your lives and you are not here to waste your time and life for wrong things, you are seekers. Best part of it, that when these people take to these gurus, these false gurus, they don't even ask questions to them! Then I very happy that they have asked Me questions. That shows they have freedom to ask. All right, so one chapter is over.

This Sahaja Yoga is a system which was known in India hundreds of years back. But I told you there were very few people who got Self-Realization. Now. But now it's different today. Is already predicted about fourteen thousand years back by a very ancient saint that this will happen in the modern times – Kali Yuga that thousands of people will get their Realization. There was an astrologer the one who was I should say the one who was a pioneer of astrology called as Bruhumuni brought a book of [unclear word] we call it called as Malituren and in that he has gave the completely about Sahaja Yog. Even the time was calculated from she today.

So now we have two channels – left and right. The left one is called as the Ida Nari and the right one is called as a Pingala Nari. And this left one is also called as the Moon Nari, the Moon channel and looks after our past, our subconscious, our collective subconscious. We can say that it looks after our psyche. But psyche is a very much smaller area, it looks after a much bigger area.

Now the right side that is within us is the one which is called as the Sun channel, looks after our future. So the future is created by our right Nari which gives us the supraconscious mind. And also the collective supraconscious beyond that. So all the past that has gone and all the future that has to come is all within ourselves.

And the center path is made for our accent. Now, there is a cancer patient here who has asked Me a question, so I'll tell you in short how cancer is caused. You see with this are the chakra as I told you and you start using it too much, say, the right side, who start thinking too much, using your will power, your futuristic attitude too much. And you start moving on one side slowly-slowly. Now if there is any attack from the left side, means if you get a shock, or you get a fright, or any kind of a past thought or any kind guru affects you or the feeling of energy as you say, any such horrible thing they act is black magic, suddenly this breaks like that. So now, so there is no connection with the whole, you are separated, you are malignant. So one cell becomes independent, it catches another cell makes it independent, they start growing on their own like that. But is necessary then has to be attacked from the left side, so cancer is psychosomatic disease. So, this can only be cured through these two things brought together. So in Sahaja Yoga there is a way of removing your left side, your attention that has gone to your left side is removed and brought to the center. So that it comes back like this normally and again the Kundalini passes through this and as if a thread is taken through the pearls it passes through and holds up and again its connected to the whole. So you are in the center. So you can cure blood cancer, there are many cases of blood cancer being cured. Many cancer patients can be cured. But sometimes it seems such a galloping way. Sometimes the patients do not take it so seriously because it's free, then we can not save. But if you can really work it out it has cured many cancer patients, no doubt about it. [Shri Mataji corrects the interpreter's mistake when he instead of "blood cancer" said in Russian "black cancer"]. I don't know Russian but it is so ardent. All right, so like that, so many diseases are cured. But it's not the end of life. Your cleansed and you feel all right. But now, say, you have Chernobyl



problem here. Many had asked questions about that also. Yesterday some of you, quite a lot of you felt the heat coming out of your heads. Some of you might have had it because of radiation problem and some of you might have been out of fear – getting that heat. Yesterday a lady come with Me, she was very hot, I could feel her heat very much and then I asked her to put her right hand towards Me and left hand outside and after some time she cooled down. So you can get rid of that problem also, radiation problem you asked. If you every day take care now you can get rid of it completely. And you yourself will know that you have got rid of it.

Then after you get it, help you out, you are clean, then you should know how to protect yourself. So when you know that how to protect yourself then there is never a problem. Once you know how to be in the center then there is no problem of physical attack. Now through these ESP and other thieves, they tried to suck your energy, but if you get your Realization then they'll run away from you. Because they are under evil force and you are so strong they start shaking before you, actually we'll see they shaking before you. With Realization many people will become powerful in spirituality and the evil will go away as the light when comes the darkness disappears. There's a very nice question somebody asked Me, "What is the purpose of Sahaja Yoga?" the first one is, of course, as I told you, is the evolutionary process by which now the last breakthrough is achieved and you become absolutely the absolute truth, you know absolute truth. You take ten children and tie their eyes and if their Realized souls and ask, "What's wrong with this man?" They'll put the same finger. Means something wrong with his Vishuddhi. Everybody will put the same finger. One gentleman came and asked Me, "Why everybody is asking me, what is your relation with your father? Why all Sahaja Yogis are asking me, what is your relation with your father?" I asked him, "Do you get asthma?" He said, "Yes". So when the center on the right heart as the call it, when it caught up you feel this because you might have lost your father, your father and son are not be all right that's why you get it, husband and wife relationships are not all right, also one may get it. So it is that's how you get in this time of a thing – asthma. It is so deep as that. Now the attention of such a person becomes so pure, so innocent that even a glance of such a person can cure another person. Though we have one brain we have two rooms and normally if you are one-sided your only one room develops. For example you are very futuristic, you're your left side room will develop. Means you are futuristic. You are planning, now I have to go, I have to pay the metro, then I go there, I do this and not thinking about the future. Then all the time you are planning the future which does not exist. After forty or fifty years the another side of a brain will be come down and your memory will become weak. You will not even remember what metro you have to go. Or you may even forget your wife's name.

So the another side is if you are too much left-sided, very emotional and this and that, then the right side becomes useless. So this imbalance is connected with Kundalini and she brings you to a balanced life. But when it touches this center here, the center of the Mother, where you feel the compassion, the love. This center is very important because here in the sternum bone you produce till the age of twelve years antibodies who go and fight the diseases later on. Any type of attack or fear is communicated by this sternum bone which starts pulsating. If you are insecure then you develop problems of your sternum bone. Like women if they are insecure about their motherhood if their husbands are not kind to them they can develop insecurity and can have cancer of the breast.

In the same way, your whole attitude towards life changes because you become a witness of the whole show, the all thing looks like a drama. Like when you are seen some drama and you are quite engrossed and you are think you are there. But as soon as the drama is over you [think], "it was just a drama", you understand. So a witness state happens, the witness state. Then you start enjoying everything. For example, I like this carpet very much, I see it and worries is not mine, because there's no headache about it. When I see this what I feel is the joy that is put into it by it's creator and whole thing fills you very joyous soothing feeling all over you. Because there is no thought in it, no thought, just seeing, just seeing. And so you are fully one with the creator who has done this work. Like a beautiful lake has very nice beautiful [unclear word] around it and there's no ripple in the lake, the whole beauty and the joy of it completely reflects in that lake. You become collectively conscious, you become a new personality where on your fingertips you can feel the others, you become one to your central nervous system, collectively... You are not forced into it, it just you become. Who is the other? Do you know, so many Germans came with Me from Germany to give Realization to Russians. And so many Russians have come with Me to give Realization to Ukrainians. No so many Ukrainians have to go to Turkey to give them Realization. If there is pain in one finger, then the whole world rushing to be with you. Spontaneously, you don't have to tell, spontaneously this hand will help this hand, spontaneously. Because it is part and parcel of the whole. Not mentally only, not forcibly, but actually, innately. To be very frank, there was only one world created, nations there were not

created by this All Pervading Power, only humane beings have created nations. So new awareness is born on your central nervous system. Supposing a dog has to go through a dirty lane it can go, but a humane being never goes because it's dirty. In the same way when this new awareness come to you just don't do wrong things. I don't have to tell you, you just don't do it. I have seen people becoming overnight rid of their habits of alcoholism and drugs and all kinds, overnight. It happens like this that if you are holding a snake in the hand and if it's all dark and I say, "It's a snake" You will say, "No, it's a rope", you will never listen to Me. But if there is light you will know it yourself, I don't have to tell you. So the new awareness of righteousness, of goodness comes within you. And you do something which is benevolent for yourself and benevolent for the whole world. Above all you enjoy your Spirit which is the source of joy. Joy has no duality, it is neither unhappiness or happiness, it is just joy. So you just start swimming in the ocean of joy, enjoying each other, the humane beings which are the epitome of evolution. Whatever is comfortable for your Spirit that's what you seek and you don't bother about other things.

I hope I have covered most of your questions. There are certain questions which are personal and I told you I meet you all one by one, so you can tell Me your personal questions will be good idea. First let us have our Realization again.

Now again you have to take out our shoes. Somebody had asked Me that, "Tell me how to do the same [unclear word] again". It's not necessary. In the center they will tell you how to do meditation much more simpler.

All right. So first you get your Realization. First, you see, get your light and in that light you can understand much better.

There are people still to take out your shoes to take the help from the Mother Earth. Now you have to take your both feet apart from each other. As I told you that this is the power of desire, this is the power of action and they took power separately. You have to sit comfortably. But not slouching [on anyone state?]. If you have a tie here you can loose the pressure. Now put your left hand towards Me which symbolizes your desire to get Self-Realization. Now first I'll show you how we are going to use our right hand to enrich or to open, to help to open our centers on the left hand side. Before that we have two conditions as I've told you yesterday. First one is to forget the past. We have to live in present. That means you forgive everyone. The second question is that you have to forgive yourself. And you are not to feel guilty at all. As I told you yesterday we are humane beings and we can only make mistakes. And this All Pervading Power which is the Ocean of forgiveness can dissolve any mistakes committed by you. So that you have to remember you are going to enter into the kingdom of healthy, into the garden of beauty, into the heaven of joy. So we should be very pleasantly placed towards ourselves.

So now please put left hand towards Me and right hand on your heart. We should put it under your coat. In the heart resides the Spirit. And Kundalini is the energy of Primordial Mother reflected in us. And Spirit is the reflection of the Primordial Father. The seat of the Spirit is here, on the fontanel bone area where it was a soft bone in your childhood. Now please put your right hand on your heart. Here you have to say or ask Me a question. You can call Me Shri Mataji or Mother, "Mother, am I the Spirit?" Ask this question three times.

Now if you are the Spirit you are your master. Now please bring your right hand to upper portion of your abdomen and ask a question three times, "Mother, am I my own master?"

Now the lowest center here is the center of pure knowledge. And I cannot force pure knowledge on you, I respect your freedom. So you have to say six times, "Mother, please give me pure knowledge".

As soon as you ask this question your Kundalini starts moving upward so we have to clear the upper centers by nourishing them with our self-confidence. So now please take your right hand on upper part of your abdomen on the left hand side, press it hard. Now here with full confidence you have to say, "Mother, I am my own master" ten times.

Now the greatest truth about you is that you are not this body, you are not this mind, you are not these emotions. You are not this ego or conditioning, but you are pure Spirit. So now raise your right hand on your heart. And twelve times with full confidence say, "Mother, I am the Spirit".

The All Pervading subtle Power is the Ocean of love and compassion. It is the Ocean of bliss and joy. But above all it is the Ocean of forgiveness. So you can not commit any mistake which can not be dissolved by this Ocean of love. So please forgive yourself. And put your right hand in the corner of your neck and the shoulder and turn your face to your right. And please say here with full confidence sixteen times, "Mother, I am not guilty at all".

Now as I told you before that you have to forgive everyone. Whether you forgive or nor forgive we do not do anything. But if you do not forgive you play into wrong hands. You just forgive everyone. If you don't forgive then you'll get the heat coming out of your heads. So just forgive from your heart.

Now please raise your right hand unto you forehead and put down your head as much as you can. And here you have to say in your heart, "Mother, I forgive everyone". It's not important how many times, but say it from your heart.

Now take your right hand on the back side of your head and push back your head on it as much as you can. Now here we have to say for your own satisfaction without feeling guilty, without counting your mistakes, "Oh, All Pervading Power of Love! Please forgive me if I had done anything wrong". Say it from your heart again.

Now please stretch your right hand and put the center of your palm on top of the fontanel bone area, the soft bone which was there when you was a child and put it put down your head. Here again I can not cross your freedom. So you press your palm hard and push back your fingers and move your hand slowly moving your scalp saying seven times, "Mother, please give me my Self-Realization". Move it clockwise. Push back your fingers! Push back your fingers otherwise it won't work out.

Now please take down your hands and open your eyes slowly. Please put both your hands towards Me. And now put right hand towards Me and put down your head and see if there's a cool breeze coming out of your head. Some people feel it far away, some people feel it closer.

[End of the recording].

## 1989-1028, Evening Program, Eve of Diwali Puja, Debu Chaudhuri Concert

View [online](#).

28 October 1989

Evening Program

Montecatini Terme (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Musical evening Program, Pandit Debu Chaudhuri, sitar player, Eve of Diwali Puja, 1989

[Audio 1 and 2:]

It was astounding the way, today, Debuji [Debu Chaudhuri] played so well. Every time you hear him, there is such a variety and such a deep understanding of the principle of music. And the principle of music is that it should entertain the Spirit.

You, being Sahaja Yogis, and most of you have never learnt any Indian music as such, like me; but it's a fact that Indian music comes from Omkar, from the Divine source of sound. And that's why that comforts, entertains, amuses the Spirit.

Otherwise the Spirit is so self-satisfied by itself, it enjoys itself. But with music and art, I feel it gets its reflection to see, reflects its own beautiful existence, which is permeating into every little particle, into every molecule, into every atom. And that reflection when the Spirit sees, it has that new dimension of a beautiful expansion of its personality, and as if you feel you are resounding in the whole universe.

Is the beauty of Indian music is this. But especially with Debu, I'm very grateful to him that he has come here with his son Prateek, whom I've seen as a little boy. And it's so heartening to see he has taken this art so seriously. Normally these days, young boys do not take to art much.

And that he should learn from his father, that's even a greater thing - that we have such delicate weaving and such strong strokes of depth from Debu. And he is creating mirth, I felt he is like strokes, creating mirth was Debu - was something, we can say, like some of the very, very senior sages: as if they were playing some sort of a hymn.

It was a beautiful combination of both father and son. I bless them from my heart for giving us such a beautiful feeling of expansion within ourselves of our joy.

Then we have Somnath, Somnathji is a very good artist and he's so well played today, so much in concord and understanding with both of them. It was such a beautiful try.

I am really thankful to him that they came all the way from India to play for us here. And Debuji is a realized soul, his son is a realized soul; they are all realized souls.

You see, the rapport between them and you was so beautifully done. I mean, it is not possible to describe the joy, the Nirvana that you felt with this. Only one can say that the collectivity of enjoyment one can have through this kind of music.

I hope some of you also pick up from this. Dedicate yourself to this art of music, because for a realized soul it is very easy to go further with it and to progress with it.

Though it's a big tapasya, Indian music is not an easy thing.

It is a great dedication, concentration and reverence. Otherwise you do not work it out. I'm happy that there are some Sahaja

Yogis who are now taking lessons in tabla and also in classical music.

And the way our Sahaja Yogis sing is something remarkable, that even the Maharashtrians actors and actresses, who sing very well, had come to our programme and they said that, "We really felt ashamed of ourselves the way the Sahaja Yogis were singing Marathi songs and the way they were so beautifully, rhythmically bind and how they put us together with them."

So, it's a very beautiful net that binds us together for our collectivity, for our delicate feelings, and how we should be with each other, like the music.

Because the notes were very deep, very deep, touching your heart and were spreading a kind of a light of love in your heart, and that touches each other's heart.

And that's what should be the understanding of music, that it should really reach our heart. And through our heart, we should try to feel other people, their depth and their wisdom, their understanding and a kind of a beautiful anxiety to please others, to make others happy, to entertain them.

And the little Prateek, I'm so happy! Prateek means "symbol", you know, he is a symbol of music. I hope he comes up very well and gets a very big name in the whole world.

Same for Somnath, he's a young boy, he's coming up and they should keep it up.

I feel so very, very happy about the new way of young people are taking to music.

And especially, if Sahaja Yogis take to this music, it will be a very, very demanding thing today, because Indian music is now being neglected very much by the younger generation in India. It's a very sad thing but it's happening.

But for that, we have to know that a balanced personality has to be achieved.

You have to have creativity. Creativity is there, of course, works out through your Kundalini the creativity comes up, but you must have the technique to express it.

And the third thing is the sweetness, the understanding, or I would say the rapport with the audience: where to pull which string that we call mindkaris, you see.

And especially, his notes are not full, there are two missing, I think, in his sitar which I saw [Shri Mataji laughs]. Without that how he pulls it up and plays.

And the son, also, has a good way of playing with three fingers, I saw was a different style. It will be very appealing to you people, because that creates mirth. So, we should go to the essence of it and see for ourselves and not worry as to what is the tala, what is the raga, what is this.

That's not for us, for Sahaja Yogis. We have to just enjoy without reacting to it, in thoughtless awareness. Just enjoy the whole creativity, not to worry too much about what is the raga is, what is the note is.

Now, for example, he played a very, I would say, a very unique type of Bhairavi. He's brought everything, every style like, 'tapasya' was also there a little bit, that we saw. [Shri Mataji laughs] And I mean, it is really, I've never heard such a thing before.

So, it's a very unique style of creating like this. And as long as you are creating newer and newer things, without compromising with the, say, our system of raga type. Means, you see, it should be in raag - "Ra": "ra" comes from "energy", "ga" means "which moves", you see.

And also, the Divine Mother's protection is called as Raganchal. Means, you see, the energy which moves in such a subtle and a beautiful manner that it gives you a protection. And in that protection, your dimensions touch the Heavens. It's like that. And this is created, this Raganchal, is created by our music.

The lilt and the rhythm, these are all factors which are so balanced that unless and until you have a balanced personality, you cannot understand it. Here, our eyes are towards the sky, we are looking at the stars walking. And here, our feet are on the Mother Earth in such a beautiful manner.

If you hear this music, then you will know what it is. To me it's heavenly. And I'm very thankful to you, Debu, so very much thankful, my child.

Debu Chaudhuri: You're welcome.

Shri Mataji: And – really, and you fill me...

Debu Chaudhuri: My, my, my... it's my honour.

Shri Mataji: Saying all this is too much, really.

Debu Chaudhuri: You shouldn't say thank you to me.

Shri Mataji: You see, it's a - if my love can really create all this, I'm thankful to this love that has done all this good work for all of you.

May God bless you.

[Applause]

[End of audio 1 and 2]

[Audio 3]

Shri Mataji (seems to be talking to somebody): ... ideas; it is all self-destructive, believe me. You look funny with it. All right, little oil, do it properly, make it properly combed, we are not hippies.

This thing started with the hippieism.

Now hippy is finished. Now a new thing has started, yuppies, where they put oil, nicely do groom their hair.

I don't want you to be yuppies either, but you should look proper, because what I feel that you don't look after your Sahasrara.

And if you have hair like that, you look like a bhoot, to be very frank, according to Indian standard. And the bhoots go into you, because they think there is some bhoot going, to be very frank. All right, so please put little oil, every day, little oil, please put.

You can put some water, wash it and little do it, and then clean it off, in the morning time, so that you won't have any problem.

Have you seen Debu Chaudhuri? See his hair!

He's such a grown-up, matured man. His hair are so good. Or you want to have bald heads? [Shri Mataji laughs] I'm entrusting you now.

New Sahaja Yogini: Yes, I'll do.

Sahaja Yogi: She's very new, Mother...

Shri Mataji: Ah, I saw her right side [not clearly audible].

[End of audio 3]

## 1989-1029, Diwali Puja: The world is your problem

View [online](#).

29 October 1989

The World Is Your Problem

Diwali Puja

Montecatini Terme (Italy)

Talk Language: English | Transcript (English) - Reviewed

Diwali Puja. Montecatini Terme (Italy), 29 October 1989.

Yesterday was such a nice time we had together, and we really enjoyed Diwali, I think. I've never seen such a joyous ocean, absolutely going in a tempest. We have achieved the purpose of Diwali Puja, I think, only yesterday: it's to feel the joy of God's love.

But "diwali" word is from "deepa wali" means the "rows of lights". It was celebrated firstly because thousands of years back, Shri Rama was crowned on this day. That means the benevolence of human beings was crowned, was accepted. And in Shri Rama's life, you see an ideal personality being shown to be a king, to be the benevolent king as described by Socrates. So this was a great joyous thing that a benevolent king was crowned. That means we have to have a king who is benevolent. That's only possible if the people who choose the king have no other consideration but that of benevolence of all the people. So one has to come to the conclusion that they have to be Sahaja Yogis, because other think that: "How much money we'll get out of this power that we'll have." Some think: "How much power-oriented we could be?" Some think: "How many countries I can win?" or any other domination.

So we've got two types of theories: as we see, is one is communism and another is democracy, where one is power-oriented, the another is money-oriented, and in both the cases we say that it's all failed. And it's a good news for all of you to know that Russia, which was a country known to be run in complete fear, has turned out to be the best for Sahaja Yoga. It is one of the super powers. When the government is like that, I think the people are better. They do not have these false notions of individual freedom. They do not think that: "Ah, what's wrong?" I told them: "You must put oil on in your head because you'll become bald." Next day all of them were done with the oil, nothing doing.

So the kind of obedience they had, from very beginning of their country, that sense of obedience is so great, you tell them anything, immediately they do it. Not one, thousands. One thousand were sitting in the hall; two thousand were outside waiting for Me, on a follow-on. Imagine how wise and deep they are? While in the West we are lost in our so-called freedom idea of so-called freedom: "What's wrong?" But actually we are slaves, if you see. Any fashion that starts, everybody starts doing it. But why? Why do we follow those fashions? We must see how we are slaves. Because others will laugh at us if we don't do like that. They'll make fun of us. Because they will criticize us. So because they have got a freedom to criticize, we are frightened of such people who can criticize. And now the criticizing people are criticizing them. Critics have critics, their critics are there, there are other critics, and there are critics after critics. So only the critics are produced. Where is the benevolence? There's no question of benevolence at all.

So in the freedom loving people who are supposed to be free, the idea of benevolence is finished. Because whatever good for you, whatever is benevolent for you, can be only understood if you have wisdom, if you have depth. But if you have this kind of freedom is to go amuck, do what you like: "Because everybody's doing it, I must do it. Everybody is singing like this; so I must do it." But from where does this idea come in? From where these ideas come in are the entrepreneurs who want to befool you, make slaves out of you, and this slavery is so-called freedom for you. But actually, I think it's complete slavery because you do what they tell you, behave in the same manner as whatever they say.

There are no fashions in that country, very few, very few women indulge into fashions. Nothing. And men are also very simple. They have no fashionable things. They have only things which are convenient, good for their climate. That's what they wear, whether you laugh or don't laugh. It's everybody laughs here. If anybody laughs at them they'll say: "This is stupid, you see, I'll



have pity for him, that's all."

So one has to understand that it was the king, Rama, who was made the, actually accepted by the public, like a crown was put on his head to say that benevolence is the highest thing. And whatever is benevolent for us should be accepted in our freedom, if we are really a free country.

But if we are not free inside, we are bound by what people will say; they'll criticize us. Do you know as a result of that, there is no art in this country [Italy]? But I saw lot of art growing in Russia. Because any art you produce is criticized, so people have to be careful: "This should not be so much, little this, little that." Nobody can produce any art there. Any musician is there is criticized in these countries.

There if you go, the musicians are tremendous musicians. They have of a very high quality musicians there, very high quality of dramatist, not at all boring as they are here. If you go any play in England, it's so boring that you feel like running away from there, extremely boring. There was a play, we went to see, it was called as "Star Express" or "Express Star" or something. There was nothing, except on the wheels they were moving round as ghar-ghar, ghar-ghar. Nothing there ! So anybody would go mad with it, I tell you. We were there hardly for fifteen minutes, came out with a headache. We didn't know where to go.

So with this kind of criticism that we have, it's only freedom we have is to criticize other, make fun of others, react to others. How can you enjoy? To enjoy others first of all you must accept the goodness of other people, not mentally, from your heart. And that will bring the benevolence on this country of ours which we call the Kingdom of God.

Then there is, the second day is where Narakasura was killed. Now Narakasura was the one who was the devil from the Hell, they say: very cunning, very clever, and he was killed by the Goddess. Actually he was killed by a, another Incarnation, Kartikeya, but Goddess gave Him the power to kill. So when he was killed it was celebrated because the evil was killed, but we don't find that, these days the evil people are getting peace awards. So what is the reason for this kind of a perverted brain? How is it they are using perversion? Just the opposite of it.

What has worked out these things, so again we find the same so-called freedom to become also evil. So we have freedom to become evil. First of all, we have freedom not to be benevolent, and secondly to become evil we have freedom.

So the Narakasura within us must be killed, the one which teaches us evil, to do evil to others. If you are busy doing evil to others, you can never enjoy. Because you enjoy doing evil to others. So that has to be faced within ourselves, not in other people. It's very easy to say that this Sahaja Yogi is caught up, that Sahaja Yogi is like that, but very difficult to say: "Mother, I am caught up. I have got this problem within myself."

So when you start seeing yourself your heart opens out. Unless and until you learn how to open out your heart how can you enjoy? Open your heart.

Many people live on very superficial level. All right, some of them might say that: "I am possessed, Mother. I've got this possession." Why? "I've got this conditioning, that conditioning." But why? You don't want to enjoy. So watch yourself, see for yourself. This is my conditioning, "All right, I'll put you right." See in the mirror. Tell yourself: "This kind of a useless conditioning I've got it from where? Because I'm Indian, because I'm French, because of English." Open the heart. And opening the heart is only possible if Narakasura sitting on your heart is killed, finished, once for all.

In small, small things there is joy. In very little things also there's a ripple of joy. If you are sensitive you can catch it. And why not enjoy? Why to have these stupid conditioning on our heads for nothing at all that we can't enjoy? Enjoyment is only possible if you take out this one sitting on your heart.

So, that is the second part of the Diwali that you have to open your heart. Forget your nationality, forget your race, forget everything. It's a funny kind of things Sahaja Yogis have. They must be respected, they must be treated like this, or maybe that we are something great and they are no good. If you cannot mix up with the collective, something's wrong with you. Nothing wrong with others. Easy to find faults with others. But what's the use? If you start finding faults with others you do not become clean. Supposing I find that your clothes are not clean. My clothes are not going to get clean by that, are they? It's so practical and simple it is that we should see ourselves, what's wrong with us, and improve ourselves, so that we can really, really, from our heart, enjoy.

Third one is a very beautiful thing is the Lakshmi Puja, means the day they worship Lakshmi. I've told you many a times, the

symbol of Lakshmi was created really beautifully. And it was so that She came out of the water. Through the water, She came out so clean. And She has no pride. She doesn't assert Herself. She doesn't put Her pressure on others. But human beings are just opposite if they have money, they ride on a horse all the time, they cannot come down. It's impossible to talk to them.

So a person who has money is not the one who is worshipping Lakshmi, who is not a "Lakshmi pati" as called him, the owner of the Lakshmi. Because She stands only on a lotus. Can you imagine how light She must be to stand on a lotus? She has a big body, everything is there, but She stands on a lotus. That She takes all Her weight within Herself, She just sucks in Her weight as Shri Krishna has described. That like a tortoise sucks in his legs inside his body, in the same way, we have to suck in all the weight of money, weight of your positions, weight of your so-called education, weight of some aristocratic family you are born of. This is all nonsense which makes you a heavy person, to go down very fast.

So She stands, or floats in a way, on the lotus. And what a thing is beautiful, this lotus, that She doesn't disturb any petals of the lotus, nothing. She just stands peacefully in a balance. Unless and until you have balance you cannot stand on a lotus. So She is so balanced. Her center of gravity is so balanced that She cannot topple down.

Now in Sahaja Yoga, some people, you ask them: "How are you?" [Shri Mataji mimes a sign that means just ok] Ten years have passed, sometimes like this also. [Shri Mataji mimes a sign that means you are up side down]

[Laughter]

Why? Because you must be grounded in the Mother Earth, into the practical side of it. It's nothing- something, we are hanging in the air, but we are grounded in the Mother Earth. And the slightest thing happens to us, again we come back to our balance.

So this is Her position when She stands up in a lotus. Now She has a hand, one hand like this [which gives], one hand like this [which protects], and there are two hands which have got again the lotuses, the pink ones. Yesterday, you saw the pink, pink is Her fragrance I think is spread on the sky. And She is pink, pink because that shows that Her house, Her nature is pink, pink is inviting, is loving. She is a very fond hostess, that She wants everybody to come in, in Her house. But if you see a rich man, he'll have ten dogs outside and nobody can come inside the house. Only the dogs and he lives. He can't live with human beings. So the house is closed, the doors are closed, everything's closed, money is closed permanently. So, such a person cannot be called as Lakshmi pati, he's not a Lakshmi pati. Because he must have a cozy, beautiful - cozy, again I say, cozy house. "Cozy" doesn't mean like a hospital, anything drops, you feel frightened: "Oh, my God." Then you'll pick it up. "Cozy" means where you are comfortable. It's all right, in the house, in the home, if somebody comes and stays. Then it's little bit this here and there, doesn't matter, then you put it right, but that doesn't mean the lousy house also. It should not be taken as a lousy house, but a house which is inviting. When people come in, you give them a place to sit down and make them enjoy. It's not done, in India at least. I don't know, so far we are now quite getting westernized, that anybody drops something on the carpet we'll never clean it in their presence because it's very bad manners. Carpet is not important than the guest, is it? Or if we break something, say, a glass, then we say: "Very good, it's something has gone out, some bad thing has gone out." Or a thermometer is broken we say the same thing.

All these things happen, in a way, just to see how far we are open-hearted or to suggest to you that something is going wrong. If something falls off just see what's going on in your brain. What are you thinking? Is there something funny you are thinking about somebody or something wrong you are thinking? Then it's up to you. Otherwise everything it's nice and smooth.

So, another conditioning we have, which is a very, very funny conditioning, either we'll have the lousiest of lousiest houses or we'll have houses which will just look like hospitals, even a rat would not enter there, leave alone human beings. They'll polish all the brass, they'll polish everything. Husband, wife will fight on that. They'll have divorces for it. But not even a rat will enter that house. I have seen many houses like that. And I've seen the other way round also: those that are lousiest, where there's no garden, there are no flowers, nothing beautiful. So, we have to be not to this extreme or that extreme, but something that will give joy to others, to visitors, to people who come to your house, we'll soothe the sick. People should feel happy to come to your house. So there's no showing off. Not to show off but to make them comfortable and very happy. You can do lots of things, very interesting things, if you have the Lakshmi principle in you.

I've met once a Chinese gentleman. He had a very beautiful house, everything, and he was so interesting. He had made the house very interestingly, very nice, very beautiful. And you didn't feel any aggression at all in that house. So, I saw his dining room done

with very good, beautiful, green marble and white lights. I said: "Must be quite expensive." "No, that's the beauty. It's very cheap. You know how I did it cheaply." All the time he was telling Me how he did things cheaply, means he has never shown off it's expensive. But a person who's aggressive will say: "Oh, you know, this one I got it for so much, so much, so much." But a person who wants to give you joy will say: "No, I tell you it's so cheap, you won't believe what a sum." That's the sign of a person who wants to give joy to his guests. He'll never try to say that: "It's very expensive, I spent so much money, this is so, this that." This is showing off. And then ultimately you'd say: "It's very good," three times. "Then it's yours. Have it." Of course he can't give you the floor. The rest of it you can take.

That's, that's what it is a personality which is joy-giving. Like a lotus, as I have told you before also, a beetle comes, a black beetle with horrible thorny legs, and enters into this lotus for a sleeping in the night, you see. And the lotus closes down its cosiness on it and sleeps very comfortably. And then next day it opens out, so it flies out. That's how your homes, your ashrams, your hearts should be. Beautiful, so that anybody can feel that soothing and that comforting feeling, when they are in your company. But not a person who was reactionary. Like you go to somebody's house and immediately say: "I don't like this carpet." See, it's bad manners, absolute bad manners to say like that, to say that: "I don't like it," it's bad manners for Sahaja Yoga.

Any music you hear, supposing there is a musician who could be of a very high level, could be of a very ordinary level, you should be able to enjoy everything; otherwise you are not a Sahaja Yogi. If you are going to criticize a musician that: "Oh, God, what a musician. He's no good this, that" then he's not going to improve. But if you encourage the musician: "Oh, you are very good. You are very great," he'll play much better next time; you'll see that. There's no falsehood about it.

Some people think it's not honest. But this kind of useless, absolutely fatal kind of honesty is not wanted in Sahaja Yoga. You be honest to yourself. And there's no need to tell anybody your opinion very honestly. Keep it to yourself, all these honest opinions, and direct towards yourself.

Like you see somebody. Now, honestly you want to tell him that he is wearing a funny dress, honestly. You better look at yourself, what sort of a dress you are wearing. And what business you have got to tell him that he's wearing funny? On the contrary, you say: "This is very nice. I like it. It's very nice. It's good, good. Nice one." They'll say: "No " But he'll say that: "No, not so good. Yours is nice." "Oh, you can get this very cheaply, you see, very cheaply. I'll tell you from where. And you can have it if you like. I can take yours. You take mine." So the basic, subtle point is that, that with your love, you are encouraging everyone, you are helping everyone, you are creating a confidence in him, [in] his personality and a kind of a rapport which is very subtle.

So, a lotus is born in the pond, which is so dirty, filthy, full of worms, everything, like as we see the world is today. But the lotus covers with his fragrance the whole of that pond and covers it up completely and you forget the thing what is behind. It has very big, big leaves, very big leaves, you see, like the ears of the elephant and that covers the whole thing. So you don't see any filth or dirt. What you see is beautiful, clean, big leaves. Sometimes they are like a "tali"[plate], like a big tali that we use for eating. And then all these things are covered with you. There's no honesty about it. They could say: "Why should we be honest, let such say all the worms and the filth growing about?" But the honesty lies in honestly understanding what is your job as Sahaja Yogi is. You are not there to point out the bad points but you are there to cover all the bad points, all the loopholes, with your love. That's your job, and there you have to be honest.

Sense of honesty, the way it is accepted these days, it has created only cheats and thugs and thieves. Even a thief can be won over. You can.

I'll give you an example. I met one boy in Delhi market. Poor thing, he was all wounded, he was suffering so I brought him in the car home. So in the family, My brother and My husband both got very worried. He said: "Who is this brother-in-law you have brought in?" I said: "He is My nephew. All right, let it be. Doesn't matter, whatever you say, I'll keep him." So I looked after him. I treated him. He got all right. These two persons got after him: "We could send him to the police, send him to the police, this. I said: "Let's try now, let us see, he's a good man, he'll be all right." "No, send him to the police." Might have been, I don't know, might have been. And they were after his life; till ten days he was all right, I soothed him down. After tenth day, he was so fed up with these two persons, he ran away. And he ran away, and he ran away with what, do you know? He ran away with all the things that belonged to My brother and My husband. And he left My necklaces, My watches, everything nicely. [Laughter] He didn't touch that; he didn't touch that.

Shri Mataji to someone: Hello, see when I am talking, don't talk to each other. This is a new Sahaja Yogi? Tell him not to talk. When I'm talking don't talk. That's not the way.

So he just ran away. And imagine, he left – I had a necklace, a very nice, beautiful, expensive necklace, I should say, given by My mother – he didn't touch it. He didn't touch anything and he took away whatever was possible from their purse, from their things, whatever were left, everything he took away. "Now," I said, "now go to the police." [Laughter] "Fine. What?"

So, this is how one has to know that the honesty is for yourself, not for others. Don't try to be honest with others. Be honest to yourself. Keep that honesty to yourself because maybe it's rational and maybe that it is just a matter of habit that you are trying to hurt others. So first check on your mind and find out if you are trying to hurt others or you are trying to please others. Otherwise don't talk; just keep quiet. If you are going to say something to please others, talk; otherwise just don't talk. And you'll be surprised, when you say nice things to others, how niceness comes to you.

Like supposing somebody comes and tells Me that: "Mother, he is very bad. He has troubled me so much, this thing, that thing. I don't like him," so I tell him: "No, no, he was praising you a lot." It's, it's not honest, but I tell him. "He was praising you. He was so much in love with you. He's so kind to you. He was telling Me he loves you very much." He said: "Really?" "Yeah, he did say." Next day you find them going together.

So in Sahaja Yoga, once you come in there's very little, is left out, very little here and there. And some of them are really very superficial but most of you have very little things left here and there. And only if you can watch that part you can throw it away and you can really become very joyous people.

Now there are some people who never smile, who never laugh. So then you are allowed to tickle them. [Laughter] It's absurd. It's said that you have to be like children; you have to be like children. You play with something, finished; then you play with another, finished. You don't get involved into anything. You don't get attached to anything. Unless and until you've that child-like heart you cannot enjoy Sahaja Yoga. It's useless. You will be here for years together; you will be useless, absolutely. Specially if you are coming from false gurus, it's very difficult. Because what I have known of false gurus, they never laugh, never smile. They are very serious. Only take your money, keep on the backside. So it is important that we should be in a very joyous mood, alert, aware, enjoying every bit of it. That's one of the Lakshmi's principles is.

Now another thing is that, the suggestion is of the left hand is like this, means She is giving. A person who has money must give, not to the Pope, I never mean that, but must give to somebody who needs it. But so secretly that this [right] hand should not know, is so far away, this one [right hand is up].

This [left] hand should give, just secretly. Sometimes it's difficult to give money to anyone. I find it difficult, because I find it that people will not like it. So there is a way of giving. There are so sweet ways of giving. Just try to notice what that person likes. Sometimes even children understand. Like I know, of My granddaughter. She said: "This boy, Nani, doesn't even have any good chappels. I feel so bad about it. But how to give him? He will not take money from me." So I said: "You do one thing. You go and do something to his chappel." So she went and little bit spoilt his chappels more, you see. When they were walking together it broke. So she said: "Ah, see now, the chappels are broken." She took him to a chappel shop and bought him a chappel. He said: "But I have no money." "No, just take it. Just take it. It's all right. Just, I'll be very happy if you take." That's how!

It's so sweet to hear and to do it, how beautiful it must be! We like to hear everything, we want to see in a film everything good, in a television, but when it comes to us we are different. When we see a mother-in-law torturing her daughter-in-law, we always say: "Oh, look at her, how cruel she is." But we don't want to see we are the same.

So cruelty is out of question in Sahaja Yoga. Out of question! Nobody has to be cruel to anyone, nobody has right to be cruel, whether they are leaders or non-leaders or anything they are, you have no business anyway to be cruel to anyone, hurting anyone. We are not daggers, we are lotuses. Ha, if you have to hit somebody, hit with a lotus. It's such a delicate thing. But it can be only understood if you go deep into it, into Sahaja Yoga, otherwise it cannot be understood.

Now, a saint is a saint. He cannot become cruel, he cannot. There's no need. What is the need to be cruel?

So then with one hand there should be "daana" [donation], means "giving". Giving in a way that is secret. There's no need to give Me anything. I've been telling you: "Don't give Me anything." I don't want to take anything. If you give Me anything, gold and silver,

I'll leave it here. I cannot take it. The reason is not that, I mean, I don't appreciate that you are loving Me, this thing, but a flower is sufficient for Me.

But a person who needs something you must give. I'm so self-contained, you know that very well, that I can live anywhere, I can live on the street, I can live anywhere, I have no problem, I can do without food, no problem. All right, in adoration you want to give Me something, but I've been telling that: "Don't give Me. If you give Me anything expensive, I'll leave it here. I will not take it." And we have now passed a law or regulation, everything, but I hope you'll listen to Me.

So, what is needed is the thing that we should know what is the dearth of another person, what will he need? You need silver for puja, all right, I'll give you silver, all right. But in such a sweet manner that you don't feel that Mother is giving us it. So there should be a feeling of giving at the right time, at the best opportune moment, to give something. That is also one thing, just like a cameraman knows when to click, in the same way you must know when to click when giving is concerned. When odd times if you give, it can be a very hurting thing, the person can feel very hurt, if you give at the odd time to someone something.

You have so many stories of that kind, like Sudama's is that thing, when he went to see Shri Krishna. And Shri Krishna took out his procession, in the procession there were just taking out his bad eye with some pearls. So, Sudama said: "Let one pearl fall in to my lap also." He was very poor. But when he went back, he saw his house was made of gold by Shri Krishna. It was such a surprise! So that elevates the heart. So it should be elevating. It should not be sensational, but it should be elevating, and that helps the person because, whatever you give for spiritual growth, is the one that is the best thing that you can give to anyone, even in material things. Even in material things, you give something in for spiritual growth. There are so many ways, if you want to think about it, of giving someone something that, spiritually, he feels comforted, he feels happy and joyous.

Then another hand [right] is like this. This hand is showing that you have to protect, you have to protect. I've seen Sahaja Yogis, well some of them who are very superficial join hands with non Sahaja Yogis. Immediately, you can make out the fraternity. If I see one woman going with another woman whom I know is a bhootish one, I know that another must be. That's how the combination always works. There's a fraternity of good Sahaja Yogis and a fraternity of bad Sahaja Yogis.

So when you see this [right] hand is a protection to all the Sahaja Yogis. We all have to protect each other, nobody should touch you. Of course, I'm all the time worried about your protection. If anybody comes and criticizes a Sahaja Yogi, any one, he may be the Prime minister and things, I'll stand by the Sahaja Yogis. I'll go up to any court or anywhere and I'll stand by that Sahaja Yogi. Even, he may be wrong, still I'll I'll stand by the Sahaja Yogi because his Spirit is there. So we have to protect. We have to protect our children, we have to protect our wives, we have to protect our husbands, we have to protect anaraksha [unsure] as they call it. Protect all the artists, protect all the people who need protection in this world. So many people need protection from Sahaja Yogis. Now see, the classical art is dying out, there are having funny sort of modern art. I don't mind if it is really modern in the sense that they are evolved people and they are producing something of a spiritual value. But one line like that [horizontal] and one line like that [vertical] makes a drawing or a painting. Don't support such nonsense.

Then poetry, which is wrong, should not be supported. Or literature which is talking of filthy things, ugly things, dirty things should never be protected. But whatever is good, whatever is beautiful produced, created by any one, even by a child, must be protected. Like a politician who is a honest politician is a good politician who is benevolent, he may not be a Sahaja Yogi, but he should be protected. In your heart of hearts you should think: "Mother, please protect this man." You must have feelings for them.

So what we have to protect here is the goodness, is the peace. That's our duty, we have to protect. We should not say: "All right, why should we care? He is not a Sahaja Yogi."

No, but he is a good man. Whether he is a Sahaja Yogi or not doesn't matter, but he is a good man so we protect him because of his virtues. You must protect a person who is virtuous, it's very important. For his virtuous sake, you must protect him. And you should not be only limited among yourselves, Sahaja Yogis, you are the protectors of the world! You are the kings of the world, think like that. You have to worry about everything, what's happening here and what's happening there. You must know everything. So, some people say, "Mother says, don't see television". I do not say like that, absolutely. What I was saying, you must see what is happening in the world. But all the time glued to the television, your eyes will be spoiled, and see all dirty, filthy nonsense, there's no need. Why should I tell you? You yourself will know. But you must see things, you must be informed, well informed, especially the ladies must be very well informed. It's very important, because what I found, ladies in Sahaja Yoga, they come, they just jump in the sea and finish there. That's not the way. You must learn how to swim, you must know how to make

others also to swim, protect them, You must know every thing that's going on in this world where you are born. You're not to be just excluded from there, you must know everything. You ask Me, I'm a woman, I know everything about every country, I know the problem. That's how I can solve. In Colombia I went there, you know what has happened now in Colombia.

In Russia, everywhere, you have to put your attention to all these things. Specially, the women must know they are shaktis and they're shaktis of love, of attention. So this protective speciality has to be with us and we must know we are in charge. We are in charge of this world. We are in charge of the whole humanity; we have to look after them. We are not limited Sahaja Yogis. We are unlimited. We are eternal beings. And take up that personality within yourself, then only the Diwali is completed. You can't have Diwali with something that is short lived, you have to have something that's burning for ever.

So, this is the beauty of Sahaja Yoga is that you become really a great personality. But, it's not the end of it. This is only the Lakshmi principle I told you. But once this Lakshmi principle covers you up, then the Mahalakshmi principle starts, is that you think of the world as a great challenge to you, that you have to give them Mahalakshmi principle, that you have to give them Realization. You have to raise them up. And this principle, once starts working in the Mahalakshmi principle, then all the problems are your own. You have to start working it out. Change the attitude, it's the best way I can say, towards all other things that we have to solve the problem, we are here to solve the problem.

Like, I've seen, it's a very common thing, somebody comes out with problem, I tell them: "Do this." They'll say: "But, in this this." "Then do that." "But in this, that." Like that they go on all the loops, false loops, until I'll say: "Now this is your problem, not Mine. I'm giving you hundred solutions and none of them suits you."

But here you should know you are the one who has to solve the problem. It is your problem. The world is your problem. Why were you born at this time? Why did you get your Realization and why are you Sahaja Yogis? Just for name's sake? So, in every field you have to take a responsibility to see what you can do. Supposing you are an architect, all right, have designs made! Create designs, just try. I'll help you. You are a musician? Then take up ways and methods of spreading good music. If you are writer then write something interesting, not boring, something interesting, something which will elevate people. If you are a government servant, all right, try to show that you are acting for the government that is of a much higher level. And such a person will be respected, very much respected. Everybody's personality will grow, not that you run away from somewhere because most of the people say that, "Mother, we get caught up, this, that, you know." It depends on.

Now I told you that I have to sometimes shake hands with six hundred people who are sometimes absolutely drunk. So it's all right; that's my job. So, we are not going to run away. We are covered with the protection of the spirituality. If you can keep to the central path of 'sushumna', nobody can touch you.

So, out of the Lakshmi principle I hope you get all the tattvas, all the principles, satisfied in you, fully, and also the Mahalakshmi principle flows through your being. You have to be very satisfied and comfortable people.

Not to find faults. If you are finding faults, then know that you are not Sahaja Yogis. If you are trying to control others, then know that you are not Sahaja Yogis. Even the leaders, I would say, should never try to control. They must know how the principle is working in the silence; see for themselves how it is working. It's a trick you must learn. Of course, little correction is needed. That time you correct the person, at that time, doesn't matter. But you must know how the whole principle of benevolence is working itself. The whole Param Chaitanya is doing the benevolence part; you must know that.

As I've told you before also, you have to be like the sea which receives all the rivers into it. If you are on top of the hill you cannot receive anything. So, you have to be like a sea to receive everything and you have to be at the height. As I told you the other day, the same way, that very close to the sea there should be a personality which is above everything else. Such a beautiful personality you should have, is the depth of the sea and the height of the Kailasha.  
May God bless you all.

[End of video at 51:14]

[Sahaja Yogis sing Jai Ganraya]

Sir CP: May I wish all of you a very happy Diwali. What a beautiful Diwali this is. Diwali is a festival when we gather together as a family, is a family function. And to belong to this family, I think is the biggest privilege that anyone can aspire to. And therefore, Mister Guido, I am very grateful to you and to all Sahaja Yogis and Sahaja Yoginis for on the honour they bestow upon me by accepting me here this evening and by giving me a chance to be here with you. I don't know how to describe this lovely evening today, what we have just seen, I've been what we have just seen. I have been overtaken and overwhelmed by emotion. I look back on many, many years and I cannot recall any other Diwali which has been as joyous and as full of happiness as this one. And when I see all of you here today that I've said on earlier occasions I feel as if I am transported to another world, a different world, a new world, a beautiful world. So, to this very happy family that is gathered here I wish a very happy Diwali and a very happy and prosperous New Year. Now you may perhaps believe that New Year begins on the first of January, but New Year also begins now after Diwali, and therefore we all wish each other a happy and prosperous New Year.

[Applause]

This is an occasion when I should like also to thank you very much for all the kindnesses you have always showered upon me. I am now due to retire very soon from my present assignment as the Secretary-General of the International Maritime Organization. I've been looking forward to it greatly. And some people think that when they retire, my God, how are they going to face the world? I am trustily looking forward to the day when I hand over these responsibilities and assume new ones which perhaps She may be able to give me.

You have known the Creator of this world, very intimately; you love Her as She loves you. I have also had the great privilege of knowing Her, perhaps a little longer than you have known. I knew of Her first when She was the beloved daughter of Her father, the favorite child. I knew Her when we were about to get engaged, the quiet and maiden that She was. I knew Her when we got engaged, I knew Her as a bride when we were married and She had to take the oath She was a, you know, a young lady quiet, maiden, shy as She is even today.

[Laughter]

I have, I have known Her as a wife, I can assure you the most dutiful wife ever apart being the most beautiful. I have known Her as the mother of my children and I have known Her as the grandmother of my grandchildren. And I have known Her as your Mother. She has many, many rupas as we call it. But you have seen Her in Her swarup, which is the ultimate.

To me when people say, "What is a miracle? How, where, does one see a miracle?" I see a miracle sitting here, right in front of me. Each one of you is a miracle. What you are today, your face, your angelic face, your goodness, your happiness, inner bliss, this is a marvelous transformation with the world needs. But you have got it, and isn't this a miracle?

A human being is the most difficult creation of the Almighty, the best, the highest and yet the most difficult. To be able to create one angel is God's own work and to create so many of you is Her work. I want this beautiful work to grow because the world needs it. The world is desperately in need of this beautiful, new creation. The world is changing. As you know, the world is changing for the better. And recently Her trips abroad, particularly to Soviet Union, have shown that East or West, North or South, they are all ready to receive Her, to receive Her message and to begin a big change, a process of change. I wish that Her dream comes true in an ever increasing measure. I wish you the very best and [maybe missing part] success to you, all of you and your children here, and I hope I shall have the honor and privilege of not serving, probably serving, yes, Sahaja Yoga in some way or another, as I said, in accordance with Her wishes.

Thank you and May God bless you, thank you very much.

Shri Mataji: This is just to wish you very, very happy Diwali. To us, Diwali is that from one light, we enlighten many lights. This is a Diwali we are celebrating here today and we have so many people who are enlightened. You can see on their face, their Self Realization shines. I won't take much time because children will go off to sleep and they are going to show us some nice program, and we have to give them presents. And after that, we'll give presents to every one. Today, it's my desire that today, I should be able to give presents to all of you. And once the presents have been given, after that we'll have a nice music program.

May God bless you, thank you.

[End of audio 1]

## 1989-1030, Welcome Talk

View [online](#).

30 October 1989

Talk to Sahaja Yogis

Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Welcome Talk, Istanbul (Turkey), October 30th, 1989

[Poor sound]

Akbar: ... Very far, for the first time. And I knew when he phoned that they found it out. [Unclear]

Shri Mataji: You know because I asked her, "What is the temperature? Just find out. Because I just really got shocked". We saw all the people very nicely going about without much on them. [Laughter]

Hello!

Lady: What would you like to drink?

Shri Mataji: I mean, something cold: Coca Cola?

Lady: Coca Cola?

Akbar: This is Yilmaz [unsure], Shri Mataji, he's an engineer, mechanical engineer,

Lady: This is cherry juice, OK?

Shri Mataji: May God bless you.

Man: How are you?

Shri Mataji: I'm so happy to come here to meet you all.

Man: Nice to meet you.

Shri Mataji: I was so anxious to meet you.

Akbar: Another great Sahaja Yogi in Islam.

Shri Mataji: Really?

Akbar: This is Nowal, another engineer, mechanical engineer,

Shri Mataji: Oh, I see. God has given the engineers here, engineers, you see, God's ways.

Man: No Economist. Economist.

Shri Mataji: Great. Economic. Architect?

Man: Economist.

Shri Mataji: Economist. Ah, economist.

Hello, how are you?

Man: Fine thank you. And you?

Shri Mataji: May God bless you.

So, she's here for us. Good. Beautiful flowers. It's all right, it's all right. She doesn't want to give because maybe of the horns.

[Cut in the video]

Akbar: Mary is the wife of a doctor. She couldn't come because she said- the husband said that she had three patients, she has to cure their teeth, so she couldn't come.

Shri Mataji: [Laughter]

Akbar: Her husband. She couldn't come.

This is Serine, it's the first time she sees you.



Shri Mataji: First time.

Serine: Can I kiss you?

Shri Mataji: Please. First time I see her. So, this is too much for me. I am so happy we have so many people here.

Akbar: This is the Iranian, the first, the mother of Anik. She is the first people know.

She has started Sahaja Yoga. She has got five students. She says.

Shri Mataji: Oh, in Iran?

Akbar: Iran.

Shri Mataji: Iran is the first country I visited. Did you tell her?

Akbar: Yes, yes.

Shri Mataji: So nice to see you all here, so nice. It's tremendous. I didn't know this country had some potential, really.

Akbar: There are a lot more, they are outside.

Lady: I am really glad to see you again.

Shri Mataji: I come also for this task. And his mother, isn't she?

Lady: And his mother.

Shri Mataji: I talked to you on the phone once, remember?

Sahaja Yogini: Yes, yes, yes.

Shri Mataji: She's so anxious.

Akbar: She is, yes.

Sahaja Yogini: She's from Strasbourg, there, Mother.

Shri Mataji: From where?

Sahaja Yogini: From Strasbourg.

Shri Mataji: Oh, Strasbourg. You are from Strasbourg?

Sahaja Yogi: She is the wife of a doctor who is also a Sahaja Yogi, this lady.

Shri Mataji: So nice to see, being such, wonderful. It's very tied, thank you. Please be seated, all of you please be seated. Yes, thank you.

You are so close to, Turkey is so close to India. And you had Kamel Pasha here. Long time back. I always used to read his life and his ideas and things.

Sahaja Yogi: We are really blessed. It's the second time in Turkey. Perhaps you were more in Turkey only. Is that the second time?

Shri Mataji:

Sahaja Yogi: Hello

Shri Mataji: Ah, hello! What about Ruslan, he is not coming?

Sahaja Yogi: I don't know, I don't think so.

Shri Mataji: I see. We should have telephone to him really. He's so close here. He's Oman, he's in Oman. It's a very traditional country, that is, I have seen where ever there has been tradition, they have been able to see this evolution process. But without a traditional country, it is very difficult to handle. You cannot understand. I don't know, the Russian is not very good with the relationship with Turkey, Russians.

Sahaja Yogini: Bad relations. They are just-

Shri Mataji: But there was a problem of people who were forces to come or something.

Sahaja Yogi: In Greece.

Shri Mataji: OK.

But surprisingly, it's very surprising, in Russia, thousands went on and all very well-educated professionals, writers, it's so amazing. I think they had no other freedom. So, they developed within themselves. People are so wonderful, very nice people. And this problem is also created not by the government, anything, but by some bureaucrats who do not want to have this freedom business. That's why they are doing all this, not to give them food in this manner. But the people they say, "We don't

want any food. We don't want anything. What we want is this liberation of the Spirit". So well read, such nice people. And there would be 2,000 people sitting inside the hall and 2,000 outside. [Laughter]

When I came up they would say, "Mother, we" they had to get some tickets to come to that hall. "There are no seats, we could not come, we could not hear you". I said, "All right, then what should we do? Can you come tomorrow morning?" "Yes, we'll come". It was raining all of them were there next day, and we had a session just outside the hall.

And even now follow on is like that, in thousands. Nothing is less than thousand. But they settled down and it's very remarkable how they take to it so easily. And they have had all kinds of things, you know, Hatha Yoga, this fellow, that fellow, Yoganand, Karmananda, everything has been taken.

But they understand the reality so well!

Sahaja Yogini: They haven't been spoiled by the Western culture.

Shri Mataji: I just don't know. This is a kind of a very deep understanding what should be the truth. It is a very deep understanding. I mean no problem of any kind. The government has accepted, the government has accepted us as an independent organization, only we!

Otherwise, any other yoga, anything else, is in a combined way. But for us, they have given an independent way. And now, one of the Ministers is coming for Ganapatipule. [Laughter]

He belongs to the Council of [unclear] the topmost thing. He is going to come.

They have no conditioning, I think, except for one. And they don't- I mean they just say that, "We just want liberation of the Spirit". No other conditionings. And they're not materialist, because they have never had all these nonsensical things that we had. They have one problem, their [unclear], they do not work out outside. That's the only problem they have. Otherwise, so generous.

Even in the hotel, the people, the maids, everybody is anxious to just touch my shawl. I've been thinking, "What idea of spirituality they have?" When they had already no religion of any kind. Christianity also it's just like that, hanging. Also, some Muslims are there in this area of this Tashkent, Samarkand and these things. But I think there's no conditioning of any kind there. Just they are waiting for the spirituality. And the right time now, Gorbachev has opened the doors and we were 40 people, first time we went, 40 people. And the way they looked after us!

We didn't pay a single pie, 40 of us, we did not pay. So full of devotion. That means, you see, that Sahaja Yoga will be now nicely established. Because according to one of the predictions of Bhrgumuni, in his book Nadi Granth, he says that, "One super power will take to Sahaja Yoga". This is one of the super powers. And then the Sahaja Yoga, in 1990, will be so established that they will have to have a conference of people from all over the world and they will be made in charge of the whole world.

They have used 'Sahaja' word in that. I've got a beautiful booklet. You've got the green booklet where is it?

Sahaja Yogini: In your luggage.

Shri Mataji: Hum?

Sahaja Yogini: In your luggage.

Shri Mataji: OK. In which somebody has also seen into Quran, the word Sahaja Yoga is there.

Sahaja Yogini: Oh, yes.

Shri Mataji: G. S.

Sahaja Yogini: Y. S.

Shri Mataji: Y. S.

Sahaja Yogini: Cause it's written there.

Shri Mataji: You see, Y suggests 'yoga'. So, he's given me that booklet. You have a look at it.

Sahaja Yogi: My name is also Y.S.

Shri Mataji: Y.S. Really?

Sahaja Yogi: Ylman Salman.Y. S.

Shri Mataji: Y. S. Ylmas?

Sahaja Yogini: Ylman Salman. Salman.

Shri Mataji: Means Salam, is it?

Sahaja Yogini: Maybe.

Shri Mataji: [Unclear]. You know, I was sure Muhamad sahib would have written everything definitely, because he's one of the latest ones, he must have talked about it. Also, he said, "Until the Qiyamah comes, you can go with the ?". Otherwise, there's no need. All these things, he has said it.

And it's very important that Islamic world should now take to something like that. Because the way things are going on, even in Russia, there's a big fight going on, so many people getting killed for nothing at all! Afghanistan also, such a lot of people are getting killed.

We met the Minister of Afghanistan who came to see us. And he said, "We want peace in Afghanistan. How to have peace?" I said, "You spread Sahaja Yoga". We want peace, he said, "So many people are killing: there are rebels, there are this thing". Afghanis, those whom I've met are really wonderful people.

They were not political or anything. They didn't have political problems, nothing. They were just talking about this and then one of the lady had some problem. So, she came and she said, "I trust you all the way. I came from Kabul". She had some problem, I cured her. And I was surprised, I mean, she was just talking about, "This is what it is, we have we have been watering and all that". Afghanis people say like this. There are people all over the world like that.

There are people all over the world like that. And Afghanis, I mean, I can say that it's not easy to penetrate into that area. It's so far fetch. They met me in Russia.

It's all working out so well.

Sahaja Yogi: Mother sorry. Mother, sorry, I did not understand.

Shri Mataji: No? I'm sorry, I thought you understood.

Sahaja Yogi: We'll [unclear] after this.

Shri Mataji: You'd better tell them.

Sahaja Yogini: Tell him.

Shri Mataji: Ah! [Laughter] I was talking that side.

Sahaja Yogi: This is recorded, so we can show it to them after this.

Shri Mataji: All right. And then you can translate, yes. Good idea.

Sahaja Yogi: This is audio, so yes.

Shri Mataji: I think Turkish is the language I can learn the fastest, because so much near Urdu. So much near Urdu. Many words are Urdu words which we use in India.

Sahaja Yogini: In Sanskrit, do you mean?

Shri Mataji: I'll pick it up in no time.

Sahaja Yogini: Can I ask you something? They told me that they saw my name in Sanskrit. My name is Gaiye. What?

Sahaja Yogini: Gaiye.

Sahaja Yogini: Gaiye.

Shri Mataji: Gaie.

Sahaja Yogi: Gaiye. Gaiye.

Shri Mataji: GAI

Sahaja Yogini: YE.

Shri Mataji: GAIYE. So, you want to know what?

Sahaja Yogini: [Cut]... Sanskrit. They saw it in one of the Sanskrit songs.

Sahaja Yogini: She would like to know the meaning of "Gaiye".

Sahaja Yogi: 'Muslim aliyo gaye'

Shri Mataji: Ah! 'Gaye' means 'you sing the song'. 'Ga' comes for singing is for singing, 'ga'. It's for singing, 'gaye'. it's an Urdu word 'gaye'. If I say 'gaye' means 'you please sing'. But it could be, there was a very well-known lady, and also we have within us one of the channels called as Gayatri Channel. Gayatri, it's a very subtle channel to invoke the five elements. That's called as Gayatri.

Sahaja Yogi: 'Gaye' means the aim or the scope. Is there a word in [Urdu language]? [Cut]

Shri Mataji: Ah, yes, Urdu. If you say 'gaye', means 'please sing'.

But what do you say to the sea here? Sea?

Sahaja Yogini: Sea is the niece.

Shri Mataji: Hum?

Sahaja Yogini: The niece.

Shri Mataji: No, no. Something else you told me.

Sahaja Yogini: Sea is the niece.

Shri Mataji: 'Samundan' you said? Something as some word, just like a Sanskrit or Urdu word. Daria.

Sahaja Yogini: Ah, that's right.

Sahaja Yogi: Daria, it's the ocean ocean.

Shri Mataji: Ocean. Daria is ocean in Urdu also. Daria.

I'll pick it up in no time. I'm sure, Turkish language. [Laughter]

Even, surprisingly, there are so many words in Russian language. It's very surprising that there's something what you call [unclear]

that only the Maharashtra from where I come, Bombay, they say and Russians say and Chinese 'tse'. Nowhere in the world they use 'tse'. Mao Zedong is Mao Tse-dong, 'tse'. So, the Chinese were surprised how I could say 'tse' because nobody can say 'tse'. [Laughter]

And this is something surprising that only in these three countries only this word 'tse' is there. But Sanskrit is in Chinese and in Russian, full of it, completely Sanskrit. Though little derivations are there.

Because you see, Sanskrit and we can say Latin [cut] of one mother language. Sanskrit means the one which was made holy. So, that's how the one word- Sanskrit started and then the Latin was for the people who didn't want to use very -because Sanskrit is a difficult language. So, they used Latin. Like this, two languages were good. But sometimes these derivations go so far, that the meaning say, of something is in one language you say a glass'. So, the meaning of the same word in another language could be 'table'. but the words are there.

Sahaja Yogi: Are the same. We call Latin language Indo-Aryan language. We think it comes from Sanskrit language.

Shri Mataji: Aryan, yes. Aryan, yes. So the Aryans had two languages: one was the Sanskrit and another one was Latin. But it is said that they don't know how to say, but they say that, in India, they say that Indians Aryans who went down to Norway, because we have a book where they describe that this language was made Sanskrit in a place where a constellation called 'Ramni' [unsure] is at right angles. That's the place in Norway. So, it was made Sanskrit in Norway by the Indians.

The Viking people perhaps you mean?

I beg your pardon?

Viking, Viking people, in Norway, are they?

Shri Mataji: Vikings? Yes.

I don't know if Vikings are but we had we had our ships like that built in India long time back, same style.

The bulbous bows and thing coming out. Sometimes it used to be like a peacock or something. It was like that in India long time

back, about thousand, say, 8,000 years back or so, when Shri Rama lived, at that time. So, there we have been always something, there has been a rapport going on thousands of years back of which we are not aware historically. But certain things you discover and you are quite surprised.

Like, I went to Colombia, now where is Colombia, Bogota, if you have to go, you see, the height is so much that you feel little giddy when the plane takes you out there. And in Colombia, it was very surprising that I asked them, "Why the emblem of the Navy is a condor? Is a Garuda?" So, they said that, "You see, our forefathers told us", it's only in Colombia you find people, and Peru, their original Aboriginal people. "They told us that there was a god called Vishnu who came on a condor". Both of us, myself and my husband, were surprised. And from where did he come? He came from Bharat. India's first name was Bharat. And in the museum, the fellow told me the same. So, there was some sort of a big rapport once upon a time.

In Finland now, Finland is so far away. And in Finland, I asked the lady, I said, "What do they call for sugar?" She said, "Sokeria". It's Sanskrit, absolute Sanskrit word for sugar. What do you call for sugar here?

Sahaja Yogi: Sheker

Shri Mataji: Sheker. From the same, from the same, about the same. But in Maharashtra, it is called as 'saka' and also in Russian 'saka'. Exactly 'saka'. But the word must be the original Adi Shankara from where, all these words have come.

[Unclear conversation about sugar]

So, the mixture of Arabic and Persian, Latin and Sanskrit. All of them are combinations.

Sahaja Yogini: I heard that Sanskrit is the mother of other languages. I don't know.

Shri Mataji: Quite a lot, yes, quite a lot, quite a lot, no doubt about it. Like in Arabic, you call it, 'Kulka kili' [unsure]; 'Kulka kili' for the lock and key. 'Kulka kili' you say. 'Kuluk kili' you say in Arabic language.

Sahaja Yogini: In Arabic language, I don't know.

Shri Mataji: They say "Kuluk kili" and that is in Marathi also, we say "Kuluk" and "kili". In Marathi. My father was a scholar of Arabic language and he translated Quran into Hindi. [Unsure]

Sahaja Yogini: My father is a well [unclear sentences].

Sahaja Yogini: The manager would like to come and greet you, is it possible for you?

Shri Mataji: We have had a Diwali puja. [Laughter] Very nice, wonderful Diwali puja. They put all the lights and they had lots of these fireworks.

Such nice fireworks!

Sahaja Yogini: She is Cirilla. Cirilla.

Sahaja Yogini: He is the manager of the airport.

Shri Mataji: Thank you.

Man: Thank you very much.

Sahaja Yogini: He's very happy to meet you and also he's very happy to see you in Turkey again. And while we are waiting for you, we just talk about Sahaja Yoga and yourself and he's too much interested about this subject that he's going to join our program.

Shri Mataji: Really? Good, very good. Very kind, thank you very much. Thank you.

It's such a nice uh atmosphere. This kind of a freedom [unclear] this sense of freedom to get to Sahaja Yoga. Very open people I've met, very open. Very open. But you don't find this in other countries so called free. You don't find. There so many other things in their heads, I cannot understand why they are like mad people.

Sahaja Yogini: I didn't say anything about yourself and Sahaja Yoga. He asked me the questions all the time.

[Laughter]

Shri Mataji: He must be a seeker, isn't it? He must be a seeker of truth.

Sahaja Yogini: I don't know.

Shri Mataji: But this is, I don't understand, that certain countries are so much full of seekers. Actually, I mean, as if they are seeking something. You just go there and you find them. And some country you break your head, you break- all your knowledge to them is zero. It's something surprising.

Sahaja Yogini: It must be because they are still traditional.

Shri Mataji: With their freedom.

Sahaja Yogini: Yes.

Shri Mataji: Conditioned by their so-called too much freedom. "What's wrong?" You see, you tell them, they say, "What's wrong?" It's terrible.

[28:10 BETTER SOUND]

Shri Mataji: I'm sorry, I have to talk this side and you are on this side.

Sahaja Yogi: Any side is OK Shri Mataji.

[Laughter]

Shri Mataji: The whole video team wanted to come really. I said, No, it's all right now. Don't trouble them too much.

How much time does it take from here to Bombay?

Sahaja Yogini: It must be 3 hours, 4 hours.

Shri Mataji: 4 hours.

Sahaja Yogini: Yes. [Unclear]

Sahaja Yogi: No, no. My wife went to India Tour to New Delhi. And she left at 10:05 in the evening and she was arriving at 7:35 in New Delhi.

Shri Mataji: New Delhi, that's far away, Bombay is closer.

Sahaja Yogi: Closer, yes.

Shri Mataji: Bombay is much closer.

Sahaja Yogini: A local time you mean or?

Shri Mataji: Yes.

Sahaja Yogini: Local time.

Shri Mataji: I think Bombay would be nearer because you take one and a half hour to go to Delhi from Bombay.

Sahaja Yogini: And from Italy, here, it's for 3 hours or 2 hours and a half.

Shri Mataji: It's very close.

Sahaja Yogini: From here to Bombay how much?

Akbar: 8 hours.

Sahaja Yogini: So, it's about 6 hours. Five or six hours yes.

Shri Mataji: But you don't go via- that's what I was saying, if they go to Istanbul, it would be easier. I was telling them, "You go via Istanbul ". Because I don't know how they go normally.

Akbar: They go- I don't know Shri Mataji. Sometimes through Kuwait or through Egypt.

Shri Mataji: That's why. You see, if you go via the north side, then to come to Bombay is much more. But if you go directly from Istanbul it's -because this is also in the South and Bombay also in the South, so it's quite close. I was looking at the map today to find out an easier way.

So, they are coming now and Russians were saying that, "All our, this thing is booked, we don't how we'll go to there". So, then I found out a way to come here from Tabriz. They have to go to Tabriz, Ryad, Bombay, it's straight. But otherwise, they would go to Delhi from the north from Tashkent, Delhi then to Bombay. It's too much. Yes. Moscow is, this way, much easier.

Sahaja Yogini: Mother, would you let me translate your last word regarding Turkey to my friends?

Shri Mataji: All right, please.

Shri Mataji: There must be something about Turkey, I should say, that there are so many seekers. There must be something, you must find out. Maybe there have been some great Saints living here. Do you think that's the reasons? There have been lots of saints living in Turkey.

Kahlil Gibran was here in Turkey? Kahlil Gibran, he's from Lebanon. He was a saint. Or Sufi people?

Sahaja Yogi: Sufi people, yes. [Unclear]

Shri Mataji: That's it.

Sahaja Yogi: There are many. Dervish.

Shri Mataji: Dervish.

Sahaja Yogini: And though they [unclear] they are close to Sahaja Yoga.

Shri Mataji: Yes?

Sahaja Yogini: Yes.

Shri Mataji: There is something.

Sahaja Yogini: And then the Virgin Mary was born in Ephesus which is Turkey.

Shri Mataji: Hum?

Sahaja Yogini: The Virgin Mary was born in Ephesus which is Turkey also. It's near here.

Sahaja Yogi: Ephesus in West Turkey. Her grave is also there.

Sahaja Yogini: Garve? It's not a grave because it's a church.

Shri Mataji: Really?

Sahaja Yogini: They said there is the house where she was born.

Shri Mataji: Yes she was born, but at that time it was not Turkey, some other name.

Sahaja Yogini: No maybe yes, because the.

Shri Mataji: Yes.

Sahaja Yogi: I think she died there.

Shri Mataji: She died in- they say she died in Kashmir. She died in Kashmir that's what they say. So many people, I don't know why, at the end of their lives, they say Moses was in Kashmir and so many Jews came to Kashmir. Like, I don't know why they came to Kashmir? Maybe it's a very peaceful place for retirement. And they died there.

Many Romans came there after they lost their empire. And they died in Kashmir.

Sahaja Yogini: Because the mountains.

Shri Mataji: Mountains, it's a very peaceful, beautiful place.

So, it was nice meeting you all here.

May God bless you. I hope we get more people tomorrow and day after.

[Shri Mataji goes out.]

Shri Mataji: The way Muslims are greeting is much better than- from the heart. It's from the heart, you know, they wish.

Man: Yes.

Shri Mataji: Or they do it like this. [Unclear]

Sahaja Yogini: And also we greet people like this with heart. It's a custom.

Shri Mataji: I know, I know. It's very good instead of shaking hands, you know. It's terrible this shaking hands. Because in Asia, we put both hands together, it's much better. One hand shaking is very bad. Two hands shaking is better, I think.

Guido: It's good.

Sahaja Yogini: Balance shaking.

Shri Mataji: Balance.

Sahaja Yogi: We put it in the heart and really it gives a meaning.

Shri Mataji: Really from the heart.

[Conversation with few Yogis downstairs.]

[Conversation in the car. Shri Mataji didn't sleep for the last 3 nights. Very noisy]

## 1989-1030, Two Interviews

View [online](#).

30 October 1989

Interview

Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Interview with Nilay Karman

1989 - 1030 Two Interviews, Istanbul, Turkey.

Interviewer: Hello nice to meet you.

Shri Mataji: Good Morning.

Interviewer: Good Morning.

Shri Mataji: Nice to see so many lady journalists.

Journalist: For now, there is in Turkey I am afraid there are more lady Journalists then men.

Shri Mataji: Really.

Interviewer: Yes, because lady journalists are not paid well.

Shri Mataji: They are not paid well?

Interviewer: Not really.

Shri Mataji: Unclear () and you know that but its nice that ladies as journalists you see. They will be subtler than men in anything.

Interviewer: So, You came here yesterday?

Shri Mataji: Yesterday. Yes.

Interviewer: Directly from London?

Shri Mataji: No no no no, we came from Rome.

Yogini: Shri Mataji is travelling a lot

{Discontinued video}

Shri Mataji: Infrareds actually here Unclear () from there we broke down and took the plane and then

Interviewer: You were staying in Rome?

Shri Mataji: Yes, we have gone for a seminar. Were seminar about eight hundred people in there.



Interviewer: So, I assume you travelling around.

Shri Mataji: Quite a lot.

Interviewer: Quite a lot, giving seminars.

Shri Mataji: Yes, they have allowed thirty-six nations who are doing Sahaja Yoga.

Interviewer: Thirty-six nations?

Shri Mataji: Thirty-six, so I mean you have to travel.

Interviewer: I assume You last time check this...

Shri Mataji: Long time back?

Interviewer: in the seventy's

Shri Mataji: Yes seventy

Interviewer: Have you been travelling in the educating...

Shri Mataji: Yes, first I went to Iran.

Interviewer: Iran? When was that?

Shri Mataji: I think it was seventy-one or seventy-two. That time Shahaf Iran was there.

Interviewer: You went to Tehran?

Shri Mataji: Yes Tehran and also I went to Shiraz and Isfahan. Yes.

Interviewer: and what was the reaction?

Shri Mataji: Wonderful.

Interviewer: What's the reaction of the people?

Shri Mataji: Very great. They were all seekers. Lots of them. In thousands came, but after that this you see then the change, we lost them completely.

Interviewer: So, you went to Tehran, Iran before unclear ()

Shri Mataji: Of course. Much before.

Interviewer: Then he was posted in 1978, did you go before that?

Shri Mataji: Much before 72 I went

Interviewer: You just go once?

Shri Mataji: Once only.

Interviewer: You didn't go after this.

Shri Mataji: No

Interviewer: Then why did you come to Turkey? I was talking to this guy unclear ()

Shri Mataji: They invited me.

Interviewer: She told me that, you first came here in May this year

Shri Mataji: Yes, and I found the reaction. People are very very.,

Interviewer: What was the reaction?

Shri Mataji: The reaction is that seekers I think they are very subtle people, very subtle and they are seeking something very higher, the spiritual ascent and I was asking them what is the reason why this country has so much subtlety, then they told me that there have been lots of Sufis they talked about the ascent

Interviewer: Could you explain it although I have read it in brochure, I want to hear it from you. Also, what is self-realization? Why do people unclear ()

Shri Mataji: You see in our evolutionary process, we have become human beings. But we do not have the absolute knowledge of Truth. Absolute. Which is such that nobody can challenge it. That's why we have difference of opinion, different theories, different ideas about God, about divinity because only the absolute can integrate and tell us what's the Truth is. For that there is one more evolutionary jump or a break through one has to take. Once that happens then you become the Spirit. That's self-realization. Once you become the Spirit, then you can feel the all-pervading subtle power around. You can feel it. What you call it unclear (), you can feel it in your fingertips. Not only that, but you can find out about anything what is Truth and what is not. Supposing somebody was saying the other day about Mohammad Sahab, I said he was, he was a primordial master. He never talked about it. But he was. So, how do you know if I say something? Just have to put your hands like this as you do in the Namaz and ask the question. And you get the cool breeze flowing. Like the computer you start actually. You become a Divine computer.

Interviewer: Could you be a bit more specifically?

Shri Mataji: About what?

Interviewer: To unclear () for

Shri Mataji: Now what happens actually that I'll tell you. That I will tell you but this I just gave you the introduction to what is self-realization is. What happens is that in the triangular bone we call as sacrum bone. Alright. That is the bone which is sacrum called sacred. See it's a Greek word. And that means the Greeks knew about it, it's a sacred bone. And inside that it makes a kind of an energy which is dormant and when somebody who has the built-in quality to raise that power faces another human being that power raises. And in many people who have obstructions, you can see clearly the pulsation just like a heart its move and then you see its raising also the energy you see it till it comes here you feel the throbbing and then last even it opens out this part.,

Interviewer: but you need to educate yourself to raise it.

Shri Mataji: No no it has nothing to do with education. Its beyond beyond your mental. It is beyond your mental. It is...

Interviewer: It doesn't happen to me

Shri Mataji: It will, why not

Interviewer: That was the question I am asking

Shri Mataji: no no no anybody can get it. Yesterday the journalist lady she got it right. It can happen to you in no time. In not time. You can just have it.

Journalist: Mam would you let me to explain her about the sacrum bone.

Shri Mataji: Sacrum bone? Yes alright.

Interviewer: I mean all of a sudden how can I know?

Shri Mataji: Of course, you can also why not? You are a human being after all. Alright now see like unclear () it now,

Interviewer: I am human being, if I want to use that energy,

Shri Mataji: Later on, later on once you have to get your realization first it has to come that the connection has to establish. Like we have to connect the television you see, you are to be connected, then you have to know how to use it. First you have to be connected that's important. Like you see it's a built-in process, it's a living process. Built-in process in a seed and built-in process in the Mother Earth. You put the seed in the Mother earth it sprouts by itself. It's a living process.

Interviewer: And this has nothing to do with any kind of religion?

Shri Mataji: No no no nothing. Its innate.

Interviewer: if you are I mean because unclear () you were saying that you went to Iran and unclear (rapture) the evolutionary Iran now that there is a different regime there {voice overlap}

Shri Mataji: I mean I cannot unclear(detach/detract) them. That's the point.

Interviewer: You cannot unclear (contact) them.

Shri Mataji: contact, that is there. But in Russia there is not conditioning of any religion. We have thousands will be unclear(surprised) by thousands, I was giving lecture to two thousand inside and two thousand were waiting outside. Thousands and thousands in Ukraine , in Ellinas, we went to Mosco all these places. People were coming from such distances.

Interviewer: Can you contact the unclear () in India?

Shri Mataji: In India, everybody's religion seems to be in danger. They are very great fanatics all of them. Whether it is Muslims or Christians or Hindus. In India it seems that English have created this feeling of freneticism and they are very very very fanatic people. There are some Muslims of course very very few they are.

Interviewer: There are few Muslims in India who ...

Shri Mataji: Yes, but you see all organized religions have this problem. The religion if it is organized, then it has a problem. But specially these are converts, recent converts and all that so like specially the Christians and the Muslims are organized. But the Hindus are not. There is no organization. Unclear () have so many Christians also.

Interviewer: How would you define the religion?

Shri Mataji: Actually, religion is within us is our valency. Valency. You see as Carbon has four valency, these human beings have got, ten valences. And these are ten commandments. But when we do not keep our valences, we can become sub human, or we can become extremist, we can become fanatics, we can become anything. It's an innate thing within us. Religion is a innate thing. Religion is not outside, its not man made. Its within ourselves. And when it is enlightened, say, one could be a Muslim, One could be a Hindu, Christian anything they can commit any sin. There is no restriction on them. So how do they follow a religion?

Interviewer: Do yourself believe in God?

Shri Mataji: Of course, it's all God's work.

Interviewer: and what is your religion? Unclear ()

Shri Mataji: My religion is Sahaja Yoga. Our religion is Sahaja Yoga. In the sense it is no religious, its not man made, is within ourselves and when it is awakened now for example you will be surprised at we have so many English who were drug addicts, and who were alcoholics. Overnight they gave up. Over night. They got their realization; they give it up. Its like this. You see if I tell somebody don't drink, don't drink they drink more. Alright? Like if you have a snake in your hand then there is darkness if I say this is snake, you will say no its not snake this is a rope. But if there's light, you will drop it yourself. Its like that. So the light, the enlightenment within yourself then you just don't do wrong things.

Interviewer: I see, but would you consider I can't pronounce the name, Sahaja Yoga, Could you consider that as a religion as Christianity or unclear ()

Shri Mataji: No no no nothing. Its not man made.

Interviewer: what is this relates to; I mean how would you consider; how would you relate it?

Shri Mataji: You see it is something that happens within yourself. You become a new personality. A new awareness of collective consciousness comes into you. You will become a different person. You are no more a ordinary human being. You become a saint.

Interviewer: What do you mean by that?

Shri Mataji: You see ordinary human beings can do all kinds of sins like to kill anybody and can do all kinds of wrong things. Like you can say a dog can go through a dirty lake. It doesn't feel the smell. Human beings can. We can feel the beauty. They cannot feel it. Animals can. Now, when you become this, then you can see the beauty of virtues. You enjoy your virtues. You enjoy your compassion. You enjoy your generosity. You are a transform personality. You become so peaceful within inside.

Interviewer: But ordinary human beings can also enjoy the nature.

Shri Mataji: No, they cannot to that extent. They are possessive by nature. They want to possess it. When they see something, they want to have it. Say supposing this carpet I like, then the thought going into my head Oh how much is this carpet, but if it is

mine, the headache will be there. It should not be spoiled by something. But for a person who is a realized soul.,

Interviewer: But it depends to people. Some people could say 'Oh I should have it' and the other ones will say 'Oh it's a nice carpet'

Shri Mataji: that's all. That's all. I mean there is nothing more than that. But once you are a realized soul, once you see something good, you become thoughtless and the joy of this creation starts pouring into you. You will be absolutely relaxed. Absolutely relaxed. You enjoy. In the real sense of the word joy is not the happiness or unhappiness.

Interviewer: Happiness or?

Shri Mataji: Un happiness. Its not double. Its single. Singular thing. So, this experience of joy is cannot be described at human level. When the joy is there, you just are joyous that's all. No thought, no thought of anything.

Interviewer: So, what is the aim of this?

Shri Mataji: The aim of it is the transformation of human beings completely. Will have no problem.

Interviewer: No, in my mind its quite contradictory.

Shri Mataji: No no, you just try to understand, its rather subtle you see rather subtle. And you see the subtler point of it. Because at a human awareness, we cannot think unclear (a light), its difficult and we cannot understand the absolute. It's a much subtler thing. But supposing if something happens to us, in a way, that we all feel the same way about something. Then there is no problem, no conflict. Who is the other?

Interviewer: But don't you underestimate the human being?

Shri Mataji: No they become greater. We are underestimating keeping them lower level to fight among themselves, to quarrel, to have jealousies, we have problems this that.

Interviewer: Yes yes, that human being also has got civilization.

Shri Mataji: Yes, it has to go beyond. Because where has it reached civilization. Where it has reached? See we have democracy; you see what's happening into democracy? All kinds of problems of modernism. They have taken to drugs; they have taken to things they are getting destroyed. Sixty five percent people in America are mad. What do you say to this kind of a democracy?

Then think of a communism that you have brought to the human beings. Where is it landing? What ever we human beings do, you see all what ever you do is a mental projection. Alright? it has no sustenance in it. So, it will cause world unclear (), science has developed, in science you have got atomic energy, you are not controlling there is no balance. We have developed all kinds of machineries everything , now you have acid rain. Have it. There is no balance. There is no understanding. There is no integration. So, the human being is not complete. The totality is not there. Is not felt its totality. Is expansion. And that expansion takes place when you become the Spirit. That's why we are human beings. We have to become that.

Interviewer: How did you get into this?

Shri Mataji: I was born like that.

Interviewer: But it says in the book, I read, until 1970's you ...

Shri Mataji: I didn't start the work with others. You see I have to study human beings first of all. Because, you see to give

realization to one person is easy but I wanted to be with a mass. Because anything, any discovery unless and until it is not used by masses it has no meaning. So, I have to work out what's the problem is, why.,

Interviewer: What was your profession that time ...?

Shri Mataji: Nothing, I was a married woman.

Interviewer: No before ...

Shri Mataji: I was doing Medicine.

Interviewer: In India?

Shri Mataji: No, yes, in India.

Actually, now its Pakistan. It used to be, Lahore.

Interviewer: You were Hindu?

Shri Mataji: No, I was born in a Christian family. So called I would say. Because my father was a scholar of Sanskrit, Mother was Honors of a Mathematics and Scholar of Sanskrit. So, I say, they knew all about every religion, my father translated Quran into Hindi. So.,

Interviewer: and You studied medicine?

Shri Mataji: Yes, I studied Medicine.

Interviewer: Did you ...

Shri Mataji: No, I couldn't, I didn't practice.

Interviewer: You got married

Shri Mataji: Yes, yes.

Interviewer: and then?

Shri Mataji: then, you see actually I studied Medicine just to doctors. Because I have to explain to them what is this, it should be related to scientific methods. So, what is para sympathetic, sympathetic nervous systems. Though I knew all these things, I dint know what the doctors called it. See to talk to them you must know the vocabulary. Like also,

Interviewer: Exactly.

Shri Mataji: Ya, and also to talk to psychologist, I had to study little bit of psychological terminology like a dictionary I had to know, how to talk to them. So, all this is very subtle, very subtle thing.

Interviewer: How long did you studied ...?

Shri Mataji: I studied for quite some time, but I gave it up. Because I did not need, I did not all the four years. I didn't want any more of that education. Because it was not necessary for me. What was necessary for me is to relate to the doctors. Now there

are so many doctors who are my disciples. In India there are three doctors who got their MD because of Sahaja Yoga, they worked on psychosomatic diseases like cancer and all that and it was cured with Sahaja Yoga, they have proved it, then they worked on, another one has done I think Asthma, third one has done on physical thing. They all got their MDs from Delhi university. There are seven doctors in London who are doing research on medicine. And there are so many diseases been cured by this. Unclear (happened now).

Interviewer: That was my next question.

Shri Mataji: Alright.

Interviewer: In the book it also says that it cures lots of diseases...

Shri Mataji: Yes Yes, automatically.

Interviewer: How did it happen?

Shri Mataji: Its very simple. I will explain. You are a doctor?

Interviewer: No, I am a journalist.

Shri Mataji: Yes water is better {Shri Mataji addressing to yogi}

Interviewer: May we take a picture while ...

Shri Mataji: Please, please, please

I was not facing you though

Interviewer: Sorry?

Shri Mataji: The picture you took was not facing you, is it alright? I was on the sides.

Interviewer: The light is coming from the back that's no good but once the interview is over I will take another picture. Ok?

Shri Mataji: then you can take, alright.

He is from America, he is from East, he is from Austria, she is from America, then she is from Turkey, no the other one behind, she is from Turkey and she got her realization in Austria I think. Isn't it?

I am asking about you.

Yogini: From Greece, I am from Greece.

Shri Mataji: You are from Greece.

She is from Greece, little bit unclear(see/free) now.

Aan, that's another one who looks like her from Turkey.

Yogi: Yes, from Greece.

Shri Mataji: Then this one is from Spain, he is the doctor from Spain and then we have one from Iran, he is a agriculture expert and he has done with Sahaja Yoga experiments in agriculture, and he is wonderful things he has found out and he is from Rome.

Interviewer: Rome?

Shri Mataji: Rome.

Interviewer: Where do you all live? In your own countries?

Shri Mataji: Of course, in their own homes.

Interviewer: And you just came to meet?

Yogi: To help with the program.

Shri Mataji: We lead a very normal life, we are a house holders, we are not unclear (asserters, no extremist) nature. We are only., to look at we are all are unclear () but we have a, we should say ...

Interviewer: but you claim you are unclear ()

Shri Mataji: No, not claim, we have definitely an awareness, awareness which can be called as collective consciousness which Yung has described. You might have read about Yung.

Interviewer: Yung?

Shri Mataji: Disciple of Roy, he has talked about it. The collective consciousness. That after self-realization, you get a new awareness called collective consciousness and that's what you feel.

Interviewer: when you have the collective consciousness,

Shri Mataji: then you can feel the other person, what are their problems on their centers, you can feel your own problems, and if you know how to correct that, you can correct it.

Interviewer: In that case if let's say, president bush Gorbachev decides that they should get collective consciousness all the people around the world then all the matters, all the problems will be finished.

Shri Mataji: That's it. Now you hit the point. You have hit the point.

Interviewer: why don't you make a proposal then?

Shri Mataji: aww that's difficult. But Gorbachev is already a realized soul no doubt. But he will come to us very soon I know. But I don't know about others. Bush, I don't know. You see its difficult. Its difficult I tell you with bureaucrats they believe that they are the rulers.

Interviewer: They are politicians.

Shri Mataji: Politicians, but they don't believe that's a greater politician and a greater ruler. So, you see, its difficult. They are not so subtle also? But may be may be we can't say, we can't say now. In Russia we found so many ministers coming to us. Russia is



the best country for this idea now.

Interviewer: East Europe might be lot of

Shri Mataji: Let us see, I mean,

Interviewer: potential places ...

Shri Mataji: Yes, lot of potential here also I think lot of potential is there in Turkey, people are very wise. Among all the Muslim nations I think they are the wisest. Somehow, somehow. I don't know the explanation.

Interviewer: What other Muslim countries?

Shri Mataji: All of them, most of them I have visited because of my husband's job. I visited unclear (), I visited Turkey is the first time I mean last you see, and but you see because of my husband travelled everywhere because he is in that kind of a job I have been to China, I have been to Russia before, Australia, everywhere.

Interviewer: And this aspects about curing diseases, what kind of attraction do you get for instance in Turkey last year a doctor all of a sudden came up with a solution that he cured cancer.

Shri Mataji: Not everyone, its not a guarantee that's one thing you must know. If you get your self-realization, then only.

Interviewer: No, I mean the aspect of

Shri Mataji: Cancer

Interviewer: curing diseases. Not only cancer.

Shri Mataji: ya, so many, so many, so many diseases can be cured. Because they are caused by these centers that you., can you show that picture to her, I will show her then she will understand it. Just show me I will show her. Then she will understand, see now.

See these are the subtle centers. These are in the spinal cord, this is in the brain where the optic chiasma is. And this at the end of it was this fontanelle bone area which is a very soft bone in childhood. Now what happens is that these are the two energies called as sympathetic nervous systems. This is the left sympathetic nervous system, this is the right sympathetic nervous system. In the medical terms they do not consider them as two but in our science we do. So this one get us for your emotional side, and this one get us for your action side. So, see due to the moment of this left and right, what happens that you form a kind of a center like this. Say this as unclear () if you start using too much of right, then you start moving like that but something happened on the left, just pulls out it and then the relation with the whole is lost that's how cancer is caused. And you go into malignancy. Because you see you become a person like a malignant person who just on his own. He has no relationship with the whole. So, like that the cells starts rolling. Like all these centers that are here, they cause certain diseases and if these centers are nourished by the Kundalini, which is here, say now this one causes mostly all the muscular diseases. This one is very important. Then all these centers if they could be properly nourished, all of your problems are solved. Because these are very subtle, and these are the foundations of our physical being. See this the knowledge of the roots. We have the knowledge of the tree. And if you don't have the knowledge of the roots, the tree is going to fall out.

Interviewer: What do the, I am sure You have lot of relations with medical doctors around the world and as you said you have

Shri Mataji: you don't need much qualification for that.

Interviewer: medical doctors in your vicinity, what do they say to this unclear ()

Shri Mataji: they accept it, because they have seen it. You see they are honest. They are honest people. So, they accept it that I workout the parasympathetic nervous system, it works out. If you are honest, then you definitely see something, you accept it.

Interviewer: But unfortunately, it doesn't work in all cases right?

Shri Mataji: Most of the cases it does. Most of the cases

Interviewer: doesn't it, I mean in the booklet it was saying that they must be important for the patients, how the patient would react.

Shri Mataji: You see like which I would say, its free because we don't charge anything. Now, if they go to any doctor, doctor charges them. So they take it up seriously. They don't take up this seriously you see,

Interviewer: But in most cases

Shri Mataji: and our job is not to cure people. That's not our job. Our job is to give them realization. We are not here to cure people. Useless people must unclear () cure in depth. They will get another disease, get another disease, another disease. We want the totality to be alright.

Interviewer: Did you meet by the way Mrs. Gandhi? Indira Gandhi?

Shri Mataji: Of course. Why not? Very much.

Interviewer: I mean, did she know about this?

Shri Mataji: No no no. She did not. She was a politician out and out.

Interviewer: Why didn't you try to

Shri Mataji: Oh, she is a politician, I don't try politicians.

Interviewer: You don't like them?

Shri Mataji: No, I like the ones who are subtle, who think about, we have many politicians who are in Sahaja Yoga. But those who are not, are not. We cannot force them. You see they live on mental level you see. Ego satisfactions, they don't seek the ultimate. So, we shouldn't bother about such people. Why should we waste our energy? Arguing with them?

Interviewer: that then we have to deny them unclear ()

Shri Mataji: you see the time might come that only the people who are realized souls might be get it. Might be.

Interviewer: Sorry?

Shri Mataji: Only after some time politicians who are realized souls will be elected, I think so. Ya, it will come.

Interviewer: Do you think unclear () should be elected,

Shri Mataji: Yes, they would be, they are not surely.

Interviewer: should there be elections?

Shri Mataji: No no, they will be elected naturally, because when they will be doing good work, when people will see their characters, their temperaments, their honesty, their dedication naturally people//

Interviewer: When you say they will be elected naturally, what do You mean?

Shri Mataji: You see, as soon as they come up to that level they will, you see we don't determine a time. There is, be on time.

Interviewer: and there should be campaigns, there should be

Shri Mataji: No, we will not do any campaigns, there is no need. For a genuine person there is no need to have campaign and anything. It just works it. You see my father great politician in the sense that he was with Gandhiji, I was also with Gandhiji and he went to jail so many times - my father and he was a member of the assembly-central assembly then of the constituent assembly then of the parliament. My brother is even now the member of the parliament. He was the minister of unclear ()

Interviewer: is he in the parliament?

Shri Mataji: he is yes and another brother is a high court judge and all that, but my father's quality I saw that he used no money for his election, nothing. He just got elected. Because everybody knew what sort of a man he was. But for other they have to spend thousands and thousands.

Interviewer: Ya, but that was long time ago and he was together with Gandhi ji. Mahatma Gandhi.

Shri Mataji: Even today, yes even today, even today if there are genuine people, they will be just elected. No problem no problem.

Interviewer: How will that happen?

Shri Mataji: That will happen because people want somebody like that. They are getting aware. That will happen. We have Lal Bahadur Sastry was a very honest man.

Interviewer: Sorry?

Shri Mataji: Lal Bahadur Sastry who was our Prime Minister, you know very honest man. And he got elected without any campaign or anything.

Interviewer: and You said that You saw some kind of potential in Gorbachev right?

Shri Mataji: Yes, it is. Gorbachev has, he thinks, he thinks in a way, what is benevolent for you. That peace must be brought it. And he thought that if I unclear(receive) back,

Interviewer: You believe he is sincere?

Shri Mataji: Yes, he is very wise, if I receive it back, then the fear of the war will be over. And they will also have to unclear(receive) back. He is a very wise man.

Interviewer: Okey, Thank you very much. I have to take another picture of You do not wear spectacles ...

Shri Mataji: Alright wherever you say.

Interviewer: The light is,

Shri Mataji: now, where do unclear (got, dark?)

Interviewer: No, it is not, no good.

Shri Mataji: Should I sit there?

Interviewer: Ya, if you could, please mam

Shri Mataji: You must again read about it and see it for yourself. It's a very subtle subject, is to be handled very subtle. Its not politics.

But she can see Gorbachev different, that's a good point.

Interviewer: Thank you.

Shri Mataji: May God bless you.

Interviewer: Thank you very much.

Shri Mataji: Thank you.

{----- First interview is over -----}

{Discussion before the interviewer leave the place}

Yogi: Another one is coming

Shri Mataji: What time?

Shri Mataji: Sit down, sit down.

Interviewer: unclear () can you call the taxi for her? Do you know the taxi's number?

Yogi: No ...

Interviewer: Oh really? Unclear ()

We are just to walkdown to unclear (), we are just unclear () so they don't know, is there a station nearby?

Yogi: Ya there is there is.

Interviewer: Unclear () I have a handy cam,

Even my leg was unclear ()

Shri Mataji: Why

Interviewer: Unclear ()

Shri Mataji: Unclear ()

Somebody can drop her

Yogi: You should get the experience also

Interviewer: Sorry?

Yogi: You should try also

Shri Mataji: Its difficult

Interviewer: I will come this evening

Shri Mataji: You are coming? Alright.

Good.

Interviewer: Thank you very much.

Shri Mataji: Thank you. Bye Bye.

Unclear () Yesterday's lady was tremendous.

Unclear () quality is quality

Shri Mataji: More worried about quality unclear ()

Shri Mataji: Still journalism is a big problem. Its not easy to convince journalist in England at all. Like the fellow says that Anglos x and y you cannot understand anything unclear (), I couldn't understand. I said how much money did you pay to your mother for being born? Unclear () you see its impossible to understand these people. They think that they get nothing from unclear () without money, nothing. They say at that unclear () nothing.

Yogi: unclear () Mother since thousands of years only, you can tell them, so unclear () and when you tell it, people think of it.

Shri Mataji: No, I told him. I told him, I told him. How much did you pay for getting born.

{===== Second Interview starts =====}

Haa, she is... yes, please come.

Interviewer: Welcome to unclear (Star book?)

Shri Mataji: Hello, please

Yogi: Hello

Interviewer: Hello

Yogi: One of the biggest newspapers in Turkey

Shri Mataji: Really? Please be seated.

Would you like tea?

Interviewer: No, thank you. I have just had some tea.

Interviewer: It's your second time in the ...

Shri Mataji: Yes, second time I am visiting yes.

Interviewer: How many people in your group ...

Shri Mataji: In Turkey?

Interviewer: In Turkey.

Shri Mataji: I have no idea. How many?

Yogis: Forty, fifty?

Shri Mataji: I just unclear () so changed, your face is so much changed you know, isn't it? You changed, your face is much younger.

Yogini: Thank you Shri Mataji.

Shri Mataji: Isn't she?

Yogi: Yes Shri Mataji

Shri Mataji: She lost all her wrinkles I think, that's why I couldn't make her out.

Yogi: She is meditating a lot.

Shri Mataji: That's why. She is looking much younger; I mean I couldn't make her out I am sorry.

Yogi: They are good compliments

Shri Mataji: You are recording everything? Alright.

Interviewer: before coming to our appointment, I had to look at articles which had appeared in foreign newspapers about You that may I hear from You once again (and the essential) the essence of your practice.

Shri Mataji: You see, to begin with we should say that at human awareness we do not know the Absolute Truth. That's why there are problems you see. You think differently, the other person thinks differently, nation wise we think differently, we have different theories and we believe that this is the Truth you see, but its not the absolute. If it was the absolute, it should be one. So there is something lacking in human being one has to understand that point. Now, if we cannot find, that truth, that absoluteness in us then one should be worried about it and that such people we call them as seekers of Truth. Now they are many all over the world. Within them lies the power to connect them to that roof that all-pervading subtle power. Now, I would say Mohammad Sahab has talked about it, everybody has talked about it but nobody has felt it. And that's why people start challenging that how do you say that's truth unclear (). The time has come now to feel it, to know it. And that is just you have to be connected. For that this power lies with the triangular bone, which has to raise, and then you become a very subtler being as the Spirit. And the Spirit starts asserting its light or spreading its light in your attention. And a personality completely changes. Completely changes.

Interviewer: Is it difficult to reach that point?

Shri Mataji: May I pardon?

Interviewer: Is it difficult to reach ...

Shri Mataji: No it's the easiest.

Interviewer: Is it easy?

Shri Mataji: Sahaj means easiest. Because its so vital. It's just like sprouting a seed. As you have the seed supposing, built in within you and the Mother Earth is there, which has got the power to sprout your seed, it can.

Interviewer: I understand. And also, you can heal the certain illness with that power?

Shri Mataji: Yes yes automatically.

Interviewer: AIDS ...

Shri Mataji: AIDS means Freud, you see, I must say about AIDS was, we have tried with people, but they have no will power to be alright. Some or other those given up, those people whom we tried. So, sort of they again go back to the bad habits. So, so far we can say there one person you can say as definitely cured. So far.

Interviewer: With AIDS?

Shri Mataji: With AIDS. One person. But they are very difficult people. Because they have lost hopes and sort of and they cannot overpower their habits.

Interviewer: and cancer?

Shri Mataji: Cancer yes,

Interviewer: can be healed?

Shri Mataji: yes blood cancer, other cancers can be.

Interviewer: are there many people?

Shri Mataji: Who are cured?

Interviewer: who are cured.

Shri Mataji: Oh, quite a lot. Quite a lot.

Interviewer: Well, how many? about? May I ask You?

Shri Mataji: I must tell you, when we tried to gather how many people in Europe and the pile, it was so big, the certificates was so big. Only in Europe. Then in India would be same about. So just can't say it.

Interviewer: So, May I say Hundreds of people?

Shri Mataji: not only cancer, all kinds of diseases.

Interviewer: Hundreds of people or thousands of people

Shri Mataji: Hundreds, hundreds, hundreds it could be thousands also. Thousands definitely.

Interviewer: and you say especially blood cancer

Shri Mataji: Specially blood cancer is very good. It works very fast. But if it's a very galloping stage then it does not. I have seen it. If it's a very galloping stage, but if it is say not such a galloping stage then it does work out.

Interviewer: Doest the person gets cured with your power or with

Shri Mataji: No, with your own power, his own power

Interviewer: His own power? But how? Could You ...

Shri Mataji: Because that Kundalini, that power in the triangular bone raises

Interviewer: from the spine

Shri Mataji: raises, passes through all the subtle centers which are the foundation of our being.

These are the centers 7. One two three four five six and seven. All these seven centers are subtle centers in our nervous system and they get enriched by this power which raises. With that enrichment everything is corrected. Even mental diseases even schizophrenia.

Interviewer: also...

Shri Mataji: Yes of course. Even some children who are mentally retarded I have seen three or four, they got cured. But this happening has to take place. If it does not take place, then its not possible. This has to take place. In some people it does not.

Interviewer: What does block this power to raise

Shri Mataji: Blocks?



Interviewer: if somebody, for example doesn't believe, in the exercise may this block?

Shri Mataji: You see, one should not believe into anything blindly. It's not good. See this blind faith is one of the biggest problems I think into anything. 'I believe' but where are you? I mean which is that 'I' that believe into something you see. Actually it should be allow to happen and there are blockage like some people are very emotional type, extremely emotional and there are attached to things, some people are very mental. Even mental is the very big blockage, they are only mental you see they just start a unclear () doubting themselves - how can I get it, how can I be alright all these are a mental sort of a blockages within us. Could be also sometimes I think some sort of a spiritual blockage. Like you have been to a wrong person, you have been to a false guru somebody like that. That unclear(blockage) also there. Mostly cancer is caused by that. Cancer is cause by going to a wrong person. Like some Phakeer comes in some transcendental meditation or some sort of a thing, where you have to pay money, you see, that's what falsehood. How can you pay money for God? You can't.

Interviewer: Yes, I have read that in an article you explained it to a unclear(foreigner) and one normally its not very difficult ...

Shri Mataji: Normally no. no no no. no no.

Interviewer: and your unclear () works with the united general ...

Shri Mataji: Yes yes he is secretary general, he is an elected member. He is elected by under thirty four nations, one of them is Turkey, with the last four times anonymously he was elected.

Interviewer: I see,

Shri Mataji: and now he was unclear () at seventy years of age.

Interviewer: and do You have children?

Shri Mataji: Yes, I have big girls, my elder daughter is forty two years of age,

Interviewer: and how many ...

Shri Mataji: Two daughters and four grandchildren.

Interviewer: and are there any spiritual, any proven someone's practices through yoga, are there any special foods or way of life one should take...?

Shri Mataji: No, see actually, supposing you see somebody very mental person unclear (), we call him a right sided person. Futuristic, plans too much this that. For such a person we prescribe they should have more carbohydrates. Supposing somebody is a very emotional person and he is left sided we call that person. For such a person we say he should have more proteins. So, it is depending on the personality of the nature of the person. There is no restriction or the food of any kind. But you must know what is good for you. All these things are outside. But they do help in a way to balance.

Interviewer: I am sure many Turkish people will be interested ...

Shri Mataji: Very much, very much. They are wonderful people here I must say.

Interviewer: Have been people would come to conference and I am sure but for the ones who won't be able to come to Your conference, there would be people to give some advice for example what one should do to get self-realization?

Shri Mataji: We have a center here. Permanently. We have people will do this job for us here. You see there is some people who came from unclear () settled down here, they started this work. Now they will go away. Because now we have treated some people to do this job. They are Turkish. We didn't have a proper translator last time you see. And then we somehow managed last time but this time is much better. The situation is much better.

Interviewer: so, they can come to the center ...

Shri Mataji: yes, of course they can always come, ask help from them, and we work for agriculture also, it helps a lot in agricultural growth. Yes yes, these vibrations you see, this divine power helps you like we have a expert here, he was in the UN agricultural expert. He is a Irani gentleman and now he is in Austria and he experimented with trees and with sun flower seeds and things, I have also experimented. And you get ten times more. Without using hybrid, without using hybrid, without using much maneuver just with these vibrations unclear () you see this is the subtle power which nourishes everything. It starts flowing through your hands. When we give vibrations to it, it just works. It's the vitality.

Interviewer: Interesting, are there any interesting fields like ...

Shri Mataji: Ya, educational. For example, the children becomes such good children. Very obedient, very wise, very sensible, confident, very righteous, virtuous. I mean it's a very different, what should say? Another kingdom that is creation you can say area where you see all beautiful people. My husband says they are all Angels? They are all Angels he says I can't understand. They become very honest, very loving, very compassionate, dynamic. Some and also say artists. Now we have some Indian musicians who were not very well known and they were trying to improve themselves, just by sahaja yoga now they are well known all over the world they are known. It works in every field. Because you see it gives you the basic vitality. The nourishment. Even journalism unclear ()

Interviewer: even?

Shri Mataji: Even journalism.

Interviewer: Even journalism?

Shri Mataji: How, I tell you. Because a journalist has to be a witness, a pure witness and he should not be, or she should not be a biased person. She should not have conditionings to be truthful. So she should be able to see something witnessed something without reflecting. If there is no not(such) sort of a personality, then you can be biased. You might give another picture. To give the true picture, you have to be a witness and you develop that witness state.

Interviewer: It is very interesting, maybe I may come to center later on at least to get some unclear () by you.

Shri Mataji: Yes of course, of course you will get it.

Yogini: It's free of charge.

Shri Mataji: Yes

Interviewer: Yes, and would it be possible to give some names for example in Europe are there any famous people like say artists, or any kind of people Turkish people with a chance of knowing in your groups ...

Shri Mataji: You see, actually famous people have so much ego, rich people or Christ has said that they cannot enter into the kingdom of God. So, you see there is so much ego there. And they go to false people because they think that they can purchase it, they can pay for it. So they go to these people. All famous people are to go to such people as they have money, they can

purchase there. So, they don't come to something that is simple. Something where you cannot pay. Because their ego is not satisfied.

Interviewer: what kind of people are that are mostly

Shri Mataji: We have professionals, all kinds of doctors, architects and everything but not somebody who is very successful unclear (you see the word anyway) because he is lost already. And person who is, we have some of that kind I should say we have some many big businessmen also like Rajesh and all that, they are tycoons in India but we have some very few so we shouldn't say that we have many. But when they come to Sahaja Yoga, they become rich. Artists become very rich. Like you must have heard about name of Unclear (Amzad Ali), he is a sarod player. Inaudible () and we have one Devi Chowdary all of them they came to Sahaja Yoga and they prospered a lot. So, we have people like that. Prosperity comes like, in England now such an unemployment there. But all those who are Sahaja yogis, they all employed very well. Because you become so dynamic. See you become so dynamic, you become so healthy, your attention becomes so concentrated that you just shine out.

Interviewer: Well, I thank You very much.

Shri Mataji: Thank you.

Interviewer: I think I have a general idea; I will try to come to the conference as well,

Shri Mataji: Please do come, please come.

Interviewer: if I can not then you can we can sure that try to unclear (gasser) up everything as far as I ...

Shri Mataji: You can come little later, little later, its going to be unclear (12:45) sometime, it's not at 7. And it will last till evening unclear (). Do come and get your realization. That's important.

Interviewer: I really will try to attend this

Shri Mataji: you should not miss this. Very important.

Interviewer: Yes, because in our work, we never know we will be free unclear ()

Shri Mataji: I know.

Interviewer: that's the problem otherwise if I am free ... oh, tomorrow.

Yogini: She is just asking about my unclear ()

Shri Mataji: But this house is Carla's.

Interviewer: And I think there are some people who came here ...

Shri Mataji: Yes, this one, he is from America, he is a lawyer from Greece then we have another one from Greece this is doctor, that's she is a business lady, there she is American. She is from Iran, she is from Rome.

Interviewer: there are from everywhere.

Shri Mataji: Yes, we have from 36 nations.

Interviewer: 36

Shri Mataji: Only Turkey I came little late. That's all unclear ()

Interviewer: And are there often people travelling with you when you travel around?

Shri Mataji: Not normally. Not normally. But these were all had come for a seminar

Interviewer: I see

Shri Mataji: So, from there they have come here. Normally they don't. They are about 700 people and 50 children there for the seminar.

Interviewer: Where?

Shri Mataji: It was, what is that unclear ()

Yogi: Montecatini Terme

Shri Mataji: Montecatini

Interviewer: Excuse me, how many people were there?

Shri Mataji: About 700. My husband was also there this time.

Interviewer: Was he, and now how many people are there with you? Who came from abroad?

Yogi: Above 30

Shri Mataji: 30 have come?

Yogi: More or less

Shri Mataji: Really, I didn't know. We have bit glow. You see it's like, like this hand supposing it has a problem, the whole body rushes towards it. And you will be surprised in Russia they were forty of them, they came from all over. I never wrote to them or asked them. They just rushed in. You see, feeling of oneness. Who is the other?

Interviewer: Did you already have a center there?

Shri Mataji: Where in Russia?

Interviewer: Yes

Shri Mataji: No, we never had

Interviewer: never?

Shri Mataji: No, but what had happened that there is a somebody who came to know about us in India. Because we are well known in India about this. Because there are three doctors who has got MD in Sahaja Yoga for curing cancer, curing this that. So,

some or the other they came to know about us, and they invited us. When I went there, there these people came to know that I was going. They all rushed through. And we are about forty people and now they have given us., and we are the only organization, they have given us unclear (absolutes) independent identity. Officially they have given to us. Nobody, they never given it to any non-Russian organization but they have given us so we can invite anybody, we can do what we like and purchase anything as an independent thing. But there are thousands there now. We don't know what to do. I mean in hall they were two thousand, and outside they were two thousand.

Interviewer: May I ask you one last question, that mark You have (Interviewer addressing Bindi on forehead)

Shri Mataji: It's a sign of a married lady in India.

Yogini: There is no relation to Sahaja Yoga?

Shri Mataji: No, no relation, but also, is in a way because this is the center of Agnya, we can say this is the window of Angnya chakra. Which is on the optic chiasma and its important in a way because when you put this, you see it's a red mark, you do not absorb negativity.

Interviewer: Oh.

Shri Mataji: In a subtler way. With the eyes you see you absorb lots of things then this is when the optic chiasma is the center is Agnya. So, when you cover it up with red you see, the negativity runs away. But that is not followed in India, people don't know about the subtle things. It must have been done long time back by saints and things. So, they accepted as a ritual for a married women. They have to wear this, they have to wear this, they have to wear this for married ladies are regarded as Goddesses in India in a way. You see, married ladies, a housewife and she has to decorate her, you see there is a power in this wrist also so she has to wear something here, also a toe ring and all these things she must wear a married lady.

Interviewer: Yes, I know that Indian ladies wear this mark, but I was just wondering there are different marks or only one

Shri Mataji: No, only here

Interviewer: Only there is one. I see.

Well, I thank you very much again. Now I try to take some photos.

{----- Second interview is over -----}

{Discussion while taking the photographs of Shri Mataji}

Shri Mataji: I will sit there because you see the lights, just move it the other way round

Interviewer: I can use flash

Shri Mataji: you have flash. But this is the light I think unclear ()

Interviewer: You have the flowers, you unclear () so nice.

Shri Mataji: Alright unclear () as long as your flash is unclear ()

There are some very miraculous photographs also. But we don't show normally to people unless they are settle down in Sahaja Yoga. I mean there are photographs with light behind me, light in my hand, light in my heart all kinds. Recently we had a

photograph of my brain completely. Its very remarkable of ...

Energy, because I think the cameras are very sensitive. One journalist got a photograph of like that.

Interviewer: I will have to take many photos just to be sure that I have at least one ...

Shri Mataji: I hope to get one miraculous one.

Interviewer: Would it be possible to you to explain to me something with your right hand. It will be more natural. I mean just move Your right-hand while You talk to me.

Shri Mataji: Its not the feel na, just a ...

Interviewer: It's very good like this. Yes. Thank you. Unclear ()

Shri Mataji: they are so anxious to take my photographs.

Interviewer: I want to take some photos with Your group unclear (), would it be ...

Shri Mataji: You two come and sit here, like stand behind me unclear () somebody, they can sit here,

Yogi: You can move a little.

Interviewer: Can you move this chair, because the light is coming here.

Shri Mataji: Yes yes yes its better.

They are all beautiful people. There's a glow on their faces.

All the flowers there.

Interviewer: But there won't be any space for people

Shri Mataji: Somebody sit here, remove some flowers, la come along, Karla you come and sit here. But there supposed to be some space for you,

Interviewer: unclear ()

Shri Mataji: Then you get all of us? I thinks its unclear () distance. So will sit here will be better? Will move out little bit ahead. Its alright.

Interviewer: Sorry for the trouble.

Shri Mataji: You can close the door. Ganesh, you come along

Interviewer: Is it possible for you to sit here? Would it be possible? And will take the other lady to your left. I will please ask you to stand as near as possible. Now you are too far away

Shri Mataji: Yes yes better, to have so many people you can't have flowers. They must have had thousands of photographs, they were satisfied.

Are we there all of us?

Interviewer: We will take some more photos please.

Thank you very much

Shri Mataji: Thank you.

Interviewer: One more picture with you and with you lady

Shri Mataji: Sit here

Interviewer: Yes, it will be very good.

Interviewer: What's the harm? They feel shy.

{Interviewer taking pictures of Shri Mataji with yoginis}

Shri Mataji: You give us a copy, isn't it?

Interviewer: Yes of course I will.

Thank you very much.

Shri Mataji: Thank you.

What's your name?

Interviewer: Guisin

Shri Mataji: Guisin, G, which starts with G?

Interviewer: It starts with G.

Shri Mataji: Guisin, what's the meaning?

Interviewer: G?

Shri Mataji: does it has some meaning?

Interviewer: Oh, yes it means rare.

Yogini: Selected or rare

Interviewer: something which we have found rare

Shri Mataji: Oh, that's a great thing.

Interviewer: Very nice to meet you.

Yogi: You can take a picture of you with Shri Mataji.

Interviewer: Of course

Shri Mataji: Alright, lets come, alright doesn't matter

Interviewer: Maybe it would be nicer if You put your arm on me

Thank you.

Shri Mataji: Its love that's all. Its power of love. And we have never used it before. We don't be use unclear () its power of love. She is got it; she is got it already. You felt that. Taken so many photographs of mine, you cant escape it. She's got it. Feeling the cool breeze now, just see.

Yogis: No

Now It's coming

Shri Mataji: feeling relaxed, in the hand?

Interviewer: Yes

Shri Mataji: So, its works out.

Unclear (Your name is), you are the selected one.

Interviewer: Oh, unclear(She/It is really cute) very interesting feeling.

Shri Mataji: Ya, very interesting, you feel very happy within yourself. Very joyous.

Interviewer: Thank you very much madam.

Shri Mataji: May God bless you.

Interviewer: I will come to the conference.

Shri Mataji: Please do.



## 1989-1030, Talk to Sahaja Yogis before a Dinner

View [online](#).

30 October 1989

Talk to Sahaja Yogis

Istanbul (Turkey)

Talk Language: English | Transcript (English) - Reviewed 1989-1030 Talk to Sahaja Yogis, Istanbul Turkey DP-RAW

I have you got those [UNCLEAR], you see, New York, you got those Chinese, tremendous people. He wants Me to go to Taiwan?

Yogi: Wow.

Shri Mataji: I'll go in February, I said. March, March, March. Poor Australians, very very unhappy. [laughter]

It was such a short time, must have fallen and then they had to know, there was a strike, a strike of the, you could call those pilots. So, going from one place to another, take a four, five days and it was such a schmuck.

Can you close the [window]?

As it is, so, they were very disappointed. Then they wrote to Me, Mother, something wrong with us. Why did you come? Nothing, nothing wrong [UNCLEAR]. But I mean, I am not free, I was fixed up again.

Guido: You belong to the whole, to the whole of humanity now, Shri Mataji. You belong to the whole universe, to the whole of humanity.

Shri Mataji: That's true. And this Devi Puja was in Perth and in Perth it was going to be. And then we said that, now it's not, I'm not travelling, this that. I just forgot about it completely that Devi Puja is there. Just forgot. And suddenly it came into my head, there must be some Puja very close by. Just a feeling coming in. So I told David, I said 'David there is some sort of a Puja we have to have?'. [He said] 'What Mother?' and I said 'Ah you know what!' Imagine we would have missed the Devi Puja?

Yogis: [UNCLEAR]

Shri Mataji: So he arranged in Margate, it was wonderfully done. But Diwali Puja was very very...

Yogis: [UNCLEAR]

Shri Mataji: [UNCLEAR]

Akbar: Guido, tell us about it.

Guido: It was really unique.

Shri Mataji: You can't describe it was so great.

Guido: Unique. Three days, unique.

Shri Mataji: Really too much. Unbelievable.

Guido: Very intense, really.

Akbar: You have to tell us stuff from the beginning [UNCLEAR].

Shri Mataji: Very quiet, huh?

Yogini: Yes.

Shri Mataji: Just the opposite of that house.

Akbar: Exactly the house that you described, Shri Mataji.

Yogini: That it should be a little bit higher.

Shri Mataji: Yes, I did say.

Akbar: Exactly, fine, this same place. A little bit, high?

Shri Mataji: As I said, so much on the road sort of thing, the sea was there, everybody was fishing there.

Akbar: Yes, yes and also they were these two restaurants close by.

Shri Mataji: Was close, yup.

Akbar: They make all the intestines, you always smelling it.

Shri Mataji: And the landlady was not good also.

Akbar: The landlady.

Yogini: No.

Guido: And the mosquitos on top.

Yogini: The mosquitos, the mosquitos were too much, everything together, it was too much!

Akbar: In the first time when I was sleeping there, at 4 o'clock, half past 4, really I jumped because there was a lot of people in the morning. I jumped, what's happening here?

Shri Mataji: But this Gali is an Indian name. You have a great poet called Gali.

Guido: Gali?

Akbar: Yes.

Guido: He is Gali.

Akbar: He is Sufi man.

Shri Mataji: Ah, that's why.

Akbar: He brought all the Quran, say here, look, he is writing this, here, here, here.

Shri Mataji: Really?

Guido: We brought something for you, Shri Mataji talked about.

Akbar: Wow.

Guido: We brought the green book.

Shri Mataji: This is with our sightings.

Guido: I got it, I got it. Where are the luggage?

Akbar: All here.

Guido: I give it.

Shri Mataji: In search of the door. I don't know who, many, must have consulted. We must have consulted some scholars. Udo is a German.

Yogini: Udo, yes.

Shri Mataji: The Germans are very scholarly, no doubt. And the Quran must have been translated into German language. This must be the reason.

Yogini: That's what they found that we don't have so many references to the Quran. So we should maybe...

Shri Mataji: Search it out.

Yogini: Yes, yes.

Shri Mataji: How can it? He was Dattatreya himself, you see. See, but the people at that time were all tribal people, tribes, and fighting with each other. So how much can you tell to such people?

Yogini: To teach?

Shri Mataji: It's very difficult. I mean, they were horrible, very primitive, fighting and killing. It's a big tribal thing which was going on, strive. Which strive comes up? So many men were killed, so many. Very few men were well left. So He thought it's better that the women go into some sort of an Adharmic life. He said, have even four wives, doesn't matter. You can marry even young girls, but marry.

Yogini: Yes, just to keep them in the family.

Shri Mataji: In the family. And I'm having this green colour. They have done it.

Akbar: Muslim country, yes. Say Muslim. [Laughter]

Shri Mataji: One thing, she's the only sister who's not married to a [UNCLEAR] in life.

Akbar: Yes.

Shri Mataji: Better get married [UNCLEAR].

Yogini: Shri Mataji.

Akbar: I cannot sleep every night, Shri Mataji. I cannot sleep comfortably as long as she's not married.

Yogini: What are you saying? [Laughter]

Shri Mataji: What did he say?

Guido: He cannot sleep in the night because she's not married. He's concerned about her sister.

Shri Mataji: You are what kind of brothers you are? You must arrange your marriage.

Yogini: Yes.

Shri Mataji: All the time teasing her, yesterday, Patrick, how he was dancing. I was too much really. [Laughter] I just couldn't believe it. Everybody's after her.

Yogini: So big fighting going on here.

Akbar: This year I think is the last year. [Laughter]

Shri Mataji: Everybody doubts. Your husband is working with the [UNCLEAR]?

Yogini: Yes.

Guido: The lady thought that I was your husband.

Yogini: Ah who?

Guido: The journalist. She was thinking I was her husband. [Laughter]

Shri Mataji: You are so close, I have to be honest and so pure, such pure relations, no problem. Suddenly the innocence has grown in us, that's part of it. And people enjoy that innocence.

Akbar: Yes, Shri Mataji, especially in the Muslim country, one of the things they told us after that impressed them was our relations. They could see that this pure relation between us brothers, sisters something. They were very amazed to see.

Shri Mataji: Very pure relations, really. We never have this problem. Never have. Except for very, I mean once only as remember in Germany, in some places, in Austria. But just for a while, that's all. But there were very new people. I mean imagine where there's so much of impurity in the western style of life, that you should suddenly make everybody so clean and so beautiful. Just see this, the kundalini are blessings. Such a relationship.

Another Bridget, she wants to break three of them from Columbia. But you see the ticket is quite a lot and all that. So I told her

that we can pay for one. One is paid by Kamilo, I think and I don't know what is decided. And one is paid by her. It's like this.

Yogini: Kamilo is already there?

Shri Mataji: Kamilo is marrying this girl.

Yogini: Karina.

Shri Mataji: Good idea, yes. [Laughter] The right type of girls you have. She is going to go. She is going there to Columbia. It's not because you see when she goes away, then there will be no one. Though there's this pendulum, who else is there? Fernando is there, but she will be that sufficiently partial to do the thing. But if Kamillo is there.

Yogini: Then yes.

Shri Mataji: Kamillo is very sensible.

Guido: Did you show to Shri Mataji, her room?

Yogini: Not yet.

Guido: They would like to show you your room, Shri Mataji.

Shri Mataji: What?

Guido: She would like to show you your room.

Shri Mataji: Oh, I'm honoured. I'll go and see it later. Nice to talk to you all.

Yogini: And this is the ring.

Shri Mataji: And who?

Yogi's: This is the ring.

Guido: The bell on the door. It's like a little bird.

Shri Mataji: Bird, I thought. [Laughter] Very nice meeting you.

Akbar: Good Evening, bye bye.

Shri Mataji: Thank you very much. Look at these journalists. Americans must be feeling very bad.

Guido: You say you weren't feeling very bad..

Yogi: For me?

Guido: Americans.

Yogi: Oh, I thought I was thinking.

Guido: Don't tell journalists like this.

Shri Mataji: Hello [UNCLEAR], how are you? Ah Beautiful. Cannot smell them? Ah nice. Thank you very much. [UNCLEAR]? Americans never had any the journalist in the New York but we had them down. I think in Los Angeles, Los Angeles we have.

Yogi: There was a journalist... in San Diego.

Shri Mataji: San Diego? Who's in San Diego? [UNCLEAR]. You think so?

Yogi: I'm trying to remember because it's only opened since I wasn't there.

Shri Mataji: Don't they even have television in Los Angeles, they did a lot.

Yogi: That's the tremendous work they did.

Shri Mataji: We had an agent. They said, without an agent you cannot do. So the agency came in. When they took us down and... a lot of photography. It's like something sellable. It's sellable, that they like.

Yogi: Yes.

Shri Mataji: What did she say? She's alright?

Yogini: She's surprised, confused, everything together but... And she's also in a hurry to go to the newspaper because she's going to publish it tomorrow. And she promised to come to the program tomorrow to see the details.

Shri Mataji: The one who has never known.

Yogini: Have you, she said, I don't know what happened, what happened.

Shri Mataji: That is the beginning she has offering.

Yogi's: Yes, yes.

Shri Mataji: They have never known, no? You see, there's no background. Like for Indians, there's a background. They know what happens when you get realisation. So they're not so frightened. And for people who have no background, in the beginning they start thinking.

Yogini: Because they don't know what chakras or...

Yogini: Because you told me something that I felt cold. Why? And I felt happy. Why?

Shri Mataji: No answer to that. Just with them.

Akbar: Shri Mataji, Gaya is living every day with your miracle. Every day. She's got a few miracles every day. She's living with miracles. She has to write a book about it. In a short time.

Shri Mataji: Now what is this supposed to be, Turkish? Turkish delight? What should I have for Turkish? Is it all right this one? It's fine. It's fine. Thank you. What is Turkish delight?

Guido: Very, very much.

Yogini: Delight in Turkish?

Shri Mataji: Well, they say Turkish delight is a kind of a sweet.

Yogini: Yes. Can I give my personal of the present to you? Because there is Turkish delight inside, maybe you have a chance to taste it. [Laughter]

Guido: Shri Mataji knew already.

Akbar: We have to open.

Guido: We all fall into these traps.

Akbar: You let me enjoy.

Shri Mataji: Ah, this is Turkish delight.

Guido: What's the name?

Yogini: Lokum.

Guido: Loko, loko.

Shri Mataji: Lokum.

Gudio: Lokum.

Shri Mataji: Lokum.

Yogini: Lokum.

Shri Mataji: Lokum.

Yogini: Lokum, with M.

Shri Mataji: Lokum.

Yogi: Loko.

Guido: Lokum.

Yogi: L, ou, m.

Shri Mataji: [UNCLEAR] This is from the protein of the wheat. Protein of the wheat.

Yogini: Yes, that's right, Mother, that's right. [laughter] Sorry, sometimes I make such a mistake.

Shri Mataji: Miracles after Miracles. These people who came [to] India suddenly from Russia were surprised how are they here? They said we applied for a visa to go to Italy and they just refused. You can't go to Italy, you have to have an invitation from Italy. Such a short time you have to wait. So they met somebody in India there who is working in the embassy. He said come along and he gave them a letter. That means people are working here and if they want to go to Italy, they let them as tourists. So just I think till they started I think they went to catch the plane about say 9 o'clock or something in the night. They got the visa at 5 o'clock.

Yogi's: Wow.

Shri Mataji: All right, then they arrived in Rome by plane and then they got into a train. Which brought them up to Florence. They didn't pay any ticket because the train was just leaving so they jumped into the train. They came to Florence, they said the train is leaving this last train, they jumped into it without paying a single pay. I was surprised to see them there. There was no talk about it when I was there. I was surprised how is it that they are saying that so how is it that they are saying that Indians have arrived from Russia. How can they come? It's very difficult to get any visa or anything. Russia had to apply for two months. So coming for India also they said we haven't got two months there and I told [UNCLEAR]. You are a Sahaja Yoga. All right you know everything works out. Yes, Mother, I said you do! Time has no place in our home. No words for time. Just do it. There's no need to organise too much, just... That Turkish delight. [laughter] How I asked her.

Guido: Mahamaya.

Shri Mataji: It is.

Akbar: She is going to translate you in the program. She was a little worried she wouldn't understand you all the time, she was worried.

Shri Mataji: No, no, no, no. Don't worry about anything. I will translate actually? Don't have to worry. [laughter] I mean you know that some of you were never speakers. How you have become speakers now? You see, no, no. So many of them had never gone on to the stage.

Yogini: This will be the first time for me also in front of such a crowded people.

Shri Mataji: Don't you worry.

Yogi: I was the same at the beginning.

Shri Mataji: There was one girl who got a realisation in Austria, she is here, what's her name?

Akbar: Erm, what was it?

Yogini: Edith?

Akbar: No.

Yogi's: [UNCLEAR]

Yogini: Yes, yes, yes.

Shri Mataji: She's not good?



Yogi's: No, ermm.

Shri Mataji: She not such a Sahaja Yogini?

Akbar: No, she came for a few days and made a mess.

Shri Mataji: She is not so dedicated.

Akbar: She was for a little while in Vienna and she came in here and said I'm four years in Sahaja Yoga, start teaching the wrong, giving advice and we said "If you want to come, you come just in [UNCLEAR]".

Shri Mataji: Ah this happens. Like it's happening in Greece also. Sahaja Yoga gives you also ego to see, like I know Sahaja Yoga you see, so I get to the blessing. Sahaja Yoga is just an enjoyment, that's all. So simple. There's nothing to be so much concerned, worried, or to be boastful about it, just there. When you are not there, there is Sahaja Yoga. That is the assumption of Sahaja Yoga. So, supposing somebody becomes an officer or something higher, when he puts up his airs, and you can make out who's he, something great, because they must show off, and this. But in Sahaja Yoga, it's the other way round. You becomes so simple that a person starts wondering, what is this? That's what Sahaja Yoga is.

I was in India, I was doing all these things. You see in my husband's company, all these people, all these bureaucrats, all these rich people, they would have to know something and I would just keep quiet, never talk to anyone. Just watch everyone, like some plastic woman. So, one of them was one, Mrs. Singh, she was [UNCLEAR]. She was, her husband had got a job in London. So, another one, who knew her, she was a Anglo -Berman lady. She met her in a party, she said, "It's nice, now you are in London, Mataji is going to be there." "Which Mataji?". She said, "You don't know, Mrs. Srivastava?" "Which Mrs. Srivastava?" She said "This C.P. Srivastava, is tall man, his wife". "She is what? She's Shri Mataji? She is deaf and dumb? I have never heard her talking or saying anything". "She gives lectures". "She gives lectures? I can't believe it". She just couldn't believe it. When she came to London, she asked, "Are you Mataji?". I said "Supposed to be". She couldn't believe it. That Mataji, I could speak or anything. I would give speeches, that was too much for her.

There's a saying, in sanskrit [UNCLEAR Aishwam pushaam, Mulang asti, kasantate vati shulaam]. One person was the virtue of doing something. It just benefits by itself. [UNCLEAR Nahi kasturi ka modaha, shapate namukha vati]. Smell the fragrance of the kasturi is a kind of a thing that is found in the Nabhi of a deer in Himalayas as kasturi [Deer musk]. You don't have to take a vow or you don't have to say that I take a vow, this is kasturi. Kasturi is kasturi with fragrance you know. If there is kasturi, the smell of a kasturi, everybody knows there is kasturi. You don't have to say that, no, no, I promise you I take a vow that this is kasturi. In the same a person who has got his virtues, shows by itself, real virtues. They, [UNCLEAR A-sham, Pu-sham] and this one is another one is that those who are realised souls, they are the one who are realised. For them it's not necessary to see the mirror. They know their reflections on other people.

Sanskrit is full of it because it is a spiritual level. It is a spiritual level, just deals with spirit. It is Sanskrit, it is a made holy and it says God's language. So there is, I have not seen anything vulgar or anything. Maybe somebody tried, they say so, to write something vulgar later on. But normally the whole of the literature is filled with it. And what is literature? It's called a [UNCLEAR sahita]. It's the one which has got hita in it. Hita is benevolence. The literature which has no benevolence, it is not a literature. Romance is not a romance if it is done with a woman who is not your wife or who is going to be your wife. Like that they have all kinds of proper scientific, also analysis, proper scientific. Like a mood is described now is a mood of bhakti mood. And what words to be used for bhakti mood? Supposing you are describing [UNCLEAR], what you call the chivalry and fighting. Then you should [UNCLEAR]. See these are the things you have to, to express it. So like that they have divided and said that if you use these words in your poetry, then it creates this kind of a mood, this [UNCLEAR]. Also for grotesque there are [UNCLEAR bibibhas], which describes all dirty, filthy things, you see. So also there is that. But what words, what letters to be used is also there is a science.

But when the kundalini moves on different chakras she makes this sound. And that sounds denoted now. I have given my lecture on this. What are the sounds created on different chakras?

Guido: Yes, we heard.

Shri Mataji: And all the vowels and all the consonants are there. The Vishuddhi chakra are all the vowels, Aa, Ee, Oo like 16 of them. So they make a sound and that sound they have heard it and seen it and also seen how it's written. At Agnya you can see the Aum written like that clearly. Now you have found out about this, I told you that you see the Mooladhara in the carbon. So you put the carbon atom, isn't it? They found it. So how it is written down, how it is sounding, everything is created by Kundalini. And the seers have seen it and they put it down. I mean that's the communication between the deities and between the saints. So the mantras also are based on how to raise their say Kundalini, what mantras to be used, what is to be said, you see. The kunjika has in it all this description, kunjika mantra. But it's said that there is no mantra, there is no word which is without a mantra. There's no root which is without the material root. There's no person who is not capable, [UNCLEAR]. What is rare is the one who employs it, your [UNCLEAR Jaka -Standradurlama]. The one who can organise it is the rare thing. Otherwise everything is there.

[Yogis whispering]

Shri Mataji: And the sound of sanskrit is very built in. Like this one I told you is like this, [UNCLEAR Amantram, Maksaram, Nasti]. [UNCLEAR Nasti, Mughla, Manavshadam. Aiyu, Gahapura, Shou, Nasti. Yo Jaka -Standradurlama]. It's very sweet I think.

Guido: Musical.

Shri Mataji: Built in. Same like Arabic also, Persian also has that. Even Latin has something sweet about it. Then the languages became very harsh I think later on. And there's no classification. I mean, I've seen recently some films made by these English people. Now that dealing says supposing they are doing some film about Egypt or something or they are doing something about Socrates or anything. They talk the same way as they are talking today, like journalists. I said this is not the way, any, anybody was talking at that time. But in the acting they have forgotten what to say. They have forgotten how to say it, you see. They are not saying the way they used to talk.

Even the ladies, you see, used to be very gentle. They would not throw their arms about and talk. So here you find, you see, a lady of those times, say Egyptian lady or maybe Greek lady or something, just like all English women talking like this, a queen talking like this, have you heard of? Because they are used to it, now they can't. They have become modern. I am writing a book now, first book will be not about Sahaja Yoga. Actually it is about Sahaja Yoga. Call us Para-modernism, that is Sahaja Yoga. First describe the Para-modernism, what is modernism, what is stupidity of it. Did you get that tape which we have sent it to Australia?

Guido: Austria?

Shri Mataji: No? Oh, these English should have given that. Very well done, very brilliant.

That's what they said. But this Para-modernism, I have done three chapters, it's such little things, very beautifully written, very beautifully written. I was enjoying myself. So now, what's the second position of my... What's the order now? In your plan? You want me to see some film? For what? In English, what?

Guido: English.

Shri Mataji: English.

Guido: Aye, in English.

Shri Mataji: Where? In the house?

Guido: I don't know or outside?

Shri Mataji: Hmm?

Yogi's: For Outside?

Shri Mataji: Outside?

Guido: You're maybe tired. I don't know Shri Mataji.

Yogini: If you are not tired, we can go to see Indiana Jones.

Guido: Indiana Jones.

Shri Mataji: Is there a film also?

Guido: No, no, it's Indiana Jones.

Shri Mataji: Ah?

Guido: Indiana Jones. It's very adventurous.

Shri Mataji: Which one? I haven't seen that one.

Guido: You've never seen it? This is the third one of the series. It's very adventurous, very [UNCLEAR].

Shri Mataji: All right.

Guido: One has two things about... And it's done by Spielberg, who is a realised soul.

Shri Mataji: We could see here also?

Akbar: Some film?

Shri Mataji: Yeah it's better. It's going to a cinema hall.

Akbar: Yes.

Shri Mataji: It could be good, it could be horrid. [laughter] Please, I think we do it here. But if you want dinner we can go out somewhere. But you can get the film now?

Akbar: Yes we go out, yeah.

Yogini: If we go to the way back, maybe?

Akbar: Yes.

Shri Mataji: You might also get some Indian film here.

Akbar: We heard Ankit was another Sahaja yogi, he said there are some Indian film also.

Shri Mataji: Must be.

Yogis: We will find. We will find.

Guido: Call Ankit?

Shri Mataji: So I think we'll have dinner and then see the film will be better. So where do we go?

Guido: You want to go outside Shri Mataji?

Shri Mataji: Why not? I foot [pay] the bill.

Yogini: We go outside for dinner?

Shri Mataji: Yes but I foot the bill for tonight.

Yogis: No, no, no, Shri Mataji.

Shri Mataji: One night I can do some time!

Akbar: Muslim country, you know the rule, rule, Shri Mataji. Muslim country.

Yogis: No, no.

Guido: You cannot go against the tradition Shri Mataji.

Shri Mataji: [UNCLEAR] the tradition. I am the Mother. [laughter]

Guido: Mother is not supposed to pay.

Shri Mataji: Mother is supposed to pay.

Guido: Oh, absolutely.

Shri Mataji: What do you say, [UNCLEAR]?

Yogi: Mother says it's okay. [laughter]

Akbar: He's another architect, yes Shri Mataji.

Shri Mataji: Really?

Akbar: Yes.

Shri Mataji: What, I would like you and him to go to Delhi, we are trying to do another house, and [UNCLEAR Harvan] was mad, I tell you. He was still, he was too complicated, went out. I said, [UNCLEAR Harvan], what's the matter? It's so simple, I'm telling

you. Why can't you see? It's too complicated, Mother. I said, you are an architect. I'm not an architect. It's very simple, I said, it's very simple to do.

Hamid: Shri Mataji, how was the garden? How was the garden, you were there?

Shri Mataji: What?

Hamid: The garden in Pune? Garden in Pune.

Shri Mataji: Ah, you know, what we are doing there, that we are going to have, as it is we have done the garden so beautifully, you must see the photographs, you'll be amazed. They have grown so big already with your vibrations.

Hamid: Not in my life. [laughter] You have done everything.

Shri Mataji: They have grown so big, you know, but it's very mature now. All of them. But the only problem there is, we didn't know what are the trees like, what are these are, the names were funny, no?

Hamid: I can't identify, Shri Mataji.

Shri Mataji: So you better come and see for yourself that way.

Yogini: That's another chance to go. [laughter]

Shri Mataji: But in Delhi house, we don't have so much chance, as we have there.

Hamid: [UNCLEAR]

Shri Mataji: Delhi house is going to be like this, is that we are going to dig up a whole thing into a four and a half feet down. You dig up into what you call the basement. And the first floor is going to be four and a half feet high, so 9 feet with the basement. And the whole thing will be opened out, so the lawn and everything will be there.

Hamid: Underground.

Shri Mataji: Yes, under there.

[Yogis speaking italian]

Hamid: Shri Mother, I must tell you about pigs. The professor, they are doing, you have also shown you the picture, the photos last time as you are in it.

Shri Mataji: Ah, what happened to that?

Hamid: Shri Mother, the professor has caught me very frightened and has told me that the pigs each drink from -drink this water drink, they drink less with this water. They drink 14 litres more than other parts which are not vibrated. And they are drinking so much, so much in the area. I don't know what we must do.

Shri Mataji: They drink a lot of water.

Hamid: A lot of water, too much water.

Shri Mataji: I tell you why, because of the water that you have given them, they have become realised. [laughter] And they must be absorbing all the heat from outside. Like Me, I drink a lot of water.

Hamid: Ah yes Mother.

Shri Mataji: They are absorbing heat and that's why they are drinking more water, more water.

Hamid: Yes, they are drink[ing] madly. Another thing is that Shri Mataji, He is writing. We should mix one time to all the vibrated, non-vibrated together, I'll take a sample. That is the statically we must do it. He has frightened the pigs, kill each other, but they don't know. They don't know, don't worry about it. I supported it, and if they kill each other, I [UNCLEAR], let me do our explaining, I [UNCLEAR] all day. The pigs are dying, and I [UNCLEAR]. And we are going the next week or the week after, we mix with each other, and they take a sample. I hope they don't kill each other.

Shri Mataji: They won't.

Hamid: They won't.

Shri Mataji: They won't. They won't, they'll kill each other. They'll never kill, try it. Why do they want to kill them?

Hamid: They don't know each other Mother. They are at different matters, at different matters. If they come together.

Shri Mataji: That doesn't matter.

Hamid: It doesn't matter I know, I know they don't want to kill each other.

Shri Mataji: Only human beings do like that, not the pigs.

Hamid: I think so. It's going very well.

Shri Mataji: They look so, so beautiful, you are so rich. So beautiful. And they'll be very soft, you know, in their inside.

Hamid: Yes, it is.

Shri Mataji: So what are you doing about them? I mean, pigs, what are they doing about the pigs there?

Hamid: Shri Mataji, we take the only blood sample and analyse the blood and we are trying to find something much changing in the blood and maybe later we are trying to find something changing the flesh. They are grown a little bit better. And if you have some success here, then we can continue with the vibrated further.

Shri Mataji: You know, in India I'm going to do that in Pune. Thinking of having a nice piggery.

Hamid: Yes, India is very nice.

Shri Mataji: And also for chickens, because the kind of chicken you have there is a hybrid sort of nonsense. But you see with these vibrations, you can have very nice chickens.

Hamid: I have thought in India, the Indian scientist is a little bit shy. We should maybe show them that it is happening something. When done, maybe they should show them. They are a little bit shy to try to come to publish.

Shri Mataji: In India everything imported is great. For them they think, we cannot do anything ourselves. It all has to come from outside.

Hamid: Yeah, yeah they can't [UNCLEAR] it but they don't know can maybe.

Shri Mataji: That's the trouble with [it]. And your trees? In the forest?

Hamid: Ah Shri Mataji, I couldn't go this time. Maybe after I go back, I'll try it.

Shri Mataji: What are people saying?

Hamid: They are the people, they are the forest manager.

Shri Mataji: What is it?

Hamid: They haven't seen Shri Mataji, we have arranged that they come one time with me, I'll show the difference. If they see the difference, it is nice, we can publish it.

Shri Mataji: If they survived.

Hamid: If they survive, if they don't see the difference, then we have to wait, maybe one year, that time, clear.

Shri Mataji: They are very different, [UNCLEAR] immediately. See now, can you imagine, in one year's time, is TM grown so big in Pratishtan? It's impossible, look at the rice we made. Out of sixty kilos, we made seven, three hundred kilos. Can't you tell? Nobody will believe. I told them, I'd put sixty kilos, just a half kilo in Pratishtan. I said, it is so. I'm telling you the truth.

Hamid: I see myself.

Shri Mataji: I said, beautiful rice. Last time you were there in Pratishtan, you ate that rice, that was from My village.

Guido: Would you like to have fish? Some speciality fish or Turkish?

Shri Mataji: Turkish food, because my husband has been praising it alot.

Yogini: They went home.

Akbar: The cinema is closed to...[laughter]. Mataji, this restaurant, it's cinema which is this movie is [laughter].

Shri Mataji: What is there?

Hamid: The restaurant is near each other.

Shri Mataji: There is the restaurant, there's the movie.

Yogini: Yes, they are close.

Akbar: The cinema is neighbour, next to that, the restaurant.

Shri Mataji: All right.

Yogini: Why do you want to be see Indiana Jones?

Shri Mataji: So first we see the movie, and then we eat our food. Which way? No, no, whatever. Film must be starting at the point.

Yogini: Yes, yes.

Shri Mataji: What time it starts?

Akbar: Usually, we can find out. Usually it's seven, half past seven, half past nine.

Shri Mataji: No, I have an Italian time now. What is your time now?

Yogini: Yes.

Akbar: Now it's half past six.

Guido: Six.

Shri Mataji: Correct?

Guido: Six thirty.

Shri Mataji: No, past five, so one hour.

Akbar: She is telling that after the movie, for the eating is late, so it's better we eat first.

Shri Mataji: And then go to the movie.

Akbar: And then go to the movie.

Shri Mataji: What time in the movie?

Yogini: It always changes [UNCLEAR], I don't know. We can check it.

Shri Mataji: Find out. Find out, check it.

Yogini: You see. Acquiring video, they are having issues. It was deciding to go to see this movie. It should happen. [laughter]

Hamid: It should happen.

Guido: Mother is taking the children to this.

Shri Mataji: When My children were small, I used to take all their friends to a movie. Will be sometimes twenty, sometimes ten. So one day a person saw me, some ladies and gentlemen were there and said "Poor, this lady, how many children she has? [laughter]. But our children are very confident. Sahaja Yoga children.

Yogini: Yes.



Guido: That's so beautiful, Shri Mataji.

Shri Mataji: Imagine the Sukhanya, how sweet she has become.

Guido: Such a transformation. And that girl, Shri Mataji, yesterday on the stage.

Shri Mataji: They are so sweet, very sweet.

Guido: She said, you know Shri Mataji, I know English in Italian. [laughter] Victoria.

Shri Mataji: First with me, you know, every time she was saying something nice, very confident she was telling Me. I didn't follow what she was saying, but this was the best. They are very confident, that's the point, you see. That's the sign of a realised soul, so confident. And nothing stupid at all.

Yogini: No.

Guido: No.

Shri Mataji: She was asking me what's the significance of these bangles. I didn't know how to tell. I think I better take it out for tomorrow's program. Otherwise all their attention will be on the bangles. But they also used to wear bangles here in Turkey, I know.

Yogi's: Yes, they have many of, golden

Shri Mataji: But now, now they don't. They do?

Yogini: Golden bangles, yes they have.

Shri Mataji: One of the days to wear also glass bangles.

Yogini: Ah glass bangles? No, I haven't seen them.

Shri Mataji: No, they used to wear. Gold bangles they wear. I wish you were there, we distributed so many bangles.

Guido: It was such a festival.

Shri Mataji: Gold plated.

Yogini: That's Beautiful.

Shri Mataji: Very nice.

Guido: Big, huge dress, full of bangles.

Shri Mataji: Steel covered with gold, steel it was. And you see they were very strong bangles, so thin. Have you got any?

Yogini: No, they took it all.

Shri Mataji: You have it? You didn't get any. You had.

Yogini: The bangles, she had not used them.

Shri Mataji: No why?

Yogini: You didn't come up. You have this one, yes.

Shri Mataji: This one.

Yogini: Of course, of course.

Shri Mataji: [UNCLEAR]. All these, all these, we got them. Bangles and what else?

Yogini: What necklace?

Yogini: Necklace.

Shri Mataji: Necklaces, bangles.

Yogini: Earrings...

Yogini 2: How many earrings?

Yogini:...dresses.

Guido: Chains.

Shri Mataji: Chains.

Yogini: Twelve.

Yogi's: Wow.

Gudio: So many dresses.

Shri Mataji: Beautiful.

Yogini: Necklaces.

Shri Mataji: You better wear some of them. It can be, doesn't matter. I'll send her some. See, they are so strong, you know. That's the beauty of what is. They are so strong. See, they are so strong.

Yogini: Yes.

Shri Mataji: They are thin but very strong.

Yogini: These don't break.

Shri Mataji: Better have some, let her have some, few were took so let her have that, let her have this. So many bangles and what

else did we have? Dresses.

Guido: Necklaces, dresses, knee rolls.

Yogini: And also, kumkum house there, small boxes.

Shri Mataji: Kumkum boxes are there. But for these leaders, I got -

Yogis: - Hats!

Shri Mataji: Beautiful Karaburi.

Yogini: Did you bring it with you?

Guido: No.

Shri Mataji: None of them have brought it. Like crowns, when I put it on. And then they started dancing. I was worried about...

Guido: She was just covering our ego. [laughter]

Shri Mataji: And they danced like children then. I was worried about the stage that it might break. Really, with that you also opened out.

Guido: They were all worried. I said, don't worry, Shri Mataji is sitting there, nothing will happen. So funny.

Shri Mataji: But you all became like children, I tell you, really.

Guido: It was so beautiful.

Shri Mataji: Everybody opened out so much. All the leaders were dancing on the stage.

Yogi: Wow.

Shri Mataji: Really wonderful. And the cap, also that thing was Karakul, you know, Karakul. What do you call that?

Guido: [UNCLEAR Colbug, Colbug].

Akbar: Wow.

Shri Mataji: Last minute I bought them, five minutes, last five minutes. It was, last was [UNCLEAR] Raga, [UNCLEAR] Raga. Last five minutes I bought sixteen I think, fourteen. Something like that. Eleven I had and three I got for Mr. Srivastava and My two son in-laws also. He also liked it, immediately.

Yogini: And the red dresses, Mother, the red dresses?

Shri Mataji: You like them?

Yogini: Were they from Russia?

Shri Mataji: Red dress, the one I gave for?

Yogini: For... Karen got one.

Shri Mataji: Ah, Caroline. That's from Russia.

Yogini: That's from Russia?

Shri Mataji: They are in a kind of a wool. A kind of a woollen knitted thing.

Yogini: With embroidery.

Shri Mataji: Yes, yes, that's Russia. But the dresses I gave you the otherwise, you see these frocks and things like that, they are from London, Debenhams. Five times they are cotton.

Yogini: Nighties and...

Shri Mataji: Nighties, I gave to Indian girls because they don't wear dresses, so nighties for Indian girls. Lots of things. More for women. You see, because what to get for men is a problem. We had, I forget, wallets, purses...

Guido: Wallets, pens.

Yogini: Necklaces, necklaces.

Guido: So many pens.

Yogini: Necklace also for women.

Shri Mataji: Necklace they are golden. That's for... what else?

Yogini: T -shirts.

Guido: T -shirts.

Shri Mataji: T -shirts, t-shirts, t-shirts. There were nice t -shirts, eh? Interesting.

Guido: Yes. And then yesterday, Shri Mataji was distributing all the silver coins. First to the musician, then painters, then Architects then...

Yogi: Ball players.

Guido: Writers, poets.

Akbar: Wow, wow, wow.

Gudio: It went on and on. Eight hours Puja.

Shri Mataji: Eight hours Puja.

Hamid: The children were very happy, Shri Mataji.

Yogini: And then the T -shirts that had the squeaky... Disney? Donald Duck's squeaky T -shirts.

Guido: Donald Duck.

Yogi's: Children.

Guido: Donald Duck T -shirt.

Shri Mataji: Ah Donald Duck. You see, because of Mickey Mouse, this thing and Mrs Daisy, and it makes a sound quack, quack, quack, quack.

Yogi's: Yes, yes. All the children were making this noise.

Shri Mataji: All the children were on. [laughter] All was just... In one day I did all that shopping, can you believe it in one day? Except for the Russian, where we gave the rings and all that, Russian. But the rest of all that.

Guido: Well, I must tell you, when we went to Florence, hold on, it was too much. We went to, next to the [UNCLEAR Vomuomo], there was a place where all the artists are there making portraits and these things. So, Shri Mataji sat down and She was very shy. She didn't want to but She didn't but then we convinced her to have a portrait. And there was an Irani artist.

Akbar: Wow.

Gudio: Yes, Another Irani was doing the portrait to Mr. Srivastava. So, but at the end, Shri Mataji, we all found out. Shri Mataji first learned, I mean, it was not so expressing Shri Mataji's personality and qualities. And so she started herself doing the correction, explaining to him how to do it. [laughter]

Shri Mataji: Even Mr Srivastava.

Guido: And also Mr Srivastava, not only that, but at the end, Debuchaudari was there and he got a portrait by an Egyptian and he was not happy at all. So, Shri Mataji went to the artist and he started explaining to him how to do or what to do and these things. And then...

Shri Mataji: He asked Me. Another Artist.

Guido: This was completely confusing. So then Shri Mataji sat down and she started herself correcting all the paintings and doing it herself. [laughter]

Shri Mataji: And so much changed. He had spoiled it completely, with somebody else's face.

Guido: So we all have to sign this design.

Shri Mataji: No, but the best part of it, then three persons came in. One from Egypt and two from Iran.

Guido: One from Iraq?

Shri Mataji: One Iran, one Iraq and one from Egypt.

Yogis: Egypt.

Shri Mataji: Three persons came, the artist. They said, give us the energy. So one of them said, the one who was Iraqi, he said, I don't believe in God. I said, all right, you ask the question, whether is there God or not? He asked three times and he got the word, but he says, now you believe in God. Then the two others, they also got realisation. So one Iraqi, one Irani and one Egyptian, three of them got realisation. The artist.

Akbar: Muslim eh?

Hamid: Shri Mataji, more Muslim, more Muslim, there should be more Muslim produce.

Shri Mataji: Yes, must be. Muslim's should be good because of one thing, because they believe in Nirankar.

Yogini: Nirankar.

Shri Mataji: They believe in the abstract God, [to] begin with. To believe in abstract itself. You see, because first you feel the abstract. See, first you feel the abstract. So it's easy to accept this fact that it's an abstract thing. Then in person. But if you start only talking about the personal God, then it shocks people to see how can you believe. But then it's Nirankar, formless, Parachaitanya that they can feel immediately. Then after that you can come to personal. First this is a very big hurdle and for Muslims it's very easy to accept, Ruh, they can accept this.

Hamid: Yes, yes.

Shri Mataji: So it should work.

Yogini: Where is Shri Mataji's room?

Shri Mataji: Oh these beautiful flowers are having vibrations.

Yogis: Wow.

Shri Mataji: But the fragrance you see the smell, I smell. In sitting, sitting, sitting, eating, eating, eating. No, no yesterday you don't know what these boys did to Me [laughter]. This is far enough. Where's the room now? Ha, what a kitchen you have eh? Beautiful. That's the bathrooms?

Yogini: Yes.

Shri Mataji: Modern house and bathroom...

Yogini: Onyx. All Onyx.

Shri Mataji: Onyx, onyx.

Yogini: Yes, Shri Mataji.

Shri Mataji: Onyx, in here.

## 1989-1101, Talk to Sahaja Yogis

View [online](#).

1 November 1989

Talk to Sahaja Yogis

Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Talk to Yogis, Istambul, Turkey, 01-11-1989

American Yogi: Thank you.

Shri Mataji: Fine, great.

American Yogi: That's not all.

Shri Mataji: That's not all.

American Yogi: No.

Shri Mataji: [UNaudible]

American Yogi: We have been inspired by your shopping Shri Mataji.

Shri Mataji: Huh?

American Yogi: We have been inspired by your shopping. So this is for Bridgetta.

Shri Mataji: Who?

American Yogi: Bridgetta.

Shri Mataji: Let me see, oh! Beautiful.

Turkish Yogi: Beautiful.

American Yogi: Shri Mataji this is for you from America, got it printed here in Turkey.

Shri Mataji: [UNaudible]

Yogis: Wow, nice.

Shri Mataji: [UNaudible, thank you]

Now, so, too much. [laughter]

Yogini: Can I open it?

Shri Mataji: Yes please. Now you see, there should be some room we need to take things also, isn't it.

Shri Mataji: [UNaudible]

Yogini: [ UNclear] Open that window.

Yogis: Wow.

Shri Mataji: Yes, so beautiful.

Turkish Yogi: From where?

(Aunty Kay?) Yogini: The bazaar, the Grand Bazaar. Yes, a handy craft place.

Shri Mataji: Tremendous, beautiful. Thank you.

Yogi: I have something too, Shri Mataji.

Shri Mataji: [unclear] funny, you're not yet married.

Yogi: Something simple but... It's from Greece, its candles! Made out of 100% pure Ghee.

Shri Mataji: Ahuh. Look [how] wonderful they're.

Yogi: They take like twelve hours for one to burn.

- Shri Mataji: Is it.

Yogi: Very good to put on overnight and then for fires.

Shri Mataji: Very nice for Pujas. Greece has some very miraculous things. All right, thank you very much.

Shri Mataji: All right let us do some talking.

Yogi: Mother, can be kept closed.

Shri Mataji: What is the next thing we will be follow on, will have to do. So whose translating?

Yogis: Mmm [Willman UNCLEAR].

Shri Mataji: All right so we have to do the translation also to these people about what are we going to do next, all right. First thing is that now there will be people coming, those who are coming, new people. And tend to new people you have to remember one thing that you should not, try to impress on them that you are something better than them.

Those who are already much better because their valiancy has gone up there, so this valiancy eleven, twelve like that, you see. In truth, valiancy.

Translator Yogi: [UNaudible]

Yogi: Yes the ten commandments was there, the ten balance in there after the realisation but more valiances, it can give you



realisation -

Shri Mataji: First of them can realisation to them.

Translator Yogi: Witness.

Shri Mataji: And also you can give vibrations to matter to say, your trees, the flowers. You can give vibrations to them.

Translator Yogi: Living things or also undead things? Can I give vibrations to undead things also?

Shri Mataji: Yes, they all get vibrated, now see if I'm sitting here then the vibrations come if i'm putting my feet here, there's vibrations. I must tell you about Hazrat Mohammed.

Translator Yogi: Shall I first translate -

Shri Mataji: First you tell them.

Now, about Hazrat Mohammed, once I went to Kashmir with my husband and we were going in one direction.

Translator Yogi: Do you mean Hazrat Mohammed or -

Shri Mataji: No I was going there. And a very like, a wilderness, it was like a jungle and there I felt tremendous vibrations.

Translator Yogi: Is vibrations?

Shri Mataji: I felt vibrations and I told my husband that there must be some very holy place somewhere. So I told the driver, I said to take the car this way. But he said "there's nothing here, you see, nothing here". He was saying, driver was saying. So we reached a place where there was some Muslims, very poor Muslims were living in a [ditch UNCLEAR]. So we asked them is there any temples here, what is this place you see? They said " No but about a mile away there is Hazrat Akbar".

So one hair of Mohammed Hazrat is kept there in that place, one hair. And I got his vibrations at least five miles ahead. I felt the vibrations five miles away from there. So vibrations are that tremendous. Have you see my photograph or poster up, all of them?

Yogi: Yes, yes.

Shri Mataji: You have seen?

A yogi translating and repeating what Shri Mataji asked.

Translator Yogi: Yes, yes.

Shri Mataji: You have seen? No, no of my Sahasrara being shown?

Yogi: Did you see the ones with the Sahasrara open?

Translator Yogi: Yes, yes.

Yogi: Carla showed them.

Shri Mataji: So you can imagine how powerful is the light, that everything vanished but just my Sahasrara was showing. Have you

seen it?

Yogi: Yes, yes.

Shri Mataji: Sure. So the vibrations are a very powerful thing and they know everything, they know everything.

Shri Mataji speaking hindi or marathi.

And their whole thing was - she can't see, she's short so she can't see. So their action is such that they know everything and they know how to act. They will guide you and they will protect you but know you must know that you have a new awareness of a vibratory awareness.

You see and you must use that. If you don't use your vibratory awareness then with human awareness you will be making mistakes. So for everything you must use your vibrations to find out what is it. Now the problems comes in when you have new people because they watch you.

What have you achieved? How you look? How you behave? How you talk? And suddenly you should not tell them that you are caught up, you've got a bhoot in you like that you see. On the contrary you should be very gentle and very hospitable because now they are just coming, they see your behaviour and then only they realise that they are some special people. And never argue in their presence. Now supposing he says something, now one should not say "No, no this is not so" in the presence of others but support each other. And also you have to talk about Sahaja Yoga in the beginning not about Me, much. And you have to - you can have a course also we are now having courses for chakras, every chakra per day we are having courses like that so they get deeper and deeper into it.

Then you can something to them otherwise they can, they can you see, first they try to judge you people. Now you will be amazed when I come, always I don't know why there will be thousands of people everywhere. I don't know what happens maybe the vibrations work it out, I don't know. Because I when to a place like Colombia where nobody knows Me, nothing of the kind, you see. And even outside of the hall in the garden there was such a crowd, I didn't know how to get inside. But then for the follow on very few came and then gradually they started to the introducing.

Translator Yogi: You mean very few came to courses?

Yogi: Yes for follow up...

Shri Mataji: Yeah, but this, you see this is the try of the Paramchaitanya I think so that when you people are perfect, everything is fine, you're all right then the Paramchaitanya itself organises to a certain point. Chaitanya, He's this all pervading power. So it is important that you should also meditate, you all should meditate. And you should also go deep. And they - your ascent is such a thing that as if like the sari you lift it to see the whole things come out like that. Once you ascend the whole of [UNCLEAR collectivity] will start coming out. So it's a very big responsibility and I am sure you will work it out. Now if you have any problems you tell me.

Translator Yogi: He has a question, he says sometimes my finger becomes cold and sometimes hot, sometimes there is a tingling. Are all of them -

Shri Mataji: All the fingers or one? One finger.

Translator Yogi: [UNCLEAR different fingers]. Examples he says.

Shri Mataji: So now you should know you are a recording machine like a barometer. You shouldn't worry about that but you should know that there is somebody like that or some atmosphere like that is there that you're catching, somebody around you

or sitting next to you or...

[UNCLEAR yes yes just a minute] my husband is there. You'll be sitting there, there's no need for you to go away.

So now this is a feeling, go on seeing, go on feeling like that you see. So you are just recording it.

Translator Yogi: He means...

Shri Mataji: If he feels anywhere just recording you see but one should not fall into too much about this.

Translator Yogi: He means if he feels cold or if he feels hot or if he feels pulsating or if he feels tickling all over his [unclear hands unclear]

Shri Mataji: If you feel hot, means something is wrong with the person, if he's feeling cool and nice it's all right. But if he's pulsating that means he's, is about to get his - he's capable of getting vibrations by being cleansing.

Translator Yogi: Good vibes.

Shri Mataji: Ah but not very good but he's capable as the vibrations are working as pulsation means that he might get realisation but he should not pay so much attention because if you go on every time judging you'll go mad.

Translator Yogi: Yeah. If he's numb, no?

Shri Mataji: One should not try to - sort of mental too much think about it. Yeah.

Shri Mataji: And also one should not [UNCLEAR]... walking on the street, might see somebody feel their cool, you might feel their hot, you might feel anything. Then you should not just go and ask him about it or something because you have to do it very carefully. Everybody is not worthy of realisation, you have to do it very carefully. You can come to program, they are there then gradually you can but on the street here, there if you go on then there will be problems. Because you are realised souls and they're not.

Like here is too much smoking as I've seen people have too much smoking and with smoking you catch Vishuddhi both the Vishuddhi's very much all the time. The reason is then you smoke you also feel guilty because smoke is right Vishuddhi because you feel guilty, left Vishuddhi. Yes all right. Then also that see when talking to them about their gurus so immediately you should not sort of jump on them. But you should just slowly say that see if this guru business doesn't work out in Sahaja Yoga, very gradually.

And it effects you because you should quarrel with them or fight with them or if you talk to much from them. You may catch from them. So if anybody is having a guru or anything, first don't try their difficult words but try easier ones. Or just tell them that they should put the left hand forwards the photograph, towards the light and say that "Mother, I am my own master, I am my own guru" like that. 'I am my own master'. So that they will clear out. Once they have cleared out they should be - then it's all right. But otherwise they'll argue with you, what's wrong with this person? Why not? This, that, they will go on arguing. So an argument doesn't give realisation, doesn't give. Also they'll ask you this book we have read, that book we have read. Have you read this book or not? That book have you read or not? You should say by reading book its doesn't work out. In a humble way, in a humble way. Also you can do one more thing, that I also read a lot but it didn't work out, if you take it upon yourself, they will not feel hurt.

Yogi: Have to say we have also -

Shri Mataji: - I've read lots of books.

Yogi: - read lots of books and didn't help us.

Yogi: Yes.

Shri Mataji: So in the beginning it's a little difficult but gradually things will improve, I'm sure. 24:01 But you must meditate, morning, evening both days, both times you must meditate.

Translator Yogi: Morning and evening.

Shri Mataji: Morning, yes. Morning just without water, you can just sit down before the photograph but don't close your eyes, keep your eyes open, feel the vibrations, know what chakras are catching and try to correct them. And in the evening again before sleeping you put your feet in the water, then foot soak yourself, meditate and sleep. And some people believe that we'll do it in our house privately, it doesn't work! You see you have to be in the collective -

Translator Yogi: You have to be?

Shri Mataji: You have to be in the collective, you must attend programs. It's very important. Because it's like this you see that when you churn the yogurt then the butter comes up. And you put a little butter in it, you see and collect all the butter. But all the particles which are left out, are of no use they are lost. So we have to be in the collective, we must meet.

If you do not attend programs, you cannot grow.

Shri Mataji: Yes?

Translator Yogi: Since he landed to Turkey he cannot think anything. He thinks, he said his head is empty.

Shri Mataji: But that's good. That's the best, if you are in - when you are in thoughtless awareness then you grow spiritually.

Translator Yogi: When he is working he cannot concentrate on work.

Shri Mataji: No you see there is, you feel that way but everything will be worked out. There was a lady who used to run a shop and she knew each and everything what was in the shop and all that. Then she did not remember anything and she was still selling things and she made five times more profit.

Translator Yogi: After realisation?

Shri Mataji: No.

Yogi: After realisation?

Shri Mataji: After realisation, yes. You are looked after. No, no you are no need, no need to use your brains. Everything will be done.

Translator Yogi: It will be alright.

Shri Mataji: You are in peace and everything is worked out. There's no need to concentrate at all, somebody - like the whole thing is concentrating for you. On second demand. All right everybody will notice that, miracles after miracles. What is your question?

Yogi: Because of the Muslims don't for example pray to one picture to things like that. In Turkey since we for example make one

puja, the first puja it was alright. After we make the first puja it was all of us and some of them go away. No it is -

Shri Mataji: No, no should not, actually puja should be introduced very late. That should be very few people should do puja. Everybody cannot also do puja.

Yogi: Okay.

Shri Mataji: It is very difficult. Anyone you see when we do not allow anybody to do puja, they at least have two years in Sahaja Yoga.

Yogi: Yes, yes all right.

Shri Mataji: Two years they have to be. At least two years. Even from Russia I told them that only ones who are being in this thing for quite sometime should be brought to India otherwise no pujas allowed, not allowed. I mean Mohammed Sahib said it that till you get your [UNCLEAR turiya] state you should not - you can go on doing [UNCLEAR allows namars] and all that, till that not after that. Till your resurrection.

Translator Yogi: Till your resurrection?

Shri Mataji: Till your resurrection you should do all [UNCLEAR namars] and all these restrictions and everything but after resurrection, nothing he said so. No need.

Translator Yogi: Our realisation, no? Till our realisation?

Shri Mataji: After your realisation is your resurrection, Kya baat 31:16. Now you're resurrected so there is no need for you to do anything which has been said tabooed or stopped even now, Quran. That is still you get your resurrection. Now you are free!

Translator Yogi: Yes is it not necessary...

Shri Mataji: Yes that, all that it has to be done, all these restrictions are there for women, men everything is there till you get your resurrection to build up your dharma, to build up your sustenance. And Islam, Islam means to surrender. Surrender to truth, it means surrender to truth, to truth. And in the Quran it is also written that be careful there will be many who are non believers and will be many who are argumentative, yeah.

But once you know you have found the truth then you must surrender to truth. So first you must know you have found the truth, you should be sure about it. Then only you can surrender. Then you go beyond everything, you become a universal being. Yes, it's a - when I have seen the Jews worshipping Hazrat Mamat and the Muslims worshipping the Shri Rama something like that. In the name of religion how can anybody fight. But going on like that the fanatics are there, the fanaticism is there but that shows that they're blind. But now as you have got the light, you must live with confidence. All right.

Yogi: When making - for example meditation in when the new people come to the program, a some of them also must be sent or some other people sent over or they come by themselves? Like for example Abraham or for example I was. For example I was for three months somewhere but if I was ten years or [UNCLEAR] these people won't come and make meditation in us, I've seen these days also I understand, I speak with Ackbar, with Mr. Ankit that or the cool breeze gets more, more long, not easily. So these people broke our vibrations they don't come early.

Shri Mataji: What's he saying?

Yogi: So they must put them out -

Another Yogi: He's saying that when we meditate there is one person from [rational] domination which is ten years there, he's meditating with us, he disturb our meditation.

We feel this [day/way unclear], Mother, we feel this day more -

Shri Mataji: But if he's meditating, you just tell him. You meditate with left hand towards the photograph with the light and right hand on the Mother earth so he clears out then he won't disturb you and you take a bhandan yourself, you cover yourself up, you see. Because poor thing he is a seeker, transcendental fellow is a seeker and the mistake is gone, we must try to save. That's the point. Just stand up.

This is it, [UNCLEAR] not, not difficult so much. TM people are not so difficult of course in the beginning they might shake or something. They're easier but the [UNCLEAR] people are horrible.

Translator Yogi: What do you understand when he speak about Deities.

Shri Mataji: About what?

Translator Yogi: The manifestation of God, you say manifestation of God, what does it mean?

Another Yogi: Deities, I think she wants to know about the Deities?

Shri Mataji: See they are aspects of God. They are aspects of God, you see. 38:01 But for that you need not talk just now, you talk in a general way.

Is this your son? Is it, come along. Hello, how do you do? May God bless. Such a sweet [UNCLEAR thing/kid] So...

Translator Yogi: So we talked about that afterwards, not now?

Shri Mataji: What about? Just now you talk about Sahaja Yoga.

Another Yogi: To the new people she meant.

Translator Yogi: No to us, she wants to learn.

Another Yogi: No.

Translator Yogi: She says, what does it mean the aspects of Divine manifestation of God or what does it mean she says.

Another Yogi: She wants to know what does it mean the Deities, Shes the aspects, different aspects of God.

Shri Mataji: See actually in our evolutionary process there has been an incarnation one after another. And like [UNCLEAR Momat Zabat/Sahib] not said has not been before. So at different stages of evolution these incarnations came forward to lead us into higher awareness, one after another.

Translator Yogi: All of the people are incarnating or only the - if you are elected pupil?

Shri Mataji: No, no, you see human beings are different, these are a principal. You see the principal which incarnates. You see the principal, I'm talking about Deities. Deities is a principal that incarnates. The principal of a - human beings also can't be God but these Deities are. They incarnate because its a principal, the principal of incarnation mostly are done by the principal of Akbar,

means the Virat.

Translator Yogi: What? Akbar is God.

Shri Mataji: Akbar which is, we call it Allahu Akbar, yes. Now, so that principal incarnates mostly. To lead us in our awareness.

Translator Yogi: To?

Shri Mataji: To lead us further with our awareness. Like first it came as a fish, fish. Then it came as a tortoise, like that.

Translator Yogi: The Deities you mean come as a fish and then?

## 1989-1203, Farewell Talk, Shri Mataji leaving UK after 16 yrs residence

View [online](#).

3 December 1989

Talk to Sahaja Yogis

Shudy Camps Park, Shudy Camps (England)

Talk Language: English | Transcript (English) – Draft

Have you got that album also? Just to read.

I have to thank you all for giving money for the presents for Indians. From the Indian side I would like to thank you all for doing that. And I hope you all have done it. Indians are waiting for Sahaja Yogis and they are regretting that some of you are not coming. And we'll be celebrating Christmas in Puna in a big way. And I hope you all will celebrate Christmas, if you want you can come here and celebrate the way you want to do it.

Now you know that Mr. Srivastava has retired. As a result of that I also won't be staying here for longer periods, come here for short periods, may be for at the most month or so. Now it is your responsibility to spread Sahaja Yoga. Each person can do a lot. In every country it has worked this way. We'll be having about three Ashrams established, but every house is an Ashram and I was happy that also in Harrow they are having some program. I hope he is here, is he here - Malcolm? He wrote to Me that he wants to start a program in Harrow. In the same way in whatever locality you live you can advertise to begin with - gradually it will move. You know that Sahaja Yoga started with one person. So you shouldn't mind, in the beginning they come then they go away, then they come, when I'm there all of them will come. I don't know what's wrong with them. But otherwise they don't come. So there's nothing to be disappointed with them. We have to help our country-men. We have to try to understand them.

Now we are much better Sahaja Yogis. We understand Sahaja Yoga very well. Perhaps it is never been a great knowledge to you that you have become real great saints. It's not a knowledge because gradually the whole thing has opened out so beautifully in you whatever is your, your own being has shown its own manifestation and the whole thing has worked out so beautifully that you don't know what you have got. You talk to anybody who is of a very high ranking philosopher he will know what you know. You can face anyone. You can face the pope, if you want to. (Shri Mataji laughing & laughter) And Yogi Mahajan went to these orthodox church and he told them, "What are you talking, if there is a Holy Ghost on this Earth, what are you doing here, why are you fighting?" They wouldn't take him seriously. They said, "Where is the Holy Ghost, now whatever are the, whatever are the signs given of the Holy Ghost are here. So why don't you accept? If you are Christians you should accept." And he single handedly fought them, single handed he fought them. And he said, "You, you are all blind people." And that's what the Christ has said that, "You will be calling Me Christ, Christ and I won't recognise you. You are the people."

But I was surprised even in Koran there is a complete, complete chapter, a very big chapter called as S Y, [Sahashta Yoga ?], can you imagine, in Koran, where He has said it completely, in such a complete manner that you won't recognise the one whom we'll sent. You will not believe. You'll try to play tricks. You will try to trouble but you will be the losers and you all will go to hell. It's so clearly in that one, the whole chapter. I haven't got the Koran with Me otherwise I would have read it out to you. You will be amazed. He has condemned all such peoples, who are with such short sight they won't recognize. Even in the Bible yesterday I was reading that, "You are not going to believe, you are not going to understand."

So in every scripture they've tried to say this. And of course, when there is no background at all, whatever background we have and whatever is said is so emphatically said we have to accept it. But it doesn't happen. It doesn't happen. Now surprisingly that you know that in Russia we have done wonders. We are already recognised there while this pope is still busy trying to recognize - and get his Catholic church recognized. We are already recognised. We have an independent status. So the Russians have that depth. You know one fellow has written a thesis on this Shri Chakra and its mathematics, can you believe it, he is a professor of Mathematics. That book is lost somehow or other I don't know where but we are going to get it. They have written books about yoga - they have written books of Patanjali. They have written so many; I mean they have done so much. But they know they have



not found it. They know this falsehood. Something has gone wrong with it sometimes I feel it's the curse of Christianity in the West. Perhaps may be. Because why is it wherever there is Christianity such a stumbling block for Sahaja Yoga. I just don't understand, what these people have done to us?

So now it is our duty as Christians specially, to bring good name to Christ, because they are blocked people, they can't see. They cannot feel, and they don't want to know. Can you imagine - the ministers of their Supreme Committee are coming to Ganapatipule? Can you think even a ordinary, you can say [chapraci ?] as we call them - the door keeper from Western bureaucracy will come to Ganapatipule?

So this is the problem and they think we are all mad people, you see they want to show that we are all mad, we are in a cult, we are into this because anybody who is not in Christianity is in the cult - and they are the greatest cult I think. So now you realize that this is the thing that has happened now with the Christians. They have not achieved anything we have to fight them and we have to tell them that this is what it is, "You are a cult. We are not a cult. You are a cult. You are the ones who are following something so blindly and you cannot open your eyes to something that's the truth which is told in the Bible." You have to tell them.

Unless and until you talk to them this won't happen. This won't work out. So you see we have to be very bold now, we have to talk about Sahaja Yoga on every level. So on a religious level I would the say I don't know the Jews will ever listen to anyone, I mean Jews are another cracked people, just fanatic people because they don't listen but we have Jews now in Sahaja Yoga, we have. So we have to get Jews like this talking to some friends and this and that because the older people in Jews, you see, they all think they are in dangers. I don't know if they'll come. They can go to TM but to come to Sahaja Yoga is very difficult for them because they think it's some sort of a cult. I don't know what picture they have given.

Now on various levels we have to see what we can do about Sahaja Yoga. On religious level the Hindus, or the Indians who have come here or even Pakistanis who have come here, all of them as I told you, they all like a mango tree brought to London, which cannot produce mango, but it cannot even produce an apple. So Indians are hopelessly bad so don't worry too much about them. If they'll come to you they will telephone to Me immediately my mother is ill, my father is ill, my God father is dead, bless his soul. So best thing is to be careful as to what people to handle. If you can get hold of someone do not pressurise them too much because the ego is too much, slowly, slowly work it out. I am sure they will understand. So we have to get people who are well educated, who have some sense in their heads and people who have not, sort of - you are not under the other conditions, of other gurus and this and that because they are difficult. You don't have to worry about them because you catch. So you don't worry about such people. You worry about sensible, normal people that are there and talk to them.

But normal people think that, "Oh! We are all right. What's wrong with us? What's so special about it?" So for them you have to tell them that, "See, we have found out that we are the Spirit. We have found out the method how to become that and we know everything about it." If you start talking about this to them they'll be really amazed. Now you take Bible and read in that different, different chapters wherever you find there's support of Sahaja Yoga and you can talk to them on religious basis. Now there's another kind of thing, you might find is the people who are in the business and things. So now those people, who go to them and meet them have to talk that, "In business you can improve. You definitely improve in business if you go to Sahaja Yoga." You can talk to them. Sahaja Yoga gives you that special quality of relaxation that you can improve.

So that's how you can talk to them because they are also another. Bureaucrats you don't talk to them. They are out of question. Just don't bother your heads about bureaucrats. They are the stupidest people I have come across. I don't know where are they going to hang themselves. (Laughter) Don't talk to bureaucrats. Bureaucrats are out of question, very difficult people. So now then we have got say, professionals like architects, doctors and other things, also these people can be handled. You can talk to them, have meetings with them, call them. If there is an architect, you can call some architects to say that, "See, in architecture how you have improved, how you got more dynamic ideas", and things like that. But I think this country is more meant for doctors. We have many doctors here. So this country can work out on the doctors. But that doesn't mean you should gather all these sick people and bang at the doctors' place. But still, still if you find somebody like that if you give Realization that person, then you can take that person to the doctors who are trying to form, some sort of a, we can say a clinic here. So Dr. Wells has

started one clinic. Dr Spiro is going to start another and we have still got Chelsham road. And Chelsham Road is there.

Now the problem that we have now is to understand, first of all, who will take to Sahaja Yoga. Don't waste your energies on stupid people because then you get so fed up with them and then come back to Me and say, "Mother, see I have tried." Don't try. Try only three times - if it works, well and good otherwise forget them, just forget them. There's nothing that can give you any credit if you run after some mad fellow. But you might become mad, that's all. They are mad. They are blind. They can't see and they think that Sahaja Yoga is only for - some people think that it is only for people with problems. It's not so. It's not so. It's meant for everyone who wants to have betterment of their lives, is for the benevolence of everybody. But those who do not want to see their benevolence, no use forcing them, wasting your precious time, you see, Sahaja Yogis are the most precious things.

Now I'll tell you - when I went to Russia, see, I was telling Yogi Mahajan that this Yoga conference I would like to attend. He said, "All right, Mother, we'll find out some time for You to speak." And I said, "It's a good idea. I'll come." So I told him when I went there, you see, this is a very big breaking point because all East block people are going to be there, East Germany, Czechoslovakia, all these people. They are all going to be there. And once they face Me, they become Sahaja Yogis, once they go back to their own countries it will start cracking. Exactly that happened. Exactly that happened because that conference was held we got doctors and people from East Germany, we got from Czechoslovakia, we got from Romania, from everywhere we got. And they came and so many of Russians also and when they became Sahaja Yogis they cracked. This - such a big wall is cracked now, all these things have happened. In the same way when Hungary was asked - Hungary, what about Hungary, I said, "Let one Hungarian person come to Sahaja Yoga it will work out." It has worked.

Now certain countries are little difficult I find, I think as Portuguese and Spain are rather difficult. Perhaps may be they have been very aggressive, extremely aggressive, English also have been, I must say, English, French, you must accept that. But Spanish have done lot of crimes because they killed so many people in America, so many. I mean when you go and see there, I mean, all these films they show - is all wrong. Actually they all aggressed all the people there. So this is a trouble with the white skin. That it tries to aggress all the time. You see somebody they'll aggress they think they have the right to aggress because they have the white skin. You see, it's such a curse, it's such a curse. So I would say that, that may be the reason - now I know why they want to tan their face, because they feel little guilty (Shri Mataji laughing) - have a complex. So this aggression has done so much harm to people, so much harm. And that's why these two countries Portuguese and Spain are still like that. I think Spain is coming up and goes down, comes up, and all that. So we have to support them and help them. Of course, God has forgiven them, no doubt, but still there are certain bhoots there who must have been aggressive or who are trying to play tricks with them.

France was very difficult and I went to France I don't know how many times. In one year I went four times to France. So I worked very hard on France and as a result France has improved a lot now. France has got so many centres and so many people are there. They are coming up it's much better. Germany is working, Austria you know very well. So in these things - now Germany has done so much of aggression, but Austria is doing very well because it was not so much in it. Germany is also coming. So you see, in the whole world we can create lot of good will. I went to America last time and I said, "Some Chinese from China-land should come then it will work out." But there were some Chinese, not from China land not from mainland and I gave them Realization, one of them was the father of the boy who had acted in this 'The last Emperor' thing. And he was very dynamic and he said that, "Mother, something should be done about China." I said, "China is not yet ready." And it happened they did do something but they failed there. Of course, it has to be worked out. But the Chinese there are now not coming to India but going to Taiwan. And they are working it out in Taiwan and once they've worked it out I am going to Taiwan on My way to Australia. So Taiwan is also we are going to get and maybe Japan also. So I'll be going to Hong Kong, Japan, Taiwan, Australia - all these places I would like to touch.

And wherever there will be Sahaja Yoga all these old things will crack. But these are cracking because they were very power-oriented so the Shakti first attacks the power part. But also we much know that the countries where there were no restrictions, this abandonment of old value system as we have in all these Western countries, we have become so ignorant about ourselves. We have become so blind. We have become so ego oriented, we have gone so wrong. All these countries have gone so wrong. But while the countries now - I know that all East Germans who are coming into West Germans are going to fall into Sahaja Yoga ocean, no doubt about it. And I could see also all the Czechoslovakians - their faces; they are already becoming

Sahaja Yogis. So they are all going to fall into it. But what about we, the ones who are supposed to be the free people? That's what is to be done, and for you all must decide on the Christmas day or today if you want to, if it's not too early that, "We are going to work out Sahaja Yoga and we are going to give Realization to people." Tell them about it, how you have changed, you talk about yourself. If somebody says, "Oh! This is it." "I was just like you, just like you, I tell you I was like this, but this is what has happened."

Now certain things we should know we are now going to India and there people who come to us and all that. So we have to know that this is a pilgrimage we are going there for a pilgrimage not for just a picnic, all right, for a pilgrimage, for our ascent. And you may have some bad times, you may have some good times and - but it's a venture, it's a venture into the new areas of rustic life and not so much of sophistication. There you have to understand that you are going for the comfort of your Spirit and so far people have been very nice. But except for one or two things, which I should say today that we should not form into groups. Groupism is a very bad character, specially of the English. They always form a group wherever they go. And it's so troublesome sometimes. Now in, you see in Italy they are saying, "Take back all the English. We don't want them here. They all form a group." Anywhere you go in the whole world. See I went to a very nice place in Argentina and they have a very beautiful, very, very beautiful area near the sea called as Mar del Plata. It's so beautiful it was, so I was telling C.P. that we should really have an Ashram here. I said, "What about the Christians, what about the English?" "Oh! They have another area they live there, all of them." Anywhere - they just stay somewhere else, you see.

This kind of a false superiority is not going to help us. We must face ourselves. It's false. So we should never form a group. Now when you go there you'll just mix up with other people talk to everyone. And that past is over. We are all Sahaja Yogis now. We are not English, we are not British and we are not Germans - we are all Sahaja Yogis. Imagine the Germans came all the way to Russia to give them Realization. Russians were given Realization by Germans, can you believe it? And the Jews and the Jews gave Realization to Russians. This is the best part of it. You can never hear such things. So you should get rid of these small boundaries of your mind that English are something special, they are not. We are all very ordinary Sahaja Yogis. Let us be ordinary. That's the best way. Let us be very ordinary. Once you become ordinary then the extraordinary comes out of you. Well, if you try to put up something extraordinary upon yourself the poor thing which is inside so beautiful just says, "All right, thank you very much Humpty Dumpty." (Shri Mataji laughing & laughter)

So let us be very humble, let us be very kind, let us be collective. No groupism is needed in Sahaja Yoga. You cannot have. If you try I'll break it. I'll break it the groupism. I'll break the group, and may be the members of the group. So you have to be very careful. Those who have ideas of groupism of any kind should give up - completely. We do not belong to any group. We do not belong to any country. We are in the kingdom of God. Why do you want to belong to this wretched country England or to that wretched country India? You belong to the kingdom of God, all right? So with that you feel so happy, and so nice and so contented, so protected. But if you want to belong to British, all right - face Mrs Thatcher. (Shri Mataji laughing & laughter) I have nothing to say but if you want to be in the kingdom of God that have all blessings everything from them.

How things work out! How things work out! It's so remarkable, so remarkable, that I mean I cannot explain to them but I can tell you one or two incidents where you will see how things work out with this Paramchaitanya, this all pervading power, how it works out. Of course, in My case it always works out. In My case I have no problem. I have no problem at all of any kind but even in your case, like Steven wrote to Me saying that, "Mother, I won't be able to come because I don't have so much money now to travel and all that." I said, "You are the leader, you can come." But he said, "Travel money is another problem." So what happened, he told Me the other day, that he went to book all the seats for all the passengers who were coming from the Sahaja Yogis. The man who booked them said, "You can have one ticket free." (Laughter) So even on material level it works out. Even small, small things you will find - it works out.

I went out shopping for you, your presents and you won't believe we got woollen cloth for two pound a metre, can you get it, woollen, full wool - just there. And all thanks will come to you, though shopping I've done but thanks will come to you because you have sent such nice things. So for Me it works out, and it works out for you also. Just have faith, just have faith, whenever you have problems just pray. Just pray and have faith that this is going to work out and everything will work out very well. It may take sometimes some little time, doesn't matter. So all in different levels we have seen that we have to work outside and give

Realization to others, like if you open one door - Sahasrara is not sufficient. You have to open another door, otherwise it doesn't flow. If you want it to circulate and flow then you must open another door of giving Realizations to others. And you must try to do it, those who are here have to do it. And those who are going to India are going only with the idea that they'll become more powerful to do it.

So it's the Christmas coming, it's nice to celebrate Christmas as His birth, but He, see, He had such a short time to live and He couldn't do much, should have done much more, couldn't do and His crucifixion came up suddenly. But doesn't matter He still is there within us as the Spirit and you are again reborn. So at Christmas actually is the day you were born is the Christmas; when Christ is born within you. So what you have to do is to think that we are doing the work of Christ, we are doing the work of Moses, we are doing the work of Mohammed Sahib, of Guru Nanaka - of all these great incarnations. We are doing their work. And so we are important. We are chosen ones. We are ordinary but we are important. And this is how you will realize that everyone of you plays a part and a role. How much you take responsibility is your own. Christ took such a big responsibility because He was after all Omkara. So it's all right. But we are also there so we should also take the responsibility of England. We should take at least the responsibility if not of England, of your own, say, province, or you can take of your own little village, at least. That's how it is going to work out.

I have some different plans also for you which I am sure will work out. Let's see next year, we'll be able to see the results of those plans. But this year only you have to work hard and work it out. Everybody must try to also make up some business or some, earn something and do something better for yourself. Not to be lazy because this is another curse on the - because of the climate I also feel lazy, such a horrible climate it is. But doesn't matter we have to fight it, you see. So the laziness is not a very good thing and for that I think early in the morning 4 o'clock if you take bath you won't feel lazy the whole day. If you can try that. Try getting up early in the morning somehow or other getting on to the top, have your bath and then see how you feel the whole day. All day you will be very, very energetic. But you must do it early in the morning, because after that you have to at least spend two hours in the house. Then there won't be any problem and you can do very well. So this is one of them you can try. You can also try massaging your body - with some sort of a massaging thing if you can get. That will give you good circulation because we have to be very active compared to others so that they see in us the dynamism of Kundalini working. And that will be very helpful to you because this laziness is a curse of this country. They used to be too active.

You see what we knew of English means you see they'll come at the time that they will be there. They will do this at this time they will do it. So spick and span, absolutely tailored people, absolutely. Now the same thing has gone to the other end. So we don't need that extreme and we don't need this extreme. We have to be in the center and we have to be active. If you feel sleepy or anything then there is something wrong with us. If you feel sleepy wash your face, do something but keep - try to keep awake and see what work you have put in. Immediately your brain will start working, your earnings would be better, your life would be better. So try to be active and try to be projecting yourself, projecting all the time and it will, I am sure with this New Year's coming it will work out very well.

My going is, I think - was fixed on the 9th, may be on the 8th I don't know whatever it is and I don't want you to come in the fog again there, it's all right. So I would like to really say Good Bye because I really don't want you to come all the way in the fog and stand there in the cold. And when I come when it is cold please don't stand in the cold because all the time I am worried in the plane that they must be standing there, now the plane is getting late this is happening. I would say that when it is warm and nice and then it's all right but when it is so cold I don't want children to be there because if you want to make Me happy then you shouldn't take My children suffer in the cold, all right? So please, at least don't bring the children. But the children are there, everybody is there, and I am worrying in the plane that all of them would be standing and this plane is so late, you know, sometimes you can't help it. So this is My little request is.

Now another is that you shouldn't give Me any more presents. You see, just see this house is filled with 65% things are presents. I don't know what to do with them. I cannot sell them. I cannot give it any one. I cannot wear them. I don't know what to do. Now I will have to build three more houses. (Laughter) It will be going in the museum. So there is no need at all to give Me any presents whatsoever. For to give Me flowers are the best and but that also not so many, My husband was saying that, "You better, We both better get out of the house and let the flowers live in the house." (Laughter) That going too far. (Shri Mataji laughing)

So I mean that you love Me, I know that you are very kind to Me and you are very sweet and to feel that so many people love Me itself is so joy giving. You have no idea - My joy has no bounds. It cannot - I cannot express to you that you see how, how much it is from all sides. I feel the flowing of joy and the pouring in joy is such a lot and I enjoy all this that you love Me so much. But you must also love yourself and respect yourself that you are Sahaja Yogis. That's all I have to say and wish you a very, very happy Christmas and a very prosperous and very dynamic New Year!

May God bless you!

(Now Shri Mataji is starting to talk about Sahaja marriages.

Bad quality due to much background noise.)

Also you must give clearly what are your preferences are, whom would you like to get married, if there is somebody in your mind you better act. And also after consulting that person. (Laughter) Otherwise it would be very embarrassing. (Laughter) And clearly you must state what sort of person you want to marry and also clearly about yourself, you see that what you are doing, if you are capable or earning or not, capable of supporting your wife or not, such a thing, you must write so that - or if wife is there she should also write, if she can help her husband in any material area or anything, so you must clearly write in the form, it's all there, nothing to hide. Nothing to say something, which is not there. Because these things can be quite misleading, all right? And no leader is going to put anything absurd now because we have had funny experiences before.

But there is one thing - getting into Sahaja Yoga marriage is very different from any other marriage. Of course, Sahaja Yoga has got all the facilities for divorce also. There is no - that we don't say that you cannot divorce. You can divorce, but under certain circumstances. But after marriage some of the people just get lost. And this is something - the worst type of thing that can happen to you. They get into their honeymoon mood and I don't know what they get into - all their ideas, romantic ideas come back, they were just lost with that. You are marrying here for Sahaja Yoga. That's the main thing to remember.

And don't forget. Because this has been seen with some percentage of them, not with all that, they get lost. They start dominating each other, fighting with each other, trying to be funny and some of them are shocked, shocked. And some have left Sahaja Yoga because of their marriages. And another if you have any - like if you have children and if there is a case going on - better not marry. Forget about it. If you are free, absolutely free there is no problem of that kind then you better marry. But if you have a problem that another person going to sue you and do all these things, it's absurd. It's a very common thing.

So, also I would say last thing that if you have such problems of your children are with somebody else, you have to forget about the children

If you have the children with you then if you [have that lady, who ??] always trouble us, talk about Sahaja Yoga, do this do that. So, in Sahaja Yoga, you see, it is not practical. It's not practical I have seen. If you want to have the children or anything then the husband if he is against Sahaja Yoga he may say that, "All right, you can be a Sahaja Yogini but I will not allow our children to be in it." And he won't like it. So why don't have a [liability ?] and see the child yourself and meet the child. You don't have a liability of children on yourself.

In Sahaja Yoga also there are people who have misbehaved who have been with Me for ages - I've treated them just like My own children. I forgive them because they couldn't [go on ?].

So this kind of attachment is also is not good which creates problems for your ascent. You are in Sahaja Yoga for your ascent. Your marriage is for your ascent. Your children are for your ascent. Anybody which creates a problem or hurdles for your ascent you should try to forget it because God knows how many times you have been married in your last lives? (Laughter) And how many children you have had. So all these attachments are superficial. You are special people as far as Sahaja Yoga is concerned. So you'll give it a thought that you are not going to divorce next day, it's not good. I don't like it.

If you don't want to marry - don't marry. If you want to marry a person there's one month choice - you can find out. Like somebody - decide for yourself. You may not fall into love, may not, that's also another thing I don't know, what to fall into love. That kind of thing may not be and it is not necessary because if you fall into love also rise into divorces. (Laughter) So best thing is not to fall into love and not to rise into divorces, but have a balanced idea about marriage. See, marriage, it cannot be decided like the way you have Romeo and Juliet or something, nothing of that kind. Life is practical, you see, it's practical life, your feet should be on the ground, you see, absolutely on the ground. So you won't lose your balance. So if you understand that point then marriage will be successful. But if you try to think of a romanticism and all that - it just fails. Of course at the same time I would say it is not ascetism of any kind at all but you lead a nice, friendly married life, in a very friendly manner in every way, decent and decorous. But you do not become sort of over romantic so that another person runs away with your romanticism.

I've told many a times about it. That you have all the freedom to choose which ever person you like and you can always say, "No, Mother I don't want to [belong ?]." You have all the freedom everything. I never force you to do anything even in Sahaja Yoga. If you want to stay in Sahaja Yoga you stay all right - if you don't want to stay you can go. So there's no compulsion of any kind in Sahaja Yoga. If you don't want to get married - all right, if you want to get married - all right. So it is your Spirit which has to guide you. I am not going to say anything. I've never even said that, "Give up drugs, alcohol - anything." It just works automatically.

So if you want to develop a state of your Spirit you have to listen to it and it will be seen in your own life that you are wise. You must know how to handle your wife, how to handle yourself, handle your tempers and things. And that's one of the tests - that's the test in Sahaja Yoga. So I hope marriage is not the priority, not the prior thing. It is not that. It is supportive, it is not the prior. What is prior is Kundalini. Standing on that primordial principle and you have to adjust yourself to that principle and with that you can see that others can be also adjusted.

We have ways and methods, silent methods of improving others - not arguments, not talking, not saying harsh things, no, but silent ways of doing things. And it works. Of course, if somebody is horrible - like that I am not going to in any way, any way ask him to continue with that person, all right finish it. But you must know when to finish it. I mean it's very surprising that people do not want to finish off with the problems they face, because of their children, because of their husbands, this, that. But they are very anxious to have a divorce, it's very surprising. It has become like a market, marketing. It's so much in the atmosphere - you must divorce, you must divorce.

In India you don't have anybody falling into love, I mean, we don't know that part but we have very good marriages and we have lots of children, no problem. And we don't have divorces either. So you must understand your own position - specially ladies in the West. There is a trick of the trade. And if they don't know the trick of the trade they can never be successful in marriage. Don't try to be men. A man cannot marry a man. Of course, in these days (Laughter) - but we are not like that. You have to be ladies and you have to be gentlemen and that's how the marriages take place. And that's how it's all right - and not to quarrel, not to fight. But to love each other, to understand each other in the same love, to feel their love. It's the best thing, if you know that your love is the highest thing, I think. For Me that's the highest and makes you so nice and happy, because even to love someone, another person doesn't love you a little bit you cannot get the reflection of your love. But when you see the other person also loves you then it's done.

So it's a nice way of learning how to have a private life of love. But it's private. It's not public on the street, in the airport or anywhere. It's very private. The more private you make it the better it is. And the more you try to express it outside it's going to be dangerous, very dangerous. I have told you many a times that people who are kissing on the escalator are going for their divorce.

We are deep people and deeply we should love and deeply we should understand life. We should not waste ourselves in nonsensical analysis - all right?

May God bless you!

So for all those who are getting married we must give them a hand. (Applause)

All right. May God bless you all!

I am always with you. You are always with Me. I know, you are always with Me. I know that but still you know sometimes you feel concerned. Look after yourself. Don't go out in the fog. (Laughter)

And meditate, meditate - that you forget. Every time I need not tell you, every time need not tell you. You must meditate both the times. Let the children also meditate otherwise they'll become difficult children. Force them to meditate. They must meditate. If the children don't meditate they will have trouble, they will be very troublesome children.

So try to make them meditate, all right?

May God bless you!

## 1989-1206, Interview

View [online](#).

6 December 1989

Interview

London (England)

Talk Language: English | Transcript (English) - Reviewed

Interviewer: So, are you ready just to, Shri Mataji, you started Sahaja Yoga in India in 1970, could you please tell us about those days?

Shri Mataji: First, I thought that better start from one person and I tried to give realisation to one leading.

Cameraman: I'm sorry.

Shri Mataji: At that time -

Interviewer: Okay, thank you. This is just a test.

Cameraman: I'm sorry Shri Mataji we just have to test the noise. So now we can go.

Shri Mataji: It's all right, no no, then again I said...

Cameraman: Now we can go so.

Shri Mataji: All right.

Interviewer: Oh no, it's come undone (background decoration). Is there more tape there? Where's that tape?

Shri Mataji: Is Paul having some tape?

Interviewer: Where's it gone?

Technician: Pause it, Nick. That paused.

Cameraman: Okay, time Her in. Ten seconds, Nick.

Interviewer: Ten seconds, okay.

Cameraman: Okay, go.

Interviewer: Shri Mataji you started Sahaja Yoga in India in 1970. Could you please tell us about those days?

Shri Mataji: First I had to discover it Myself, how I will be able to give amass realisation, that was one problem. But when I worked it out then I thought first let us try with one person and there was a very nice lady, very pure personality. I tried on her gradually by clearing every centre and she got it! Then I said it has clicked. Then I taught people who were coming...

Cameraman: I am sorry, I'm sorry, I'm sorry. Can we start...



Interviewer: Start again.

Technician: Something started ticking.

Cameraman: It's this clock actually.

Interviewer: That picking up from your radio mic?

Technician: No, something started ticking, it wasn't there before, it's just started and now the phones gonna ring. Can we have, can we have the phone disconnected? Unplugged.

Cameraman: I've also got another problem. You've gotta have to come this side. Cause it's lit from there, it's just gotta more...

Shri Mataji: My throat is also not very good today.

Cameraman: Rolling, going in ten.

Interviewer: Mind your shadow Paul, on the edge there, okay.

Technician 2: Can you hear that Paul?

Cameraman: There's a telephone going somewhere.

Technician 2: Can you hear that phone?

Cameraman: Okay stop.

Shri Mataji: Relax, relax. Calm.

Technician: Yeah can you [UNCLEAR]. Let's wait and put it on pause.

Cameraman: We're rolling, so in...

Shri Mataji: It's in my throat, it won't take long.

Cameraman: Rolling, Take four.

Interviewer: Ready to begin? We go.

Cameraman: Five seconds for you Nick.

Technician: Take five.

Interviewer: Okay. Shri Mataji you started Sahaja Yoga in India in 1970. Could you please tell us about those early days?

Shri Mataji: So the first problem was how to get people into the idea of Sahaja yog[a] to tell them about Kundalini and to find out a method by which you give them amass realisation. So I worked very hard for it and ultimately I found out the way how to do it! By knowing the permutations and combinations of the problems that human beings have. And then I started lecturing, they announced my lectures and many people came to my lectures. But I didn't give them any realisation, I was just telling them that

we have to seek the realisation and it's possible in this lifetime and we can work it out.

Then out of them I sorted out a lady who was very pure person I think and I said let's try on her. So treating her on every chakra with my attention, I raised her Kundalini and she got it. And she felt very happy and joyous and her eyes started shining and she said 'What has happened to me?'. So then I told these people that those who would like to come for Self Realisation they have to go for a little away from Bombay [Mumbai].

So we took a trip to one small little place where it was all very quiet and the seashore was beautiful. There the people who wanted to have their Self Realisation were still arguing and discussing. And that day I felt that I should try on somebody else. And one gentleman on whom I tried was a wonderful [UNCLEAR Musrati] gentleman. He got his realisation so beautifully so they started saying 'Oh God, we cannot get it because after all we are good for nothing' and all that. So that the first time, I think in life I really got very angry and I showed my anger and I said that 'If you go on feeling like that then it's not going to worked out, have courage in you and it's going to work out'. And you'll be surprised that very same day when we had the session, twelve people got realisation, out of them. There was about twenty six people out of them; twelve got it and two had got it earlier. And one was so anxious to get it but wouldn't feel anything and suddenly she told me later on that in the train she started feeling the cool breeze around her so that's how we had fifteen people to begin with. But the twelve of them, really worked it out because even if you get realisation you have to settle with it and you have to get full understanding about. With these twelve people I started in India and then this twelve people were once compelled to give realisation to a very big group of people in Nashik because I was delayed, my car was broken on the way and they had to start the work and they did it! And they were surprised that they could give realisation to them, of course they used My photograph but they gave realisation to them. So they had confidence.

We had many such incidents where people were diffident about themselves that how can they get realisation, 'It's not possible" but when they saw others getting it they just developed that faith in themselves and those who developed that faith in themselves got it. Then I had huge big meetings in India, thousands came, of course that time so many didn't get realisation, about ten to fifteen percent used to get realisation and then they used to drop off.

Also they discovered that by raising the Kundalini people get cured. So the first onslaught was that of the sick, too much it was. I cured many people in Bombay, many people in Bombay, people came from all over the world. I should say in the sense that those who had relations and things. But I found those people who were sick people got cured but they had no interest in Sahaja Yoga. They had no interest in the benevolence of others. They just came for their curing, that's all. That's how I felt that first thing is that I must look after people who can achieve this confidence in themselves and can achieve the state of doubtless awareness.

This happened, you would be surprised in such a short time in India that in 1972 my husband got elected to this post in England. He was elected by one hundred and thirty four nations and our government insisted that we should come to London and we came to London, in the seventy three, in the seventy three in January we were here.

Interviewer: Could you please Shri Mataji describe your...

Cameraman: – Sorry Nick, can I just...

Interviewer: Yep.

Cameraman: Okay rolling again.

Technician: Take six.

Interviewer: Shri Mataji when you came to London, could you tell us your experiences? How you found things here?

Shri Mataji: Some organisation in India informed another organisation here that I've come to London and that they should arrange a program for Me here. And they approached Me and they arranged a program in London by advertising in their

magazines or something like that and when I came here. I found most of the people who were here, were foreigners and not Indians, very surprising. And they were, I think six or seven of them got realisation so strongly that I was amazed that these people had no background, nothing.

Cameraman: Sorry, we got to stop there.

Interviewer: Yeah, are you on the wide shot?

Interviewer: People who are foreigners, not English?

Shri Mataji: – Yeah, yeah.

Interviewer: And some of them got realisation very quickly?

Shri Mataji: From the Organisation should I talk?

Interviewer: Yes and you were very surprised.

Shri Mataji: All right, should I say that some Indian organisation.

Interviewer: You said that, yes we already got that. We've done.

Shri Mataji: That's done.

Interviewer: We've done that. Yes and we got to the way you said you found more foreigners at your meetings and some of them got realisation very quickly.

Shri Mataji: All right.

Interviewer: So we can go on from that.

Cameraman: Yeah we are ready to go.

Interviewer: This is the pick up, continue or whatever you call it.

Technician: Take seven.

Interviewer: When do we go?

Cameraman: Yeah and go.

Shri Mataji: Most of the people who were there were foreigners, very surprising. And about six or seven of them got realisation very strong, got a very strong feeling of realisation and elation and joy was writ[ten] large of their faces. I was amazed because these people had no background of realisation or anything and then to my amazement I found out that they were hippies, not all but most of them were hippies. So they told me that they could have this program of the petition in a place very close to a hippie village that they had formed.

Of course in the family, everybody was worried when am I going to the hippies and I went down and it's surprising they had brought about thirty people there, all hippies.

I felt they are seekers of truth that they are taking these drugs and things. And really just started blurring my eyes, I just couldn't see them suffering so much. And some of them could see Me, they just saw, they said later on they was lights coming out of Me. And some of them were something like coma, they didn't know their names, anythings in a horrid way. So of them, they again got about ten people who got realisation very well, surprising!

Next time I received a telephone call saying that they have given up drugs overnight and they want to see you. We were living in a house about twenty five miles away from London, I said "Come along this Saturday". So they came down, they stayed over. Beautiful people they were. So why do you make your hair like primitive people? Why do you want to live like primitive people? And they were wearing dirty clothes, smelling. I said "Now, first of all, you go and all have baths". So I gave the soap, everything. I wanted them to change. Then they came down and I was amazed that they were very, very beautiful people. Out of them about eight or nine properly settled down in Sahaja Yoga and that was the foundation. And I discovered that some of them were professors, they were PHD's and this and that, very learned people. And the British whom I thought would be the most difficult people became so easily available for Sahaja Yoga. Not only that but they really felt duty bound to do something about it because they thought I could save of these people who are drug addicts. And the best part of it immediately they were scholars went to the universities and we got another scholar who rushed from America to see Me. And they studied everything about Kundalini, everything about what is Self Realisation is and they're back next Saturday again. And it was so beautiful to see their anxiety, to help humanity, that's how we started our work.

But the one we had with us who was a diplomat later on also went from various countries and then they got hold of they're friends and things and that's how this hippie movement which was spread in the whole of Europe gave us the connection. You see, like an ocean which look so dirty on top, the undercurrent went through and we got connection with every nation in Europe. And that's how Sahaja Yoga started working out. But I went to France every year, four times and worked very hard and today I must say Europe has become a great Sahaja Yogi continent, we should say a, such a great leader in the West.

Interviewer: Thank you...It's our achievement if we can do that.

Cameraman: Okay.

Shri Mataji: We can show a lot, you see...

Technician: Rolling.

Interviewer: Yes.

Shri Mataji: ...Many people coming. We can show all that, you see.

Cameraman: Right, so Nick in five when you are ready.

Technician: Take eight.

Interviewer: Shri Mataji could you please explain what is this cool breeze people feel?

Shri Mataji: This cool breeze is the All-Pervading power of God's love. It is described in all the scriptures. It is called as Ruh or it's called as the cool breeze of the Holy Ghost in the Bible and also Shri Adi Shankaracharya described it as "Salilam, Salilam" means the cooling, cool and cool so that is what you feel. First time you feel the subtle All-Pervading power which does everything which organises everything, does all living work which thinks about all, it loves.

Interviewer: Right, thank you. So could you explain to us please about the Kundalini?

Shri Mataji: Kundalini is a power for our ascent, placed in the triangular bone which is called as Sacrum that shows that even the Greek's knew it was a sacred bone and it is the power of our pure desire because all desires that we have other than becoming self-realised are not pure because you jump from one to another. This is the energy of pure desire within us which when awakened rises, passes through six centers and emerges through the fontanelle bone area emitting cool breeze. To begin with it might be hot but later on cool breeze. This is the real baptism, this area in Sanskrit called as Brahmarandra. But when this Kundalini rises, it doesn't give you any problems, it doesn't give you any extra movements or you do not get into any stupid actions. It just rises and you just feel the end of it. Of course in some people they feel the heat little bit, that's all.

Interviewer: And what other effects does this have on people, the Kundalini?

Shri Mataji: To begin with, this is the energy which connects you to the whole All-Pervading power. Like any instrument has to be connected to the mains, so you get connected to the mains and all the vitality starts flowing through you. As a result at different centers you get different effects, but the first one that you get overall is that physically you get cured. By your own power you get cured, physically. Many diseases like cancer, incurable diseases, many mental problems can be solved if one can raise the Kundalini and fix it up.

Secondly, as I told you, you can also solve emotional problems. You can also solve many social problems because once the Kundalini is raised, your spirit comes into your attention which is, as they say in Sanskrit, is Sat-chit-ananda, is the one which gives you the truth, which gives you the attention which is effective and pure and gives you the joy. So the wisdom dawns upon you and the family life, everything improves tremendously. But the best part of it is that in modern Sahaja Yoga, anybody who gets realisation after knowing about it properly, though they become Gnostics, but they also develop a power to raise the Kundalini of others and give realisation to others. They become very peaceful, they witness the whole world as a drama, and they become peers, as described, or you can call them as saints. In India we had many such realised souls, many of them, and now the time has come, as I call it, the blossom time, and now today you can see how many people there are, thirty six nations we have got. They have all combined together, integrated together, so peaceful. They have lost all these conditionings of their so-called man-made religions or their man-made boundaries of nations and man-made ideologies. It opens our gates to everyone.

Interviewer: Thank you. Okay, so we got to the physical cue. [cut]

Cameraman: Okay... five seconds.

Technician: Take nine.

Interviewer: Shri Mataji, can self-realisation happen to animals?

Shri Mataji: Oh no, no, they cannot because human beings are, they are the epitome of God's creation, and they have this right to have this last breakthrough into collective consciousness, the new awareness, which is described by you very clearly, because he also got his realisation.

Interviewer: Okay, thank you, as we come to Jung at the end. So, cut it. [cut]

Cameraman: We are rolling in five.

Shri Mataji: You can see one thing, here, that the... [cut]

Cameraman: Okay, we are rolling.

Technician: Take ten.

Interviewer: Shri Mataji, is there an organisation for which people have to pay money for their self-realisation in order to keep them committed to?

Shri Mataji: This is the living process of the living energy of living God and you cannot pay because God doesn't understand money, but it is important that they have to be free to come to Sahaja Yoga. There is no manipulation, there is no forcing and those who want to stay and work it out are allowed, but those who don't want are asked to get out. There is no half way because you have to grow, just like a little plant has to become the tree, a Sahaja yogi has to become a real ardent Sahaja yogi, but he leads a life, not of an acidity, but would be married, have children, have a very, very normal life. The best thing would be to ask the Sahaja yogis themselves what they feel because they are absolutely free people. It is their feeling of joy that makes them committed to Sahaja yoga. They want to share it, like a drunkard wants to share his drink with others. In the same way, those who are drunk in the nectar of God's love, want to share it and that's how they have committed. But for that they don't have to give any money and give up any family life. They have to be very normal people. And they become extremely normal. They drop out all their idiosyncrasies. They drop out all their funny habits and become very dignified, very intelligent, understanding, wise, Sahaja Yogis.

Interviewer: Thank you, cut it. [cut]

Cameraman: ...Audios is on channel two, backed up four.

Interviewer: And Wolfgang says, I could feel my chakras and the chakras of others on my fingertips and now we come to something for you to record. Would you want to talk about when you become collectively conscious, you enter the Kingdom of God, you become a peer?

Cameraman: Oh, sorry.

Shri Mataji: That I've already said it. But when you become collectively conscious...

Interviewer: Yes, yes you did say that.

Shri Mataji: I can say that when you become collectively conscious then you can feel others on your fingertips.

(Cameraman: This is an interview with Shri Mataji Nirmala Devi on 6th December 1989 in London. Nick Granby is the interview on Channel 1, Shri Mataji on Channel 2, backed up Channel 4.)

Interviewer: Right, yes, yes - I mean it'd be nice if you could say it again.

Cameraman: Okay, so Nick in five.

Interviewer: Okay.

Technician: Take one, scene 29.

Interviewer: There's no, actually there's no question really, because this is just going to follow straight on after someone's saying, I could feel my chakras and the chakras of others on my fingertips. So if you could tell us about feeling the chakras please.

Shri Mataji: What should I say?

Interviewer: About becoming collectively conscious.

Shri Mataji: Ah, as a result of this, a new dimension of awareness dawns on your central nervous system. And you become collectively conscious, means you can feel the chakras of other people on your fingertips. Also it means that a microcosm now has the feeling of the microcosm. That is, a small little drop has now become an ocean or you can say that now you can feel a part and parcel of the Virat. You can feel it. There is no question of mental understanding, you just feel it on your fingertips because who is the other there?

Interviewer: Okay, thank you. Cut it.

Shri Mataji: Why do Sahaja Yogis call it as Mahayoga?

Technician: Take two, scene 13. Rolling.

Cameraman: It's actually take one, scene 13.

Technician: Sorry.

Cameraman: Okay in five.

Interviewer: Shri Mataji, why do Sahaja Yogis call this Mahayoga?

Shri Mataji: You see, they have realised that Sahaja Yoga of present day is very much wider, subtler than the Sahaja Yoga that was practised since long in our country. Now, a person who becomes a Sahaja Yogi can feel the centers on his fingertips of other people, he can give realisations to others, he can understand that Kundalini will only rise when you cleanse your chakras by understanding that all those great incarnations and the great saints. We can say all the great prophets who came on this earth and who created these great religions, are within us! And that all of them are part and parcel of our being. And they are like milestones of our progress in our evolution. And when they raise the Kundalini and it stops at a particular center they have to take the name of that particular prophet or a particular incarnation then only the Kundalini moves. So it is not mental but through experience and experiments they have realised that all the religions which were created were flowers of the same tree. And human beings have plucked them, made them dead and are using them as their own. They are dead flowers and that's why all the problem. These are all man made religions. So it is called as Mahayoga because it integrates all the scriptures all the prophecies, all the religions, in their essence. Because the essence of all the religion is one that seek the eternal and transitory to be treated in its own limitations and understanding.

We don't have to preach that all religions are the same, we are our brothers and sisters and then we just start fighting. It just becomes part and parcel of your being, you just know that every religion is absolutely born on the same tree of life. So we have Jews who worship Christ, we have Christians who worship Krishna, we have Muslims who worship Rama. So we have all sorts of people who are of that level that from that height they see that all these rivers are flowing into one ocean and from the same ocean, the vapours of spirituality have risen and have brought the clouds of spirituality and again they are pouring down as pure vibrations on human beings.

Interviewer: Right, cut that please. 43, well, it ends up, it is such a wonderful centre you have got, this is what you already said, which has got four petals which looks after the pelvic plexus. And now we need to have you continue our magnetism, Shri Ganesha, because you talked about...

Shri Mataji: All right.

Interviewer:...the birds finding their way, Shri Ganesha and Chastity were the three things you wanted to add about.

Shri Mataji: I see. This is the center, but I'll just put it on.

Cameraman: We are okay.

Interviewer: Are running?

Cameraman: Yes, we can start.

Technician: Take one, scene 43.

Shri Mataji: Now, this is the center, surprisingly, is the most important one, because this was the first center created as in the universe. The first thing that was created was purity, innocence. And this is the center of innocence. And the special thing about innocence is that whatever you may try, whatever you may do, whatever sins you may commit, this innocence can be clouded, but cannot be destroyed. This is a very good advantage that this power of innocence is always readily available when you awaken the Kundalini of people. So everybody can get realisation. Now this center has got four petals, and in details I have given many lectures about it. But what is to be understood that innocence is the most important quality, and that's why, whether it's a woman or a man, the chastity is to be worshipped and to be respected. There were people like Freud who were half-baked, and they are the ones who have brought aids and all these experiments. Because whatever human beings have, they think they have every right to experiment with. But this way has proved to be extremely dangerous. People are now suffering from all kinds of problems all over. It may be that it was not their mistake, but definitely it was their ignorance. So one has to decry it and stop it. I told about this long time back. In America that such and such disease will come. Even today people think no end of Freud and still are not understanding what are they after. We are not a sex point. We have to become a super human being, a saint. So to reduce yourself to a sex point or to learn something from animals' sex behaviour is nonsense. Because we have freedom, we should not go into abandonment and know that in no religion it is being preached that you can play with your innocence.

Interviewer: Witness.

Shri Mataji: Witness is all right, doesn't matter. It's all right.

Interviewer: And then you had the idea of people being in the water and being, talking about them coming out of the water into the boat and having a picture of people in the water and getting into a boat and feeling better. That was something to...

Shri Mataji: In the boat they should say, "Help, help, help".

Cameraman: Okay, five seconds.

Shri Mataji: If you are in the water...

Technician: Take one, scene 15.

Cameraman: I'm sorry Shri Mataji, can we start again?

Shri Mataji: So sorry. If you are in the water, you are afraid of the waves because you don't know how to swim. But if you are put in a boat then you can see the waves and you enjoy them. But supposing you know swimming, then you can swim and save other people. So this is the state you achieve. Like in a car, we have an accelerator and also a brake. So in the beginning we have to learn how to manage these two. Once we have got that balance, we become a driver. But still the master is sitting behind. But once you get realisation, you become the master. And you see the driver, the brake and the accelerator and you control it completely. You're completely in control with yourself.



Interviewer: Okay cut it.

Shri Mataji: Done?

Technician: Take one, scene...

Shri Mataji: What I am to say?

Interviewer: About the Kundalini being our own Mother, our individual Mother, guiding our ascent and then how Adi Shankaracharya describes her.

Technician: Take one, scene 54.

Shri Mataji: Kundalini is our individual Mother. And as your Mother took all the pains upon herself while giving you realisation, she looks after you and you don't feel anything. Now the awakening of Kundalini and its manifestation has been described by many saints, especially in India, like Kabira, Ganeshvara, has clearly talked about it. But above all, we should say Shri Adi Shankaracharya has beautifully described it. Though we had Markandeya and other people who have also very beautifully given information about that. But Adi Shankaracharya's poetry is beautiful. Same with Ganeshvara, who was a young person who died very early. And who has beautifully described how Kundalini looks like, how She works, in the sixth chapter of his book called as Ganeshwari.

Interviewer: So, right, cut it for a minute, because you...maybe we can separate them if you like.

Shri Mataji: Same thing, I can say it all that, just now.

Interviewer: And this is the time, the last judgement and resurrection, the new Satya-yuga age, prophesied in all the world, great religions. The world is not to be destroyed. Would God who loves us very much give us doomsday and not the resurrection?

Shri Mataji: I think at this point, you stop. Is better. The film should stop at this point.

Interviewer: Ah, Because we've got...

Shri Mataji: No, it's all right. Perfect, all right.

Technician: Take one scene 59 and 60.

Interviewer: Ready?

Cameraman: Yep.

Shri Mataji: I already called it as the blossom time. That means there are so many flowers on the tree of life who are about to become fruits and have become fruits. So the modern times you are called as Kali Yuga have now, come to an end and a new age has started which is called as Krita Yuga. When the All-pervading star power starts working it out is a Krita Yuga that has also started. Which will end up into Satya yoga means the age of truth. So in this Krita Yuga this All-pervading power is going to work out miracles. It is going to work out the Kundalini awakening. It is going to give signs, of its existence. It is going to help people to bring about political changes and also mental attitudes will change. So many things it is going to work out. That's why it is called as Krita Yuga where it will work out. The blossom time is working out and this is the time what we can call as the last judgement. The last judgement where people will be judged through their own Kundalini. You must have seen the picture of Sistine Chapel Done by Michael Angelo and that's exactly is the Kundalini where they have shown Christ standing at Angya

chakra. This is the Last Judgement, or in the Quran it is described as the resurrection time, it's Kiyama, as they have Sya in chapter where it is described all about this Kruta yuga. So this Kruta yuga is the special time of judgement, and after the judgement the Satya yoga will come where the people who have known the truth have felt it on their central nervous system, will be in charge of this world and this humanity. This is what is going to happen in the future. Whatever is described by Bhagavani is already happening and the way there are so many political changes taking place so dramatically and so fast. One should expect a very beautiful world by the end of this century of people who feel each other, love each other and who abide in the Kingdom of God with the discipline of Ramaraj.

Interviewer: Cut it.

Shri Mataji: This will, when will you ask this question? At the end of it?

Interviewer: I don't know yet, I think we'll have to find, to see when it is all together. Where it best goes in.

Shri Mataji: Just before the end.

Interviewer: Yes, probably.

Shri Mataji: Just before the end.

Interviewer: It's like a climax.

Shri Mataji: Oh.

Interviewer: Are we rolling?

Technician: We are rolling.

Interviewer: Better call this 68a at the moment.

Technician: Take one, 68a.

Interviewer: Okay...

[End of recording]

## 1989-1217, Devi Puja: Nothing to discuss in Sahaja Yoga

View [online](#).

17 December 1989

Nothing To Discuss In Sahaja Yoga

Devi Puja

Alibag (India)

Talk Language: English, Marathi | Transcript (English) – VERIFIED | Translation (Marathi to English) - NEEDED

First puja of India tour '89, Alibag (India), 17 December 1989.

English Transcript

Welcome to you all.

It has been little bit delayed but just now they have informed Me that the plane is delayed even much more, so I thought it's better to have the puja now, though the English had told us that they would like to attend from the very beginning. They always get many more pujas, that may be the reason. [Shri Mataji laughs, laughter]

So now we have all arrived here and we are going to start this pilgrimage of travelling together. The journey is of a very subtle nature and, if we realize why we are here, we'll understand that all this Creation is watching you all and it's trying to help you that you should ascend and that you feel your depth and thus enjoy your Self. The travel may not be very comfortable. The roads are so very filled with speed-breakers and [Shri Mataji laughs] all kinds of obstructions. It's a journey like of our ascent I felt, that our speed has to be brought down.

In the West we have become very speedy, no doubt, and to bring down this speed we have to use meditative process that we feel our peace within ourselves. Also the thoughts are bombarding our minds and we react very fast to others and to these thoughts. So one has to be aware, one has to be knowing what is happening within yourself, that the thoughts are bombarding you, you are trying to ascend and you find it very difficult to get rid of the thoughts. The thought process can start by your conditioning or by your ego: only two problems. [Shri Mataji smiles, laughter]

And you are the one who is under the challenge. So you have got these simple people in the village who start watching everything but they do not react. If you do not react then your thoughts will give up. So, the first thing should be to watch yourself that you are not reacting, but you are experiencing and enjoying the silence, the subtleties, the beauty, the glory of your being as well as whatever is around you. You don't have to force yourself to break this habit, but just to be on the watch-out. It's not necessary to talk too much about it also, nor it is necessary to think about anything.

Because supposing you see a tree, so it's a tree only. What are we going to think about it? And whatever we may think about it, it's going to be the tree! [Laughter]. So there's no harm in appearing little bit stupid, it doesn't matter. But this is the basic thing, is, that when we start analyzing, we are breaking our own nerves, and poisoning our own mind and brain. So, to watch something without analysis, without thinking about it, is reality. If you can achieve that point, where you watch everything without reacting, you are in reality. And then only, the penetration into the subtleties of your surroundings, of your relationships, your friendships, the whole universe, dawns upon you.

That's why I've said that in this pilgrimage the first thing we have to remember [is] that we have to be aware ourselves. But when you are only thinking about others, how others have to behave: "They should do like this!" - that leave it to your leaders to break their heads, that's not your job. It's a headache for them I know, but they have to do it, it's all right. [Laughter] But why do you want to break your heads for nothing at all? So to judge others, to think of others, what they are doing, what's wrong with them, about anything whatsoever you may think is wrong – is not going to be corrected.

Like I know some people who are specially bureaucrats, they are travelling, supposing, by the car. Then they will say, "I think, you see, this road should have gone this way". Or, "I think it would have been nice if this house was facing the other way". But it's not, you see? It is not going to face [that way]. It is going to be the way it is. So, what is the use of wasting your brain, your mind, your thought, in suggesting something which doesn't work out, and never going to work out either. So when we start like, "I think these trees should have been little taller" – but they are not! "I think that the crows should stop their noise". They will not. So just accept it. Acceptance is the way we are going to enjoy. But acceptance doesn't mean tolerance, because tolerance means you have to work very hard to accept that the trees are of the same height – they can't grow – it's too much for you. When you say, "I have to tolerate it, you see, because my mind doesn't accept."

So, acceptance as it is whatever you see, acceptance. And that is how people grow I have seen, those who start accepting. That's the sign. That's the sign of their strength and their depth.

Like the propensity of this Mother Earth: she is what she is. And she bears whatever is there. If you put a heavy thing on her, she'll put equal and opposite force and bear it. She doesn't say, "I'm tolerating it, I am exerting any pressure". But she is just accepting. So, the witnessing and awareness develops when we start just accepting things as they are. "I think" doesn't work out. "I think it would have been better like this" doesn't work out.

Then second problem is "I like". Now, "I like to eat a cake" - but there is no cake, what to do? [Laughter, Shri Mataji laughs] Now, whatever is there, enjoy it as a cake. But if you go on thinking like that – "I like whatever is not here" – you can never be happy, as simple as that. You have to say, "I like whatever is there. I enjoy whatever is there". Then that's the reality. Whatever doesn't exist, if you like it, so what can anybody do about it?

It works out in so many ways, in so many facets in life, that advantage is taken by people because we become so vulnerable to our likes and dislikes that the entrepreneurs take over and they create likes and dislikes in our heads, and put ideas every day. I've seen it now, how they do it, through television, through newspapers, through this, that. So then you say, "Now, I like this". But from where this liking has come is the conditioning which is put into your head. So you are a slave of that conditioning. "I only like roses and I don't like any other flower". But why? Why you don't like any other flower? And for such things whatever we have we miss the joy.

So, the second part should be that, "Enjoy everything." "Why am I here? It's not a very comfortable place by any chance, so why am I here?" To enjoy each other. To enjoy your own being. The more divergence you have outside, appealing to your ego and conditioning, the more your mind is busy with that, then you cannot enjoy anything.

So come to the other conditioning which is very subtle that, "I'm an Englishman", or "I'm an American", or maybe even "I'm from Derbyshire", and then "I'm from another shire", and then "better form a group". The grouping starts. In a subtle way it is a kind of an insecurity. So we start clubbing. Animals do that very often, they have to do it because their sense of insecurity is quite a lot. And then human beings also do it - but not the saints, not the angels. They don't form [groups] because they have no nationality. Nationality is also a conditioning. They don't belong to any one place, to any one country.

So now those who have come by plane, had to come, because from every country there's one plane by which they come, must know one thing – that now we have landed, and we are all Sahaj Yogis here, and forget your countries. Forget them and mix up with other people. Please do not form groups. There is no need at all to form groups. So I would request you that in the buses, because it starts from the airport you start forming groups and it continues till the end you go back.

I think it would be a nice idea to break that, and let people sit together of different countries and different nationalities. And talk to each other, try to know about each other, try to find out about each other. Not just what you know from the newspaper, but the different problems of Sahaja Yoga, what are the problems of Sahaja Yoga in a particular country, what happens in a particular country.

The worst of all is the conditioning of reading also. Reading without light is useless, and some people still have a habit of remembering something they have read and a kind of a show-off as they say. Is better to listen to others. Let others talk. In Sahaja Yoga, on what subject you'll discuss? I don't know, how can you discuss on anything? Now you see this one as a green thing. Now, what can you discuss on this? You will say, "All right, it's green, but... there is so". Then another one says, "No, this is green, but...". One may go on like that, madly.

There is no need to discuss in Sahaja Yoga. I just don't know what are we going to discuss. You know everything, you know how Kundalini rises, you know how chakras are cleared out, you know how you get realization, you all know who's, who catches, what, and you know that how it affects. Now, if that is the fact, if that is the truth, that is what it is, what are we going to discuss about it? Discussions are over now. You are gnostics, you are knowledgeable people. You have the knowledge. But the knowledge that you have is shared by everyone of you. At the most, you can talk about your experiences, you can talk about your relationships, how you have enjoyed. But there is nothing to discuss in Sahaja Yoga.

I've heard about people who are discussing. I just don't know how can there be a discussion about Sahaja Yoga. I would be very happy to know, if you can tell Me, how we can discuss about Sahaja Yoga. So we have to remember that whatever we talk, we should talk about our experiences, about our enjoyments, our happiness, everything. And not to discuss it and analyze it, because that would kill the joy completely. There's no joy in it. Discussion is just trying to show that you know better than the other, or you can give another opinion.

In Sahaja Yoga there is no another opinion. If somebody has a Nabhi, he has a Nabhi, what another opinion you can have? So then we finish with different kinds of arguments and discussions and things. Maybe somebody goes off the track, maybe. But you all know he is going off the track, so what's the use of discussing it? You all know what he is talking is off the track, so it's all right. You come to the conclusion, "Yeah, we know, we know, we know". But to discuss it out, there is no need.

Once you know and it is in your awareness, the Paramchaitanya will take care of it and you won't have to bother at all how to correct, how to mend it, what to do. That's not your work. You just leave it to Paramchaitanya and it will work out. So here we have come because this country has been very much blessed by so many saints and yogis, and you can see it in the people how they are. And that's why, despite all poverty, despite all kinds of discomforts, and despite the fact that they have not known any Western great things, they are not bothered.

I went to Russia, of course Russia was great and so many got realization. And I was really surprised how these people have come to Sahaja Yoga and accepted it. But one part was very funny, which was I would say, like the villagers of this country. Those who are still not so matured would not come to Sahaja Yoga as such, but the difference of their character was really remarkable, because - you are going by a taxi. So the taxi fellow says, "Have you got a Marlboro cigarette with you?". I said, "What is that? I have never known of it". "No, if you have one then we'll take you free, or we'll charge you very little". But an Indian will never say such a thing, he doesn't know all these things, he's not bothered. But if an Indian taxi fellow is going, he'll say, "Have you got a photograph of Mataji with you?". That's a big difference! [Laughter]

In every aspect, I have seen that this another - like there are villagers here, people who are not Sahaja Yogis, but they respect, they respect the saint. To them saint is more important than anything else. Nobody will ask you for anything - never! Even if you want to give them, they will not accept. They may cheat you, some people who are selling things, but they will never ask from you that, "You give me this, you give me that", that's not done. [Some laughter] So the, basically I think there is a difference which we should understand, that materialism works much faster in the West than in India, much faster. And one has to be careful on that point.

I'm bringing you down to that point now - that, are we getting lost into materialism? Of course you know I'm a great shopper, I have to go on shopping, shopping, shopping, shopping. And I shop for all of you, and I have been shopping, no doubt. But the difference between My shopping and the shopping of so many is this - that if I'm shopping I am going there because I know I'll

get things much cheaper, much better.

All the good things will be there available because I'm there – I'm sure of that; and all the best qualities will be available very easily, and that I will be able to get things for people, because I'll remember all of them for whom I have to buy. It always happens like that. When I go out for shopping, even if I have to face four hundred people, I get the things there all right. That's why I have to go.

All right, if you have to go then you have to think, "What we are going to buy?". I have seen invariably Sahaja Yogis will buy things for non-Sahaja Yogis, always, mostly. "I'm buying for my mother, my sister who is against Sahaja Yoga".

Why should you buy for somebody who is against Sahaja Yoga? Even if they might be your nearest relations, do you think they deserve it?

So then we have to know that we are one body, and as this hand must look after the other hand, when we go out shopping or do anything, we should always think what we are going to buy for other Sahaja Yogis.

Of course, I have told you that, unless and until somebody is your sister by rakhi or anything, you need not give presents. But women can buy for women, men can buy for men.

Just understand one small thing – that the matter is for expression of our love, that's all.

It has no other meaning. I don't find any meaning into it.

So instead of buying for... when we, people travel from here they go as traders, I've seen. Of course you come as traders also – but that's something Dharmic.

But when you go from here you go as traders, and for whom are you buying? Your relationships are no more with anybody else but Sahaja Yogis, and only Sahaja Yogis.

Whether they are Indians, English, Chinese, Swiss, French, Spanish, Germans, anything they may think to be, they are Sahaja Yogis, and they are born in the land which we call as the Kingdom of God. So please be careful on this point.

Today being the first day I wanted to explain to you everything in such a manner that you remember that we are on a pilgrimage, and all of us should be able to grow our awareness. If you cannot grow your awareness it is useless.

Once you start thinking like that, you'll be surprised how much you will gain and how much you'll achieve.

There are no do's and don'ts in Sahaja Yoga, really, and I don't think we have much disciplining either, of any kind.

But it is Sahaja Yoga which somehow or other disciplines you, I don't have to tell you anything. It's like the fire, if you put your hand into the fire it will burn you, whether you like it or not. In the same way, if you do anything asahaj, you will have to pay for it.

So you know definitely that you don't want to lose your vibrations, you don't want to become unhappy. But this time with a very deeper understanding and reverence to your Self and to your ascent, you have to take a very joyful, serious attitude.

I'm sure this time you all are going to just enjoy your Self.

May God bless you.

Marathi to English Translation (missing)



## 1989-1219, Devi Puja talk: About the Indian Sages

View [online](#).

19 December 1989

About The Indian Sages

Devi Puja

Aurangabad (India)

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

Talk to yogis (India tour). Aurangabad (India), 19 December 1989.

So now most of you are here and it's a nice place for all of you to be here from different countries. Aurangabad has a special significance in My own life because My forefathers came from a place very near from here called as Paithan but originally known as Prathisthan.

I think about two years back we were there. And this is the place where Valmiki, who wrote the great epic of Ramayana, lived here and when Sita was taken away from Her house and when She was pregnant, there was another ashram of his in Nepal where She stayed and then She was brought here. That's why you see a kind of a culture of Maharashtra going to the hills and also to Nepal through Her and Her children who went down - one to Russia and another to China.

The name of one who went to Russia was Lav and the one who went to China was Kush. So they are called as slavs and was mostly called as lave. And those who went to China are called as Kusha. So they lived here from their birth, till they became about say twelve years of age when Valmiki composed Ramayana and taught them how to sing that song of Ramayana. So then they went to Ayodhya and there they started singing the song. With that singing, Shri Rama was very much touched. They challenged Him in a way that there's a lady who was such a chaste person who was driven out of, they didn't know that was Rama was their Father. And they came back and stayed here for sometime and then went to, again to Nepal, because She was a Nepali lady. So I think Her Father must've arranged something for Her to stay in Nepal in that Valmiki ashram, which can be only approached from Bihar, which I've seen Myself.

Also that's very important spot where this ashram was established by Valmiki. Because here there was a big struggle of evolution going on between the big animals like Mammoth and all those big, big animals. Between the others who were very quick to turn and who were very clever, intelligent and supple. They destroyed most of these big animals. And in that river there were lots of crocodiles and when the King of the elephant known as Gajendra was drinking in water, one of them - a big one, attacked to kill Him so that the whole clan or you can say the whole genre of these elephants would be destroyed.

That spot is very important because there Shri Vishnu appeared and He killed the crocodile and saved the elephant. So out of all these big animals only the elephant was saved and that's why that place was called as Gajendra moksha.

So there's a big quarrel going on because Valmiki had his ashrams in different places. Where was real Valmiki's place? But actually Valmiki lived here in this area, on the other side of the Godavari River, which was going along the Paithan or the Prathisthan - the kingdom of Shalivahana. And he used to plunder people. And he was a plunderer, he was a fisherman and he was a plunderer. Then from there they say Narada came as a saint from there - from the other side and they plundered him also. So he said, "Why are you plundering Me?" Narada asked. He said, "Because I have to feed my children and I have to feed my wife. I have to feed my family. I have to look after them. I have large family. So how am I to maintain all that? I am the only person who is the earning member." But he said, "Do you think they will sacrifice everything for you?" He said, "I am sure they will." He said, "All right, now you become like a dead man" and they took his dead body - so called, four of them - four saints and put it in the house and told them that this fellow died in plundering us but there is a way to again bring him to life, that you have to promise that somebody from you has, you of all have to die in his place. If you agree that you will die in his place then one person has to replace him." They tried, tried. Then somebody said, "No I cannot die, I am too young". Another said, "No I have to look after my



children". Another said, "What will happen to my grand children?" All kinds of thing. And nobody offered themselves. So Valmiki got up and he realized that so far he has been really doing something wrong. So he said, "Then what should I say?" He said, "What would you say if you die?" He said, "I'll say mara, mara, mara". Means I am dead, I am dead, I am dead. He said, "All right say the other way, go on saying. So it came to - Rama, Rama, Rama, like that. But he said, "It wont work out you do a penance. Because you have done lots of bad things in your life and you have hurt many people so you have to do the penance.

So he sat down for penance on a big mountain here, which is called as a Valmiki mountain. And the termites ate up his body. And he became like a termite. Only his neck was up and he was saying that. The whole body was eaten up by termites. So then again Shri Vishnu appeared before him and removed his termites and gave him realization. And a termite in Sanskrit language is called as valmi. That's why he was called as Valmiki. That's why he was called as Valmiki.

So the story then afterwards reached to the coming of Sita there. So is a very important part of Ramayana was played here and is said that Shalivahana's helped this Valmiki temple, Valmiki person to prosper and they treated him with great respect as their master. But actually their master was, long time back was one Shandilya, where we have taken a land near Mira River. So it's a very ancient, I mean thousands of years back. Because Rama must've lived before Krishna say about eight thousand years back. So it's a very ancient place this one is.

After that people remove all the trees and all that so it has become such a barren land and it is not sort of so fertile now. But one upon a time it was a beautiful forest here. In that forest Valmiki used to live.

So this is the story of this place. I hope you'll be happy to know you are in a very historical place just now and I am trying to find out if you can on your way go to, also to this Paithan - the Prathisthan on your way maybe. I don't know how because we are all running short of time because of airplane timings as you know. But in any case I am very happy that also Italians have arrived and they have taken so much trouble to come all the way directly from, to get to the puja, though I had arranged in Prathisthan all their food everything, breakfast. So that they could sleep in the night and early in the morning take the [train?] and come.

All these stories these people know very well. We all know everything about our country. This ancient times, you see were grand, beautiful. And the work of all these saints and all these seers has woven into the character of Maharashtrian people. So you'll find them that they have certain gifts already to protect themselves, which has come because of the following of the saints and to following of a realized soul. And the people are very God fearing and they respect saints and they also know who is a real saint, mostly.

I hope you all will understand that when we think of the comfort of our Spirit the whole life is sort of penetrated with the light of the Spirit and we start changing our attitude towards life. Not only that, but also we have a kind of a tremendous confidence in our virtues and we enjoy them.

We do not indulge into any such thing. Though in a way we can say that the, in this culture there is not much of finesse, not much of artificiality. They won't say 'thank you' hundred times. That's not done. They don't say 'sorry'. They won't even fold their hands to, normally women especially to men and say namaskar. Only to God they fold their hands. So there are certain things that all the time you go on shaking hands in the west, all the time you start bowing to everyone, saying 'sorry', 'thank you' and all that.

That you will find they don't do. But at heart they are very simple people. They live among the rocks. So they have that rocky character. And I hope you'll enjoy them.

May God bless you.

[Mother speaks in Marathi.]

H.H. Shri Mataji Nirmala Devi

1989-1220, Public Program

View [online](#).

20 December 1989

Public Program

Shrirampur (India)

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

1989-12-20 Public Program

## 1989-1221, Devi Puja: Try to Become Aware

View [online](#).

21 December 1989

Try To Become Aware

Devi Puja

Shrirampur (India)

Talk Language: English, Marathi | Transcript (English) – VERIFIED | Translation (Marathi to English) - NEEDED

Puja in Shrirampur (India), 21 December 1989.

Backwards, those who haven't got space please move backwards. Be sensible. You all can see Me very well and those who are far away are closer to Me; is a fact. When I say the truth, the Vishnumaya is there. Please be seated. Hello. Uska kya naam? Jenny, you go that side. Don't sit with men. Must keep a discipline on yourself. Those who are sitting here please move to the left. Keep a distance. Now, you are such great Sahaja Yogis, ancient Sahaja Yogis. People look forward to you for discipline and sense. Mostly those who are very new try to come forward. I've seen that. I can understand if you are a leader if you are sitting in front. But otherwise what is the need to sit in front? Good. Please be seated. The further you are, you will feel more vibrations. You can; for this you can testify. The closer you are you'll feel less. That's My trick.

Now see, are you feeling more vibrations there? Jenny, there, see yourself. All right? I never tell lies. I'll have some water. [Hindi] No, no, why don't you have a proper seat? [Hindi] You better have a seat. [Hindi] I've been telling them about something which you need not know. I hope you didn't understand. Sometimes I have to speak in English when I want them not to know anything about you. It's quite mutual.

All right, so I'm sorry for this delay but it so happened that they never told Me anything. I didn't know that it's such a beautiful place is here. Otherwise I would never have taken you down there for any problem because actually this is the one that solves our problem. God willing we may buy this place. So I must praise you for your patience and for your sweetness about it that delays do not matter as long as we have the Pujas.

I hope you all have rested very well and your stomach must be also resting a little bit because you had a very severe type of an attack of people who wanted to feed you and it was too much. Started from Aurangabad to this place. So it's good, once in a while, to allow your stomach to rest.

Now, I don't know what to tell you because as it is you know that We have big plans. When I say "We" I mean the Paramchaitanya and all the deities put together, to expand Sahaja Yoga. It's not necessary how many things you give Me. It's not necessary at all. It's not necessary how many of us are there. But it's more important how many people you give realization to.

And secondly, how are you? Have you evolved? Have you really become independent and you can get rid of all your conditionings, your ego? And have you become a very mild, beautiful, compassionate, collective personality? So is a question of introspection, seeing ourselves. Is very important. If we do not have a proper car we cannot drive. In the same way if our being is in a funny situation then you cannot ascend. That's a fact.

So we have to understand that the amount we enjoy everything is the sign [of] how much we have achieved. If there's a little cup then a very little joy can go into it. But if there's a large cup it gets much more joy in it. But if it is like an ocean all the rivers of joys fall into it.

So it is the amount of enjoyment you have. Not fun, I mean enjoyment. I'm not saying frivolousness, cheapishness, but a very majestic, deep enjoyment that you have within yourself, which just bubbles into you, makes you very happy, and you don't know why you are happy, just enjoying your happiness. Then one has to say that you have really become a Sahaja Yogi. And then, at that stage you want to share it. You don't want to keep it to yourself. You'll work very hard. Do everything that is possible under the sun. Your mind will think how to spread it, how to give this joy to others. You won't be happy unless and until you communicate with others. So first you become the capitalist and then you become a communist.

So first thing is how far we are enjoying. Second is what have we got in our mind now, how are we going to expand Sahaja Yoga outside. First, the light has to improve and automatically the light has to spread.

What is the relationships we have with ourselves, which I have told you before also, don't form groups. This is the country, that is the country. I would request you to change the buses and put different people into the buses and let us see if they reach in one piece or not, or there is a big quarrel and a fight. If there is any quarrel or argument then drop that person on the way and let him come by another bus (laughter). We don't want argumentative spoilsports with us. So just put them on the ground, I tell you. And it's a, it's definitely, you must know that I am telling you in the presence of everyone. Anybody who is difficult just ask him to get down here, "Please be here. Some bus will be coming and take you." So try to find out who are the spoilsports.

Another thing is some people have developed a habit of moving their neck a bit too much. Even in singing they move their neck so much, than their body. You can move your body but not the neck. Neck should be moved with the body. Yesterday I had a problem with My liver, then I thought you all have livers. But then it was Vishuddhi and Vishuddhi must have come from the way you people move your neck. Like if you say, "Yes, yes, yes, yes" (nodding) Or if you don't want to say also, if I'm saying anything you'll go on like this, nodding. So don't do all these things. That spoils your Vishuddhi. As it is you have bad Vishuddhis, thanks to this Roman Catholic Church and the other church which just talks.

So please try to keep your neck in line with your body all the time and even if you have to move, move very slightly your neck, not with jerks, and don't go on nodding. While music time I've seen many people do not move their body. But if you see the Indians, they move their body. So this is one of a very small thing but is important because your Vishuddhis have to be alright. There should be no problem on your Vishuddhis. For liver also, there are some people I see still with liver who are very thin people. They should be asked to stand in the water for one hour and clear out themselves. If you are very thin, be sure it is not a normal thing, it's not natural. It is abnormal to be very thin. So work it out, it's all your liver, and later on you can have a session of checking yourselves somewhere sitting. Before meditation you can check yourself what is wrong with you, before My photograph, and then you should go into meditation.

So now we are here on a pilgrimage to achieve a higher state of awareness. Awareness is the main point, you should be absolutely aware!

As we were coming, I just said, "Now, this is wrong road." They said, "How do you know Mother?" I said, "Just I know. Just find out." Just to know everything you need not do anything about it. But that is the sign that you have become very aware. To be aware of everything, it is not like sitting down here that you should say, "Oh, it's very beautiful. Oh, it's very grand." That's not the point ? not to certify, not to criticize, but how much do you know, feel it in the atmosphere.

Because we have a very big brain and we have two lobes in our head, is not one brain but two lobes. And when the awareness starts giving you light you start knowing within yourself everything and you are silent. You don't have to assert, manipulate or to exert yourself but just to know. And that's a very beautiful thing one has to do. Those people who do not feel vibrations must feel their vibrations in this tour. They have to feel their vibrations in this tour. And those who are still complaining about their troubles and stomachs and livers and this and that should get treated immediately and get well.

Another thing which I can tell you which is very important that in India you must comb your hair properly because they think you are all beggars. Only the beggars have hair like this. Please put oil and make your hair properly. They'll not have any respect for you. You must have properly combed hair, groomed hair. Otherwise they think you are something mad, or you are hippies or something gone wrong with you. They don't appreciate this fashion. Please make your hair properly, absolutely in a proper way as they used to do. When we saw your western pictures when we were young, they all were very well-groomed people. Now suddenly this fashion, stupid, has come to make you all bald-headed and then to sell their, err...what do you call them?...Wigs! So this stupid idea is wrong. Will you please now see that your hair are properly groomed and not to have any hair on your, this thing (forehead). Is a sign of stupidity in this country. Anybody has, who has hair on the forehead is a sign of stupidity. We call it as "gipreya". I asked Neeta what is the fashion now. She told Me in Marathi it is "gipreya". "Gipreya" means a person who gets mad or lunatic has the hair here, you see, like that.

At least we Sahaja Yogis should not follow such stupid fashions. They now take out hair like this, you see. I just don't know, like moustaches coming out of the head (laughter). You should be proud of your forehead, is the Ekadasha! You have to fight the

whole world with this Ekadasha of yours.

So please see that you keep your forehead absolutely open, hair properly done and oily. That will also soothe you. In the night you can put some oil and it will soothe you. You'll find it very much better; specially for liver patient is very important. They must put oil in their heads because they are dried out people. There's no fat in their hair and the hair do not grow. They become immediately bald as soon as they achieve twenty-five to thirty years of age. I don't want to have bald-headed Sahaja Yogis. Otherwise you'll have to wear the 'shendies' like the Hare-Rama Hare-Krishna. If you want to make such clownish appearances...I'm worried about you because you don't see the point what I am trying to make. Look after your hair, it's very important.

Alright. Now last but not the least is a request that we are here for meditation. Though we may sleep late, I always get up at four o'clock. Whatever time you may sleep, get up at four o'clock, do your meditation. You can go after to sleep again. But that's the best time to get up, have your baths, whatever way you want, or wash yourself and just go for meditation. And then you can sleep off again. That time you will find you will be quite alert and awake. It's not so difficult. You'll all be awakened. I will awaken you. But please see that you get up in the morning, do your meditation from four to five and then go off to sleep.

We have to write a book about the Sahaj culture. But it is going to come out of you people. If I write something then I am manipulating you, I'm trying to tell you, but you have to write something yourself. You have to bring out what is Sahaj culture is. You are already manifesting it without My telling you now. So what is the Sahaj culture, how we work it out, ourselves, our things. I don't tell you all these things into details.

Also, try to judge where is your attention, what are you doing about your attention. All the time keep an attention on your attention. Where is my attention? Mr. Attention, where are you lost? And that will work out for you. So now for today it's sufficient. Already we are very late and I hope My lecture doesn't go over your heads or on the sides of your ears. It should go inside and you should record it and whatever I am saying it's very important. May God bless you all.

Will you please polish those things some time and show them. All right.

All the small children can come. Up to ten years.

1989-1221, Public Program

View [online](#).

21 December 1989

Public Program

Shrirampur (India)

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

## 1989-1225, Christmas Puja: You Have Christ Before You

View [online](#).

25 December 1989

You Have Christ Before You

Christmas Puja

Pune (India)

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

Christmas Puja, Pune, India, 25 December 1989

Today we have assembled here to celebrate the birth of Christ. When you think of his birth one knows that he was born in a very humble place and all his life he lived in a very humble way.

Also as Sahaja Yogis you know that he was the incarnation of Shri Ganesha, which is in a sense his innocence and he was crucified due to the stupid understanding of blind people. He was the eternal child, and is so sad that when we talk about Christ and Christianity we feel that Christianity has gone just the other way round on the other side of Christ.

If one is construction, the another is destruction, and if one is innocence another is cunning. If you see the Christian nations its very surprising where we have got Christianity in its practice is very surprising that innocence has no place, no respect, chastity has no place no respect, which was the essence of Christ.

He was made of it. It is sometimes shocking how these so called Christian nations have maligned Christ to that extent, and how they have ruined so many people with their stupid ideas of allowing people to indulge into all kinds of filthy things.

And the second point is very important to see how he was born in a very humble abode, he lived in a very humble way, he was a son of a carpenter so he lived like a carpenter. But, in the Western life people are so materialistic and to them to live lavishly to show off their wealth and to plunder people, to plunder countries after countries for material gain is a common thing.

They do not feel also that it is wrong, and they are quite proud of it. And the third great thing about Christ, was that he wanted people to love each other and to be humble. But the arrogance and the cruelty that one has seen of the Christian nations one cannot understand how are they anywhere near Christ.4:00

He has said about "Blessed are those who are meek". Where are those meek people living? Not in the Western countries, not in the countries where Christ is worshipped, where temples are raised in his honor and have been worshipping the Mother for so many years. What a sinful thing it is to do to Christ. Is the greatest sin that we say that we are following Christ, and to do all these horrible things, all such people have to go to hell of the worst type, no doubt about it. They may not realize, but they are already getting into it, they are already having this problem.

They are worse than people who crucified Christ, this is everyday crucifixion. So it's a great occasion today to celebrate the birth of Christ who came on this earth to help us in our resurrection, to talk about the Holy Ghost. He was bearing all the brunt of the people, everything, but the outcome of that life is so horrifying, that sometimes I get worried that I hope they don't make something out of Me like that. Is such a stupid ideas people have in the West, that for any sensible man he can see the way they're emotional, romantic, nonsensical.

They have no respect for themselves and to follow Christ with that kind of an attitude is, I think is, they have no business, they have no right. But it has happened. Now you people are born again, as Christ has said you have are to be born again. You have achieved that state which Christ was talking about. You are the special type of people, I never had such hopes I must say. The first encounter was so horrible that I didn't think that many will come out of it, but so many of you have come out of it and have

really glorified the name of Christ no doubt about it, and keep it up.

I would request you now to know that you are Sahaja Yogis, and that you are the followers of Christ, you are the Gnostics as described, you are the ones who know, and that's how you have to help people to emancipate. It is very surprising that I saw that the Western life, the stupid, destructive ideas did not kill the innocence. Like the clouds all these affectations were there but once the Kundalini rose the innocence started expressing itself, but still I would say that this kind of lovey-dovey stuff must be given up.

It is just most un-Christian because if you see his life was a life of a tapasvi. A man who lived in a very detached manner, in nishanga. So for Sahaja Yogis who are coming from a Christian life have to understand if they have to get rid of it they should be like that. But on the contrary see the interest in marriages, the interest in all this kind of thing and after marriage is a bit too much. Is so much in it, I mean it's absurd, it's absurd in Sahaja Yoga. It's one of the lifestyles, is alright one of the parts, is not everything and it covers the whole entire personality of a Christian personality.

Not with Muslims or Hindus I have seen that, but I'm married too. This doesn't cover my whole entire being with it. How can it? And that's the problem is that once marriage system starts anything starts oh, it's become so important. And I am faced with problems all the time. Marriages performed then letters will be coming, this has happened to my marriage, they must get married, nobody is such that supposing now one has finished, live without marriage, they cannot do it. Just can't live. Christ never got married. They cannot have that tapasya in them, and they depend so much, they'll ruin their wives, they'll ruin their husbands, they'll ruin Sahaja Yoga, they'll take them away.

But it's something surprising, the importance of Sahaja Yoga is so minimized by this Christian mind, I don't know from where these ideas have come to. It's a juxtaposition as you can call it, juxtaposition. There is no similarity between the life Christ must have thought people would lead and the people are leading. So it is necessary for Sahaja Yogis to have a dignity and a sense and to know that they are grounded in Sahaja Yoga and marriage and all those things are just subsidiary. It's not the end of life. And when I see that happening I'm rather surprised in Sahaja Yoga.

I have to marry people because I believe that one should lead a proper married life because if you just take up sanyasa without going through this married life you can be very much hypocritical. But that doesn't mean that marriage is everything. It's not so important. It's just something has to happen. It's not important than any puja, it's not even important than praying to me, it's not even important than meditating, is not important at all than even eating your food.

The more ado you start making of it, you fall into the same trap from where I pulled you out. So as the other day I was telling people about what they have to do about this caste system we have in India, so in the society of Sahaja Yogis, it should be only a one day affair or two day affair at the most. But so much importance, husband wives getting married, then solving their problems, I get a headache with them. They always come "My wife, you know she is like this, and wife's sister like that, and wife's this", and one should be ashamed even to say that "My wife".

In India nobody says like that. I don't think anybody will say "My wife". At the most they'll say "My children's mother", and if you have no children you don't say anything. So, this is the doom from which you have come out, please try to understand. From hell we have come out, absolutely wrong ideas we had, from there we have come out now be dignified, be sensible, and over importance to such unimportant thing will not allow you to rise very high in life. But I don't say you don't marry you must marry.

Of course if you have a sahaja yogini who is also a good sahaja yogini and she knows about Sahaja Yoga then of course you are helped much more, definitely, you get much more power, much more understanding, much more joy and is very good. But the interrelationship is so important on small small things is just beyond me to understand. Then I see that then the girls fall in love with the man who they are married, finished, the man is finished, the woman is finished.

Today I'm taking this great occasion to tell you that Christ was born to immaculata, and that's how I have given you your second birth and you are so pure. So all the impurities you must see them clearly. I know you don't like them, but they still creep from



here and there. Of course if the society you see in the West is a society which of course there is no family, no wife nothing of the kind, so it's slightly better than that. But again you get stuck. If you have to come up the stage you have to give up the staircase.

You think that you have achieved a lot because now you have a settled family, and settled children and you are only worried about you own children all the time. No, it's another temptation, it's very big temptation.

So, on the great occasion of the birth of Christ, we have to say to ourselves that we are dedicated to Sahaja Yoga. That's the main thing. Everything is subsidiary. I hope you'll understand that we are now on the cusp of a wave from where we are going to jump on to another wave which will be much higher than this. But you must have the worthiness. If you are not sea-worthy you will be drowned. So we have to develop that worthiness, and we have Christ before us, what a life.

What a life it was, he lived like a human being in a humble way and what a life, and how truthfully forthright he was to say everything so clearly, in the same way you'll have your strength when you will know you are much more than a married man, and you are much more than your nationality. You are a higher personality a Sahaja Yogi who is dwelling in the bliss of the Kingdom of God, that's the bliss, not the family bliss, and the children bliss, but the bliss of God.

May God Bless you.

Today it's Christ's birthday ...

With all my heart today on this big day I have a request that you all have to promise Christ that the way you (Jesus Christ) didn't believe in any cast, the same way we are also not going to believe in any caste or creed. This promise all the Sahaja yogies have to keep from their hearts. We will not believe in any caste or creed whatsoever. And I was telling these Sahaja yogies the same thing.

I have told them about the caste system we have, also we have to think about the racialism we have in the West. Is absurd. Christ was not a white man; he was not at all. He was not born in England by any chance. So how is it you people can talk of racialism and Christ with the same tongue? This is another horrible thing we have got. Like Indians have got this disease of caste system, and unless and until this caste system gets out of our systems we can never improve in Sahaja Yoga.

If there's a Brahman leader, he'll only have Brahman friends, if he's a marathi leader he will only have marathi friends or as he'll help them. Very surprising, very very surprising. And it shows that our development is very slow we are still tagged around.

So today on this day, I would request all of you to say that we are dedicated only to Sahaja Yoga, to our ascent, and we are going to give up all these nonsensical things absolutely through our meditative procedures and through watching ourselves, introspection. I hope we'll learn from Russians who had no caste system, who had no religion, they are going to really outwit you in every way. In number of course no doubt, but in depth, in understanding, in vibrations, in superiority I can tell you this one.

Let them come they will overpower you no doubt. They have no absurd ideas of romanticism, they have no absurd ideas, they don't have these ideas, they just want to have their ascent. Let the Russians come in, thank God this time it has stopped somehow or other. They were 32 were coming but only one is going to come now. But if the 32 had come they would have overpowered you.

They would have been shocked also to see the way we are supposed to be Sahaja Yogis. So now whatever has been the conditioning of this so-called religion, and conditioning of the so-called society in which you live, the "samaj" as they call it, please leave it behind. We have to go very fast, we have to move very fast as I told you that we have now, we have to jump on the other cusp of a much higher wave of growth.

May God Bless you all.

Today's Puja is the shortest of all, because only we'll have to worship Ganesha, that's all and for that only if there are children they should come up and not much is to be done.

## 1989-1227, How We Should Behave

View [online](#).

27 December 1989

Talk to Sahaja Yogis

Pune (India)

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

[English Transcript]

Today, it was again a busy day, sorting out things for you. And it was very interesting I was thinking about you all and about the people who have done so much for Sahaja Yoga. It is impossible really to say how many have worked for Sahaja Yoga with such interest and dedication. And this dedication is directed by divine force that's why I think you people are not even aware how much you have worked so hard without getting any material gain out of it. And the joy has no value. We cannot evaluate in any human terminology nor can we describe it as to how we feel the joy of oneness together. This togetherness is very much felt in Ganapatipule. I see the leaders from all over the world have become great friends - there's no jealousy, there's no quarrelling, there's no fighting, there's no domination, there's no shouting, nothing. Such beautiful brothers and sisters such a beautiful family we have created out of this beautiful universe.

Now we have to maintain the beauty individually and collectively. Some people think that individually if you do something that is alright, but if it is not related to the collective it cannot be sahaj. Anything that you do has to be related to the collective. Now to be individualistic is a trend in the modern times and in that how far we have gone into nonsense that we know very well. Individuality is a personality within yourself which has to be of different hues, of different colours, of different beauties. Like if you see the flowers, now every flower is different and individual. In its beauty, in its softness, in its fragrance, in its form, in its colour every leaf is different, but they adorn the whole forest, the whole garden in such a beautiful manner that the whole thing works towards the collective. So the individuality is where we do not become like other people, exactly like military people as they are, the outside people may become like military people but inside you become individual in the sense everybody has a different way of pleasing others, of teasing others, of loving others of saying beautiful things. Everybody has a style of saying nice things and of offering your words of thanks and words of appreciation.

This individuality is to be developed by all of you. That what is the new thing I can say to please. As people I have seen every day think 'What fashion I should have, what sort of a fashion I should wear, how I should become more fashionable outside, if you can think 'How can I be more fashionable inside myself'. In India fashionable has a different meaning. It doesn't mean the way we know in England. I think many people don't know that in England fashionable means popular. Here fashionable means out of the blue, something special, something extraordinary is fashionable here.

So if we could put our attention to this, how we could be more beautiful inside, when we are touching others hearts, how we could be very pure in our expression, genuine in our expression, not artificially.

Like we have seen also that even we are superficial you'll say 'Thank you very much, thank you very much, thank you very much' and you don't mean it, it's just a lip service you don't mean it. But in Sahaja Yoga when you want to thank you see it is really heart felt you say it from your heart, you have to put your hand on your heart otherwise you just can't say it, it is that way that we should feel and once you open that heart fully, opening of the heart is very important and that, unless and until you can do it you cannot enjoy anything in Sahaja Yoga because the heart where resides the Spirit and it is the Spirit that emits the joy. So if you do not have an open heart, and if you are just living on very superficial level you can never enjoy Sahaja Yoga, and this enjoyment of Sahaja Yoga is something to be really achieved and to be enjoyed. Because that's why you are here for, there's nothing else to offer in Sahaja Yoga but the joy of life, and that is the essence of all the achievements of life.

Everything we do for the joy but everything whatever we do for joy after some times we find it becomes a sort of a reaction. So there is very important point that to make our individuality beautiful we should not immediately react to people, should not give

our own opinion 'I don't like it, I don't want it', but we should absorb the beauty of another person. Now supposing there's a flower you get, immediately you will see the beauty of the flower, you like to take the fragrance of the flower but suddenly you say 'I don't like flowers' then what can the flower do to you? So one should not react and one should not have such subtle idea about your likes and dislikes because it's a joy-killer habit, it's a joy killer.

If you want to enjoy take enjoyment from every person like the bee which takes the honey from every flower you must develop that sweet personality within yourself and then only you will know what is sweet, what is good and the enjoyment from one person to another, from one collective to another, from one city to another, from one country to another will be just beautiful like a swing, it will be like a swing going up and down enjoying yourself, that's what is your real divine sensitivity. And the divine just wants to do that. It's working out so many ways of giving you photographs, giving you miracles, working it out, making you believe that you are in the Kingdom of God. But if you have all these angularities and if you have all these ideas about yourself then please try to neutralise them.

Now some people also feel that, "Mother is angry with us" or some sort of thing. I can never be angry with you. For what should I be angry? But if you think like that forget it. First of all, you must see that something wrong with you that's why I think like that, I must put myself right. So just to judge yourself through such ideas is only your mental projection it has nothing to do with your heart. So again today the first thing we have to know that in our heart lies the power to absorb, to enjoy the beauty of spirituality. There's a beautiful shloka which I had told Mahatmaji that he should put it first, I was a very small girl but he listened to me (Shri Mataji says it in Sanskrit).

'Early in the morning  
I pray to that principle in my spirit  
Which is the truth, the attention, and joy  
So that I should go to the highest state of my ascent.'

[Pratarnamani udisanskura-aatm-tatvum,Sad-chit-sukham paramhansam gatim turyam']

So, opening of the heart is very important for all of us.

I am sure that most of you understand Hindi very well, and also the English language. For those who do not, I have a small message for all of you. That we have to make our hearts very large, just like the sea. When we come close to the sea, just as a drop dissolves and becomes the ocean, we also must make our hearts very big, and vast, like the ocean.

[Translation from Hindi]

Taking up small issues and making them into big misunderstandings, and fights, and those who get affected by unimportant things, they are very small hearted people. We must realise that the joy that we get from spiritual upliftment, is way beyond the satisfaction from material things. Many people ask Me, " Shri Mataji, how do You adjust with all the discomforts, like living in the Watchman's quarters; You sleep in any conditions; You use outdated toilet facilities". This is because these things which give body and mind comforts, are not important. I am happy in situations which give comfort to the soul and the Spirit. And the joy which my Spirit experiences is dependent upon all of you. If you reach the state of Atma Anand (Joy of the Spirit), my heart will be filled with joy.

My only desire is that all of you should be in a state of spiritual joy, and remain always in that state of joy. There is no outward sign or form, of the state of joy. The state of joy can be experienced within. It is a within happening, these waves of joy. But when these waves of vibrations get triggered, and start flowing throughout the body, and covers the entire personality, and it seems as if the whole world is getting drenched in these vibrations; that is the joy I am talking about. But for that, one has to have a very large, all-encompassing heart.

Every one of you should enlarge your hearts, and you should merge into the joy that the Paramatma (Almighty God) has designed for you. May you imbibe this joy, and get dissolved into it. This is not an impossible thing for Sahaja Yogis to do. Because if you

love Me, you know that my love is bigger than the ocean. And if you love Me, and want to enthrone Me in your heart, your heart has to be very, very large. Because, if you do not expand your heart like the ocean, how can you accommodate Me in your heart? You will only be able to fit a part of Me. If you want to put the whole of Me into your heart, you will have to make it vast and limitless.

Sitting alongside the sea, this is what you should make up your minds, and request this ocean which is before you, to make you into the same unbounded, unlimited, ocean. And the special characteristic of this ocean is, that it has great depth. It covers the very bottom, the lowest depth. There is nothing below it. The ocean is always at the lowest point, and all the rivers of the earth come and empty themselves into it. And as the rivers bring their volume of water and drop it into the ocean, she receives every river and allows it to empty itself into Her.

And the most wonderful thing is, that she allows the sun's heat to boil this water and convert it into vapour, and from this again, showers of rain come down to quench the land where people live, and fulfil their requirements. And again the rivers bring the water back, to fall into the ocean. Suppose this ocean was placed on top of a high mound, what use would it be to anyone? And by this time it would have completely dried out!

In the same way, the man who has a large, expansive heart, remains at the deepest level. He is unobtrusive. He has no requirements or desires. He just keeps receiving and absorbing. This is the sign of greatness, and unlimited capacity. The one who can absorb everything into himself, he is wide, and deep, like the ocean.

Just by a thought or an idea, if one claims that "I am like this ocean, and I feel that I am vast, it may not always be so. Because ideas can delude. It has to be a state. When we are in that state, we are complete, and we are full of that joy. It is only when we are at that depth, that we can draw everything into ourselves. We can bear, and accommodate everything, and only then the waves of joy start breaking on the shores.

Today we are sitting before the ocean, and we should understand that the benevolence of the ocean is upon us; and when a person becomes the ocean, then he also becomes benevolent to the earth, and the people living on this earth.

This is my wish for all of you. May all of you become great. This is my blessing on all of you.

## SECOND SPEECH

I was ready at six o'clock when Babamama came and brought some very important people to meet me and I was just ready but so happens doesn't matter, and I am anxious to see the little ballet these people from Delhi have arranged and the little children are going to now do it for you. I hope you all are meditating every morning and talking Sahaja Yoga, meeting each other and this is more to get together that we should all discuss about Sahaja Yoga, and find out what is the way we can do it better. Morning time I was thinking that we can allot it now to people who would like to have a sort of a they call it a brain trust sort of a thing, a conference. You could have it, of course day after tomorrow we are all very free, I'm sorry tomorrow is the puja but day after tomorrow we are free in the morning time and also 9th we are free. So you all could discuss and talk about things, and about what has happened in Satara district and all those things can be discussed among all of you, and it can be established that we understand Sahaja Yoga properly among ourselves. Many people do not know much about Sahaja Yoga, especially ladies. I think they have to know quite a lot. They just think they are in Sahaja Yoga so they are floating with the big flow of water. That's not the way to know about Sahaja Yoga. Sahaja Yoga you must know precisely, must know what is there what is not there. So I would say that you could have a meeting tomorrow sometime or I'm sorry, day after tomorrow sometime, and could discuss about what is it and how it helps you, what are the chakras are any problems anything, we have all kinds of people here. So it should not be just entertainment but it should be more sort of a morning session for learning things. Now tomorrow is very important day for puja, all of you are expected to come here for the puja and I'm sure that it will help you all to achieve something in that puja. As it is you know that you have to go beyond your thoughts to absorb the vibrations. In your thoughts you get lost but once you are above the thoughts you get absorbed. Also most of the marriages have been fixed, but some people unnecessarily giving way to their conditionings or maybe unnecessary thinking and all that have tried to say no to certain people

without any rhyme and reason, without any rhyme and reason, so it is nonsense. And such people we would say that should not apply any more because we have wasted so much time. Of course if they had some rhyme and reason one can understand, but without reason if you say we don't want to marry that means is quite insulting to the other party. So if you have just said no because you feel from your heart and from your brain and from these things this is not the way to behave, and before saying no you should see me, and I would request you all of you to meet your fiancées and see for yourself. Even now there is time.

But if there is no reason for saying no, if there is no understanding about any point it is better to decide it now than to decide it later on, I've been telling you. Of course you have all the freedom to do it, but for no rhyme and reason you have no business to insult other people. So I would request you that even if you have any objection, even now please write it down, and give it to Yogi Mahajan, he has really worked very hard and you know we have no choice. You see it is very funny how so many marriages have come up, I didn't expect even to fix 10 marriages because the age, and the heights and everything was so much from one extreme to another extreme. Moreover those ladies who have got children and all that is rather difficult because you find people who are not very happy about the situation, so they should not feel bad about it. We hope to see people who would love to have children. All such people should come forward and they should marry women who have children and look after them. But is difficult. In the same way for men also if they have some children or something there is a problem.

But one should not feel bad about it, one should know that we are here for our Sahaja Yoga, for our ascent and we have to rise higher. As it is you know one or two marriages do fail in Sahaja Yoga, and they create a lot of problems for me. But is this the way are you helping me? I'm helping you in so many ways, which is the way are you going to help me is to understand that if we are married let us try to improve ourselves. Of course, I would say that certain problems come only from one side not from both the sides, but whatever it is we have to understand that these marriages are not just for marriages but for something great to create a new progeny of realised souls, to emancipate human beings. There are many saints who want to be born on this earth, so it is important that if you are married in that understanding then you'll try to see to the good points of others and not the bad points and should not see superficial things. If you are superficial it is better you don't marry, but if you have any depth then you should understand you are marrying for something that is the concern of God's work. I hope by this you will be able to sort out many of your problems. And then some people when they get married they just get headlong, absolutely they get lost into it. This is another stupid conditioning of romanticism. You are marrying because you are in Sahaja Yoga, you want to help the Sahaja Yoga, you would like to have a companion who will be helpful in Sahaja Yoga, but they get so headlong into it that I've seen many characters have been ruined and people have been spoilt. But in a way is good because this is Last Judgement. If by marriage, by temptations, by wrong doings, by conditionings if you have to go out, you have to go out.

I must tell you that also there's very little place in the Kingdom of God. Unless and until you prove to be good Sahaja Yogis, there is no place for you, for mediocre there is no place. You have to serious, deep, seeking, dedicated Sahaja Yogis otherwise you have no place. If you are playing around only with your children, with your wife then alright, go ahead with it. You have to get out of that and you must know that by first and foremost attention should be on Sahaja Yoga. That is so very important today, formally that's why people used to give sanyasa to their disciples – no marriage, no children, no household. Just be sanyasis so complete dedication to the Guru, complete dedication to the work, but in Sahaja Yoga it is not so because also I have given you realisation so you can feel it within yourself what is important. If something goes wrong with you then the vibrations also go down.

Then also I have reports say from many countries that people are very miserly, they do not donate for daily work. Of course you don't have to pay me but you must know that without donation we cannot do anything, you cannot even buy a little thing like that (pointing to decoration) and from where it has to come? of course as far as possible I have tried to compensate but also you must know my husband is now retiring so I hope the whole, with his retirement, the whole of Sahaja Yoga will not collapse if you are such miserly people only worried about your money, you want to extract each and every pie you spend, each and every little money you have given then I must say such people are no good for Sahaj Yoga. Such calculating people, nobody wants to shell out. I mean I have seen people even if they give a little bottle of say 'Limca' to someone they want to charge it. If you are that miserly there is no place for miserly people in the Kingdom of God. You have to be generous, you have to look after people, you have to love each other, you have to give presents to others and you have to be very much giving. And in this I find that people will live in a good house, they will have a good family, they will spend on their children for their holidays, for their education, for everything but Sahaja Yoga they become very miserly. So they are still so conditioned.

So this is the Last Judgement and you will be judged for everything that you do for Sahaja Yoga. One has to be very careful as to how you behave, what is your attitude is and how you should change.

Your attention is also very important, if your attention is not there. I have seen some people still sitting outside, talking to people,

doing this in between the program they just get up and walk off. When some artist is sitting you are not to go like that. It's an insult to the artist, I just sit for hours together. And if I am supposed to be your Guru, you must learn at least that much from me how to respect and where to respect. So I have seen many people just getting up, walking, sleeping down, this that. If you are that kind then you should sit on the corner and just disappear. Nobody should walk this way, back and this one, it's not proper. If you go to your church do you do like that? Church which is based on falsehood while this is the church of truth. And the way people take things without any discipline looks very funny. People start walking up and down, sitting the way they like. There's no alertness about them. You must know when the music is on I am trying to spread vibrations through that music. But some people are dozing off, some people are walking and about. That is not a sahaja yogi, you have to be just smarten and smart. Like any, if you see a saint you see, if you see old saints we had their disciples used to be sitting straight before them for hours together.

Of course, I don't say that you should sit here for hours together but if I'm sitting here you have no business to behave like this dog that runs about without knowing what he is doing.

We are all human beings and there is no reasoning behind it. I don't understand, and there is no explanation needed, is the behaviour itself is wrong. Now anybody who has children and all that should sit on the other side. I would not like you to carry your children here and there when there is some program is going on. We have to show at least this much of discipline. So yesterday's program was little bit of farce, perhaps maybe because some people really behaved in a manner that they should not have been. All such people who want to go like that should wait because in between the program we will give you some interval when you can go out.

So let us have a society, a proper beautifully built up collectivity which shows that we are very saintly people, we have poise, we have adjustments, we have understanding, we are doing everything in such a manner that it is all dignified.

Now also some people have a bad habit of raising their Kundalini in the program, suddenly giving bandhans, giving bandhans to themselves, bandhans to others, is nonsense. Just now I am there you don't have to, just your desire, you just try to develop your desire power and just desire you something it will work. I mean I work like that and you should learn this trick how to desire. But desire should be pure desire. Then Kundalini works it out. I was in Kholapur and I was telling him, Yogi Mahajan, I want to buy those 'chimtars' for the, we should say all the countries Western countries and also the leaders, and just imagine they said that you can't get them in Kholapur. And there they are, they have bought it and brought it. I mean it's a small incident but there's a thousand and one things I can tell you I have to just desire. I just desired that the Eastern Block must be cleared out, must be freed so a program of Sahaja Yoga, what you call it 'Yoga Seminar' was held in Russia and I told my husband and I told everyone I am going there to break the Eastern Block. I just told them. When I went there they gave me hardly any time but I broke it because the people who got realisation there were from all these countries and they just went and triggered it. So I told beforehand that this is my purpose, but I'm so intensely desiring anything in the same way if you have a pure desire about it, not from any malicious or some sort of a selfish attitude.

Like my brother, my sister, this is Indians have this greater problem, my wife this that, the wife will support the husband, the husband will support the wife nonsensical things will go on, but by this they are really taking them down, and you people also should not sort of have, because somebody is from say Switzerland. Swiss people will sit together it's a very wrong thing to do. I have told one hundred times nobody from the same. Now I can see even it's the same thing happening here.

English must sit together, and English have the worst habit in this that they must form a group, that's their style is to have their group. So this is all is our conditioning, you see why I'm telling you that Sahaja Yoga is not going to benefit by you but you have to be benefited. So all these little little conditionings that you have you just judge yourself, are we doing like that, are we sitting, am I sitting next to a Swiss, am I sitting next to an English, run away. And then maybe that you think you can speak in the same language or whatever, no, let us sit away. The Delhi people will sit together, Bombay people will sit together and you ask them do you know this lady 'No, who was she?'. I mean she was there, 'No, I never met her', because nobody wants to meet, nobody wants to talk, nobody wants to talk.

And it is to be understood that this is a place of pilgrimage, there's no fashion show on, and one should not go about putting fashionable clothes and fashionable dresses, be humble about it. You see sometimes I am really shocked the way people are dressing up, it's alright for pujas and all that you can come, but the way people are dressed up sometimes it's surprising. You are coming here for what, for your meditation. So be in a simpler dress, in a simpler attitude, in a simpler mind.

Today I had to tell you because I have been noticing few things that you are missing the point. We are here for our ascent, we have come all the way pilgrimage is there for your ascent and for nothing else. We are here only for our ascent, for our joy for opening out ourselves and that is what we have to remember. I'm your Mother I have to tell you the truth because it is your

benevolence that I want, that you all should become great foundations of Sahaja Yoga which is going to emancipate the whole world. Moreover anybody who is sick need not come to me. You can cure that person. You can yourself cure. The person who is realised soul can cure himself or herself or you can cure. What is the need to bring everybody to me, this is sick, that is sick, no need. Among yourself only you can have these things done and I think the doctors and all these people can have a little conference together and anybody who has problems can come and tell them what the problem is and can be done. So no need also to have doctors. We have some people here, very simple people who can help you a lot. So among yourself you should have and you should learn how to do it, how to raise the Kundalini, how to tie it up, how to clear the chakras, what's wrong with you. Attention should be how I am going to achieve it. But the attention is not so high, so I would request you today that you please pay full attention to the program and enjoy and really try to develop that sensitivity of enjoyment. It is just you are clinging on to something which is not going to take you to the ocean of joy, alright.

May God Bless You.

In Marathi – Shri Mataji asks Babamama about musical performances and timings.

In Hindi – Tomorrow, is anyone coming to sing?

And the next day ?

In Marathi – What time is it?

Discussion again with Babamama on the program for the next few days. Suggestion to combine classical music with folk music.



## 1989-1227, Press Conference

View [online](#).

27 December 1989

Conference

Hotel Poonam, Pune (India)

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

[First six minutes of recording, Shri Mataji and Sahaja Yogis are waiting for the press to arrive. Recording resumes as Mother has started addressing the press persons who have arrived].

Shri Mataji: Which has to be attended to very seriously. It is not a frivolous subject. And, one has to understand that when our civilisation has grown so much outside, like a tree; we must also find out the roots. Because we have not tried to do that, all these problems are coming up in the whole world.

You will be surprised that the roots are in India. And that we have the knowledge. We have had that knowledge since ancient times. Of course, I must say everybody knew about it. Muhammad Saab knew about it. Jesus knew about it. Buddha knew about it. Mahavira knew about it. All of them knew about it. But they did not find people who were able to receive it. One must have the ability to receive it.

And it is already described. That when this Kaliyuga would come, when this modern times would come, people would be going into a condition called "sabhrant"; means in a condition called illusion and confusion. Which is true. Because it is Indian, we should not discard it. Is wrong. We should be fair – to ourselves, to our country and to our heritage.

And that where today, when we are having all kinds of confusion, all kinds of relative ideas, one has to find out the Absolute. That is the time when we are going to find out; because we are pressed by all kinds of confusion, all kinds of illusions, all kinds of problems. All the theories will be failing, and we will start thinking about it. I would say, like – now you have seen how, in Russia, it is breaking up. But also democratic countries have problems. Tremendous problems.

I must say I have travelled much more widely than anyone of you and I have seen them. I have got disciples from there, lots of them and I know the problems they face. So democracy has the biggest problem that it is money-oriented. Communism is not money-oriented; it is power-oriented, but it has shown its teeth. Money orientation has to have all kinds of problem of money orientation. So corruption has to come into democracy – you cannot help it. Of course, it is limited. But there is no democratic country yet, I know of, which has not got corruption. So there is something wrong in that field.

So now we have to find something Absolute.

Now, the roots are within human beings. The roots are within us. They are not without.

In the Bible is described the Tree of Life. But Christ was given only four years to live. Actually, publicly, he lived for only four years. Four years is not a time when you can talk about anything. I was in London for four years, battling with seven hippies. For seven years, I could not do anything to them. So whatever was possible, He said it. He said you have to be born again. That does not mean you should take some certificate; "I am born again". It is happening.

Even, in any Indian scripture, it is written – you must get your self-realisation, "Atmasakshatkar". There is no scripture which has not talked about it. But, to what extent they have gone, to what detail they have gone, is a different point. Which I have to cover up all that and I have to show you.

So, the second part of it is that there is a force called Kundalini in our triangular bone. This triangular bone is called as sacrum.

Now sacrum is the Latin word and it means sacred. That means the Greeks knew that there is a sacred bone within us. We cannot forget our histories, everything, just to become modern; we cannot hang in the air. Sacred bone. And in some people where there is obstruction, you can even see this bone pulsating just like the heart. Now there are five-six doctors here; they have all seen it.

Now when you are raising the Kundalini, you might see for some people, this bone pulsating you're your own heart. You might see with your eyes. And in some people, you might even see the rising of the Kundalini, clearly. Because – if there is obstruction. But if there is no obstruction in a personality, it is a very balanced personality, then the Kundalini rises like a jet. I am Myself surprised at the happenings that are happening.

So there are qualities and capabilities. There are some people for whom I might say – there is one gentleman; I am working on him for the last six years still he could not get realisation though he is breaking my head. Six years, I do not know. And he has funny ideas. He does not want to get married, he does not want to have children, he does not want this, he does not want that. I said you cannot have Kundalini awakening.

You have to be a normal person. If you are a normal person, then the Kundalini rises. If you are abnormal – now, in this we have got three types of people. I mean, in general, they say. There are some people who we call as left-sided. Means the people who are very emotional. But they can go further. They can become absolutely emotional – all the time, crying, weeping that type of people. Now, this type of people is created by a centre. Or created and supported or fed or nourished by a channel, we can say, is called an Ida Nadi. Is the moon. Just see. You see, a lunatic is called as "luna". Luna means moon. That means they knew about it. Otherwise, why did they call him lunatic? Such people can become lunatic, they can become epileptic – all these left-sided psychological diseases – depression, all these come from this left side.

Now the movement from the centre starts. Because, in the beginning, the left side, is our past. Present past, then the past of this life, past of other lives, it goes into the second line. Which we say, in the resonance it passes through the second line which is coming from the past – we can say, the subconscious mind. Then beyond that subconscious mind is an area which is called as the collective subconscious.

If you have read Jung, he has dealt with it. When we talk about science, we have read all the people. We cannot read just one simple fellow and start talking about it. Jung is a psychologist who was a disciple of Freud and who deviated from him, and he has talked about the collective subconscious. This collective subconscious has everything within us since our creation.

Now whatever I am telling you, I would not expect you to believe Me, not at all. You must keep your minds open, like a scientist. But if these things are proved, you have to accept. This is a hypothesis for you. But later on, you must accept it.

Now the collective subconscious mind is beyond us. And that collective conscious mind has everything that was created, since our creation. And now for that, I must say, that the doctors in the West have discovered that the cancer is triggered by some proteins that come to us from some area which was created in the past since the creation was created. So they have reached that much point, you see. We must say, whatever they have reached – they have even photographed those proteins.

Now those dead souls that are there. There are many things that have gone out of circulation of our evolution. Like the dead animals, we can say, the dead vegetables. Now viruses are nothing but certain dead vegetables. Or could be some small animals which have gone out of our circulation.

Now how do we cure this thing? What you do – if your attention goes towards the left side too much, then you get caught up into these problems. If you can somehow or other bring your attention to the centre, then you are away from it. That is as simple as that.

So these are left-sided diseases; you can get epilepsy, you can get depression. Also, so many psychosomatic problems are triggered by it. Like we have militias where the muscles are getting strengthless and all that. All these, all of them can be sorted

out if you can bring your attention from left to right. Is as simple as that.

Now another area is what we call as supraconscious. Now supraconscious area lies on our right side. That is the area which deals with our future. Now all futuristic people deal with it. Because it is mental. Mental, you see, the English word is very funny as they call it. "Baudhik". English you see, as it is, has its own limitations I must say. Because in English, Atma is Spirit. "Bhut" is a spirit. Alcohol is a spirit. I mean, but in the Marathi language, you every shade of everything has different. So you can say "baudhik". Baudhik and physical side, on the right-hand side. You deal with and you get your nourishment, all your energy from the right side called as Pingala Nadi as Surya (the sun).

So the sun line on the right-hand side does that. But they cross over. Once they cross over, one goes to the right, one goes to the left and that is how you have two lobes in the brain. The brain is not one, it has two lobes. Absolutely two separate lobes. So if you are using only one lobe on one side, another side gets weaker. If you are using this lobe too much, then another side gets weaker. So what you have to have for that, you must have a balance.

Now, these days you must have heard of a lot of people dying of tension, over-activity, all kinds of problems they have. Because of the pressures of life, the speed of life. And nowadays, as I told before when in America I went; I told them about AIDS a long time back. I told them you will get AIDS also. And then now I have told them you will another disease which will come; you cannot do anything with the conscious mind. But you can do it in an unconscious way.

Supposing you want to walk, you will get up and walk. But if you want to walk, you cannot walk. Because you have used too much of your conscious mind. And is already, already coming up. In America, it has already started.

[Inaudible question].

Shri Mataji: I have not given it a name. What is it called, doctor?

[Inaudible].

Shri Mataji: Yuppies disease. Yuppies. You see. This is Doctor Bogdan from Russia. And we have Doctor Spiro from England, we have Doctor Pepe from Spain, we have Doctor Chug from Delhi. He is the one. You know, yuppie disease is such that, it is like if you want to do something you cannot do it. Supposing I want to lift this glass, unconsciously I will lift it. But if I want to do it consciously, I cannot do it. It is already settling down. About three-four years back I talked about it. It is already there. Also another disease I said, they will suffer from overactivity. They will not know what to do with themselves. Overactivity. It is a syndrome. All right.

So, on the right-hand side if you are too much; say, you are very futuristic, you are extremely particular about time and you are very particular about everything, systematic. Because as it is after all, now we are trying to systematize everything. So after all, we are human beings. We are not machines. So we should not try to become machines. Once we try to become machines, it tells upon our body. Because this is a very delicate body. It is a very delicate thing.

And then it acts. It gives you – for example, many people get heart attacks. Is to say only with fat you get heart attack is wrong. There are two types of heart attacks. One is due to the lethargic heart. Where you get angina. That comes if you have this centre of, of - obliterated – you get angina. And that is how the heart cannot act; is a lethargic heart. And another heart attack comes to people who are workaholics. Who are over hardworking. Who is exerting too much pressure right side? So the left side you get a heart attack. This is another type of heart attack.

Now definitely we have cured. Sahaja Yoga has cured, definitely has cured heart. Many. Many like him. He is not the only. And in Pune, I have cured many people of heart, no doubt. But I should not say I have cured because actually, your Kundalini has done the job. Only thing is in My presence it rises fast, that is all.

Now for this, how can you charge anyone? It is a living process. Kundalini rising is the living evolutionary process. We have come up to a point of human awareness. Now first, what I told you – that we do not know the Absolute Truth.

Because at a human level, what we can do is to project our mind, that is all. The projection of our mind is linear, and it cannot be sustained. It has to be sustained. And that is why, whatever we think – may not be all right, may come back upon us and may trouble us. That is why science – now they have problems. Acid rain, they have this problem, they have that problem. Out of the way they have gone into extremes. So to balance it, there is no other force. But once you get your spiritual awakening, you become a balanced personality. Then you know how far to go with anything.

We are not for machinery, but the machinery is for us. Now it is working the other way round. We have become slaves of machines. Not in this country yet. In other countries, machines are dominating. And we have to learn from them. Whatever they are suffering, we should learn from them. Instead of blindly following them. Then we will be in trouble.

Now, so the right-sided people who are there are aggressive by nature. They are very aggressive. While the left-sided are sly. But the right-sided people are extremely aggressive. They may be very ascetic type, maybe very systematic. So the one side we can say the brain develops while another side the heart develops. But up to a point. Supposing a person is a very right-sided person, he may end up with paralysis. Quite possible. Easily. He can end up with paralysis, he can get a heart attack, he can get diabetes. There are so many diseases which are connected with the right side. For that I would, I do not mind that you are not medical people. But you do not mind if I tell you the truth about it, a little bit. It is very easy to understand.

We have a centre called Swadishthana chakra which comes out of the Nabhi chakra. Now this centre, Swadishthana chakra centre – what does it do? It converts fat cells for the use of the brain. Fat cells for the use of the brain. Now, medically it is not written anywhere. I have done medicine; I know medically it is not written anywhere. Also, they know. But we can find out how we have cured blood cancer.

Now what happens is when this Swadishthana centre is working too hard – supposing you are thinking too much, then you are using your grey cells. And what is replacing those grey cells; there is nothing to replace it. So what happens that this chakra, poor thing has to work very hard. To convert them into grey cells. As a result, it has other works to be done which are left out. Like he cannot look after your liver. Liver, then pancreas, then your kidneys and your – especially your spleen. And part of your intestines. All these things are neglected.

Now we have two cases here of blood cancer; luckily, who have been cured completely. Now both of them are architects, very hardworking and successful architects. And, what has happened with them is this – that they were working very hard and using all their energy for their brain. Neglecting their spleen. And, all such people are also very hectic. Now, what is the spleen? Spleen is a speedometer within us. It is a speedometer.

So there has to be rhythm in our life. If there is no rhythm – now somebody gets up very early in the morning, then reads the newspaper. I should not say something wrong, newspaper. But mostly the news is very shocking. You see, I read it after taking breakfast. But if you read it before taking breakfast you can get a shock. Better to read it after. Now if you read a newspaper, an emergency is setting within you. So the spleen starts working. Now the shock has come. Some sort of shock you know – good, I mean, after all, you have to inform people about it. But early in the morning is too much sometimes, I think. So it could be later or in the evening if it is possible. Because it will soothe you down. Because what happens is your spleen starts working very hard. All right.

Some people are not very sensitive, but some are very. Then you are going – say there is a jam on the way. Then you are worried; you cannot reach the office. And then you reach the office in another mess. And there is a boss shouting at you. Or you are doing some work. Like these architects are working hard. They have to go to reach someplace – somebody is going to come from somewhere. All kinds of problems in the head, think about it – how are we going to reach, what am I going to do. As a result of this hectic habit, this poor speedometer gets upset.

It does not understand what is the matter with this gentleman. Why they are going so hectic? They will not even take their breakfast at home, they will eat it on the way, the poor wife will be shouting – all sorts of things happening in these modern times. So, this hecticness on the spleen causes the vulnerability to blood cancer. And somehow some shock from the left-hand side comes on them; it triggers it. And they – both of them were told you are going to die within one month's time. It is now five, six years; they are still getting well and doing their work.

So what happens with Kundalini? That when she rises, she nourishes those centres. Now see, this is a centre in between, this is the left side and right side. So, they just go like this. If you use one more or one more, they go like this. There is no space. So when this Kundalini comes up she puts them right like this. She nourishes them. So the parasympathetic energy is also put in it and the person gets all right. Is the easiest thing. But the easiest thing most people do not understand.

But you must know that most of the vital things are the easiest; they have to be. Like we breathe. If we have to read books or go to something else to breathe, how many will survive? It is so vital, so vital that we have to have Kundalini awakening in those days. So vital, so important that it works. And works very fast. Because after all, our Creator is worried about us. He is not going to destroy us; He is not going to let us get destroyed by our madness of modern life. He is going to look after us. So, the Kundalini works very fast and we are getting thousands and thousands of people realised.

By this, I would say that firstly say that there was a doctor, Sethi Doctor, who was, was he in Lady Harding? Lady Harding. He took up and he has proved that physical fitness improves tremendously by Sahaja Yoga. And he got an M.D.

Now to say in such an irresponsible way that we are making people weak is absolutely wrong. And extremely irresponsible. Now, this is for the "Kalyana" (welfare) of the world. This is for everybody's benevolence. While, if you are interested in the benevolence of yourself, of your country and your children, you all should take to Sahaja Yoga seriously. Is very important. If you are thinking about that.

Now, this thing is not so easy to explain to the Western people because their minds are different. But they have accepted Me much more than Indians have accepted, in away. Intelligentsia. Because their intelligence has reached the end of it. Their scientists have reached the end of it. So they want to turn back and see what is in other areas. They want to see other areas. And they think India is the place. And when they come, they just go back. They say this is another New York, this is another. They do not find that knowledge.

Or else we have got these false gurus, I have told – everybody's name I took in 1970. And I told all of them are false gurus. And all these things that are called blind faith. I am absolutely against it. Not only that; I have flouted it. In every country, I have done that.

But first, you must have divine discretion. Otherwise, how can you say whether something is false, or something is not? You must have divine discretion. That is why I said only a self-realised person can do it.

Now we come to the second point, where people say whether is ghost or bhut or not. There is, say. That is nothing, but as I told you, the proteins which are in the collective subconscious mind. And they attack people. This is a soul. It has got seven loops. And we too have got a soul which has got seven loops. Now, the proof of this is in many ways – in the West people have not travelled much so they do not know. But the other day, they showed Me, they showed us a film about a gentleman, Gauguin came on. You must have heard his name, he is a great, famous painter called Gauguin (possibly Van Gogh), who died as a madman. Came onto him. And he started painting sunflowers and all that, such a mastery. And he said I am Gauguin. He came for a short time. [Inaudible/said], I am Gauguin, I have possessed him.

There are so many cases like that. People are having research centres and all that to find out what are these phenomenon. They have not just discarded it as wrong. Of course, there are people who make money out of everything. But that does not mean it

does not exist. It is there.

Yesterday only, there was an old man sitting in front of Me. And he said Mother you do something on me. And when it worked out he said, "I hope by this, "mala dharlela sodel". Means I am possessed, I hope it gets out. You do get possessed. And that is what these gurus are using. They mesmerise you mean mesmerism is nothing but possession. They possess you. Because of that possession, people start giving their money, their everything to them.

So just to say they do not exist, you are supporting all these people. Now the scientific proof of it. I will tell you the scientific proof of it. You see, when you get your realisation, you see in the sky small little, small little commas shining like that. Especially in India. It is a very great country you are living in. It is a yogabhoomi, no doubt about it. Even Christ came here and lived here. So it is a very great country. Also, you see sometimes, loops. Sometimes one loop, sometimes many loops put together.

I told them that these, all these spirits have loops. And when they sit on you, they start acting on you. They start troubling you. Now have here Doctor Mishra, who is a very great scientist from America. They are open-minded Indians I would say because when they went abroad, they saw how we would have to expand our mind. And he has told Me, that they have already found out those loops within ourselves. I also them, it sits on our back, our soul and it is reflected on ourselves, our receptor. Now they have found out. It is the seven loops. They cannot explain what the seven loops are.

So, just to discard something because it is Indian or not very scientific, is not a proper idea. Most of these things could look unscientific. But whatever science has found out, there could be something beyond it. Even Einstein has said, "I was trying to find the Theory of Relativity, but from somewhere unknown, the whole knowledge of relativity dawned upon me". Now he was a realised soul, Newton was a realised soul, Abraham Lincoln was a realised soul. You can see from the way. Even Gorbachev is a realised soul. That is why they have recognised this.

So now, this second point is about Gyaneshwara. We are not spokesmen for Gyaneshwara. But I will tell you, our Indian books have no sort of copyright. Any one of them has no copyright. Anybody can change anything, do what they like, dispute anything. The Gyaneshwari that I read in My childhood has not got all these things written in it. But one fellow was sitting before Me, with his legs towards Me; everybody said you cannot sit like this towards Mother. So he said, "No, no but if I sit cross-legged, I will start jumping like a frog". So I called him and said, "Why should you jump like a frog?". He said, "In my Gyaneshwari, it is written". Now he said my guru has told me you would jump like a frog. All right. And where did you read that? In the Gyaneshwari. The guru had written the Gyaneshwari, in that he had written you would jump like a frog. Now, I asked him "Are you going to become a frog or an earthworm after this?". So, we have to see all the others. Specially Gyaneshwara's Pasayadan.

(in Marathi to a Sahaja Yogi): Do you have Pasayadan, do you have it written with you? Yes, please recite it.

To the press: You just see. That is exactly what Sahaja Yoga is. And how could such a man write all these things? He cannot. What is the use of flying the air? What is the use of walking on water? Of course, Christ did walk. I know that. Why He walked, also I know. But what is the use today?

Pasayadan, now this is exactly Sahaja Yoga, what he has described. Now please, I know all of you do not understand Marathi. But it is absolutely clear.

Journalist: All of us understand Marathi.

Shri Mataji: You understand Marathi?

(in Marathi to Sahaja Yogi): Please recite it.

(in Marathi to the press): Now see, this is exactly Sahaja Yoga. Pasaydan means giving vibrations. Chaitanya. Please recite.

[Sahaja Yogi recites Pasaydan and Mother explains each line].

Sahaja Yogi: "Aata Vishwatmake Deve, Yene wag-yadne toshave,

Toshoni maj dyave, pasaydaan he."

Shri Mataji: Yes, now he says that the Spirit of the whole Vishwa (world) should get satisfied with me because I have done the Swani yagna and he should give me pasaydan. This is the "daan" (boon or divine gift). Is the vibrations. This chaitanya lahiri.

Sahaja Yogi: "Je khalanchi venkati sando".

Shri Mataji: "Khalanchi" means people who are intriguers. Intriguers. Intriguers should give up their intrigues.

Sahaja Yogi: "Taya satkarmee rati vaadho,

Shri Mataji: They should become "satkarmis" (doing good deeds). They all have become. My husband says they have become angels.

Sahaja Yogi: " Bhoota paraspore pado, maitra jeevanche."

Shri Mataji: "Aapapsaat prem". They should have a love for each other. Now you will be surprised if I tell you here we have thirty-six nations. And there are Indians of all status, of all types. But the way they love each other is so remarkable that I am Myself surprised sometimes; I tell you. How they support each other, how they look after themselves. But the most remarkable thing was when I went to Russia; twenty-five Germans came and gave them their realisation. To Russians. And looked after them. This is love. This is real love. Yes, please recite further.

Sahaja Yogi: "Duritanche timir jaavo"

Shri Mataji: "Duritanche timir jaavo". The darkness. The darkness should go away and ignorance.

Sahaja Yogi: "Vishwa-swadharma surye paho"

Shri Mataji: Vishwa. The whole universe must see the swadharma. Even Shivaji has talked about it. Swadharma. Swa is your Atma. Now you will be surprised that in America, Vishwa Nirmal Dharma has been accepted, officially. We have got official recognition by America. Of course, Russia has recognised us, officially. But Vishwa Nirmal Dharma has been accepted by America. Go ahead.

Sahaja Yogi: Jo je vanchil to te laho, pranijaat."

Shri Mataji: Whatever you want you will get it. You ask them. They have experienced it. But then your desires change. You do not ask for the wrong things. Your desires change.

Sahaja Yogi: "Varshat sakal-mangali, ishwar-nishthanchi mandiyali,

Shri Mataji: Wah. Wah. Did you understand this?

Sahaja Yogi: Anwarat bhoo mandali, bhetatu boota."

Chala kalptarunche aarava

Shri Mataji: Chala kalptarunche aarava. Kalpataru means the tree which gives you what you want. The desire. Now it is about the Sahaja Yogis. "Aarava" means the great forest. Now come along the forest which can give boons to people.

Sahaja Yogi: Chetana chintamaninche gaav,

Shri Mataji: Chetana chintamaninche gaav. Further?

Sahaja Yogi: Bolate je arnava, peeyushanche

Shri Mataji: Yes. "Bolate je arnava". Aarnav means the sea. Sea of piyushanche, means "amrutanche" means ambrosia. The speaking – I mean, Gyaneshwara is so great. His poetry is so great that to translate it also you kill it. How do you say it?

Sahaja Yogi (in Marathi): The seas of amruta.

Shri Mataji: These are oceans which are full of ambrosia and they are talking. They are talking. Further.

Sahaja Yogi: Chandrame je a-lanchan.

Shri Mataji: Chandrame je a-lanchan. Yes.

Sahaja Yogi: Martand je taap-heen

Shri Mataji: Their description is. Their faces are like the moon without any spots on them. No "lanchan". And "Martand je taap-heen", they are like sun without any heat in them. They are cooling.

Sahaja Yogi: Te sarvahi sada sajjan, soyare hotu.

Shri Mataji: They are the relations. They become relations with each other. They have no other relations. They are relations. "Te sajjan". Righteous people: they become friends.

Sahaja Yogi: Kimbahuna sarva-sukhi, purna houni tinhi loki,

Bhaji-jo aadi-purukhi, a-khandit."

Shri Mataji: The whole world has to become one to respect the Primordial Master or the Primordial Being. He has said it. When he has said all these things, how can he say you can fly in the air, you can do these nonsensical things. But I would say that, at a certain stage of course; there are "drushtas". Means ones who are seers. I would say William Blake was one of them. Our Rabindrababu was one of them. There were many "drushtas". As you must have read Gita and all those things; that Sanjaya was a drushta. So that is, they are seers. They can see things. But that is a different stage altogether.

But this kind of thing is done by TM. They are promising you can fly in the air. Nobody, nobody gets after them. Now they have broken the bottoms of so many people and so many cases are on them. They have taken thousands of crores of rupees and looted them; leeches they are. I have got – I do not know if I have brought it with Me, but the whole thing about them. Is so horrid. Their disciples had come before Me. And they were just shaking before Me, like this. I have saved so many of them. And what mantras they give? I will tell you. For three hundred pounds, they give a mantra "Inga, pinga, thinga"; you all know what it means. And secretly. You have to go through seven rooms. In the seventh room, some sort of guru is sitting, and he gives these mantras for three hundred pounds. Six thousand pounds he charges, three hundred pounds. And six thousand pounds he charged.



We had a husband of one of them, Doctor Spiro. His wife was really mad when she came to Me. Six thousand pounds they charge for going to their courses. Six thousand pounds. And for six thousand pounds what do they give you to eat. For six days they give you water which is boiled which has lots of potatoes in it. Then they give you the rind of the potatoes and then the potatoes. They say you must thin down if you have to fly in the air.

And people, they are so mad. Because there is money, they go to him. And they always tell Me, Mother you do not ask for money that is why nobody comes to You. I say I am very happy. Such people are not going to be anywhere. Up to this point that BBC people came to Me and said nobody can understand anything without money. I said, what do they understand. He said, "We are Anglo-Saxon brains. And Anglo-Saxon brains cannot understand anything without money". I said, "Who has made the brains; God or somebody else?".

[Inaudible question or comment by a journalist].

Shri Mataji (in Marathi): Yes, yes he is the same one. He is pukka thief, very cunning. Write it down. Write it that I am saying it. He has not filed a case against Me. I tell about him everywhere. I will send all his papers to you. You will be surprised that one woman; he has harassed so much.

(in English): He formed a flying foundation. I will send you a letter from the director of the organisation. You publish it, at least.

(In Marathi and English): Publish about it. They are master thieves. They are all such cunning people. Not just one, there was that others who went from here fourteen years ago. Your Rajneesh who is sitting here. All this is cunningness. What is the connection with money? How can you take any money? It is a living process, I am saying. How can you pay for it? That is why everyone is after Me. And they from there.

They are after Me because I am against them and here is this "Nirmulan Andhashraddha" (Eradicate Blind Faith – an organisation in Maharashtra in the eighties which was notorious for their violent protests), they too.

[Inaudible question from journalist/why the organisation cannot recognise].

Shri Mataji (in Marathi): What recognition do they have? That Manav saheb, I think he does not have a normal head also. What to talk about with him? Has he received any education? He is saying that in this modern age and the scientific situation – means is he is a big scientist or what? Why you do not even know the valency of carbon, what are you talking about? Do you have any intelligence or no? I spent three hours with that man. Nothing went into his head.

Such people here means, just pick something to the crib. And now they are going to give them sixty-five lakh (rupees); the government. Sharad Pawar (politician) is going to give them, that is what I heard. For what? What have they done? Whom have they benefitted, first tell Me that?

I can give the names of thousands of people who are in Sahaja Yoga and who have benefited from it. And we have M.D.s – now see this Doctor Chugh here. He – on what subject you did Doctor?

[Inaudible reply].

Shri Mataji: And his papers have reached America. He has received an M.D. We have cured thousands of liver patients. But how can we keep blowing our own trumpet? That is why I have never said anything. Now when we cure one, they bring another ten.

[Inaudible question/about some challenge].

Shri Mataji: Their challenge is idiotic. If I tell you tomorrow.

[Inaudible/a journalist interjects]

Shri Mataji: I will tell you what their challenge is about. What I said, they say, is that Shivaji is like that. I have never said such a thing. Instead, I am against it. These are "shudras siddhyas" (low grade?). What their position is, see their slyness. They said that it is written in the Gyaneshwari – one can walk on water, do this, do that. Now which Gyaneshwari must be some kind of modern Gyaneshwari. They can write anything on it. But Gyaneshwara can never write that; I can give it in writing. Because it is "bhutvidya" (paranormal knowledge).

[Inaudible statement or question. Mother laughs].

Shri Mataji: This is all false. Gyaneshwara can never write such things. He wrote only about spirituality. To the extent that he did not even try to criticise society. What a change has to be made to the work of such a great man. If you must, Tukaram hurled curses at society. Ramdas hurled curses. They all have some little thing like that (in their legacy). Your, that, Nusiya (?) Saraswati, he would beat up people with his shoes. These people have worked so hard.

But Gyaneshwara lived for twenty-three years only. What can happen to someone in only twenty-three years? In that, he has written that his spiritual knowledge is for everyone. Read his "Amrutanubhav" then you will understand. Just pick up some grouse.

[Inaudible/journalist is again asking about a challenge and ability to walk on water, fly in the air].

Shri Mataji: Nothing like that. Nothing like that. If that is so, I will give them a challenge of four lakhs (rupees). You satisfy yourself about Gyaneshwara. Am I Gyaneshwara?

[Inaudible question or comment].

Shri Mataji: Now the second question is – three doctors here have got an M.D. Three doctors. Now what more proof of hypothesis should I offer? Tell me now.

[Inaudible/journalist saying the organisation has a panel of doctors also].

Shri Mataji: They have a panel of doctors? How many? Then they should perform an experiment on Sahaja Yoga. Do it openly. I will be very happy if they come and do it. No, no let them come. Tell them to come. I will show them how this makes a difference you can then see. Even if they do not get it, they do not receive self-realisation, still, they can see. Before realisation and after realisation. This is a scientific thing, not a trivial thing that just anyone can stand up and start talking about it.

And of doctors, what doctors? We have a doctor, Doctor Wales, he was addicted to alcohol and drugs. He came to Sahaja Yoga. After coming to Sahaja Yoga – he is going to come here; I am going to hold a big conference in Mumbai. Now he – there was such a great transformation in him; he had left his jobs and all. Now he is the head of seven hospitals in London. Nowadays one can find many doctors. But if they come and take the effort; I challenge them to come and see and read their books (of Sahaja doctors) and see all that they have done. We want doctors for research but there is no research to be done. Just observe what difference Sahaja Yoga makes and publish it. What does it take to do it? But no doctor is ready for that.

There are some – I will not say that no doctor in India is ready. But the ones who have gone abroad are better. Their heads are more open.

[Inaudible question or comment].

Shri Mataji: Of course. Why not?

[Inaudible question or comment].

Shri Mataji: Now see this case itself. The case of Rahul Bajaj (one of India's biggest industrialists).

[Inaudible question or comment].

Shri Mataji: Let him tell. He is Mr Malhotra. He is a big businessman from here.

Mr Malhotra: Dear friends, I hope most of you know me. I am B.R. Malhotra. I have a factory here called Weikfield Products Company. I think I have met you a couple of times in some other press conferences. The question is not of proving any faith or proving anything in this Sahaja Yoga. It is an experience. It is an experience, you know; please note it. And the experience could only be with the seeker, who is a true seeker.

Shri Mataji: That is true. Ninety per cent.

Mr Malhotra: It cannot be taken by every Tom, Dick and Harry. That just he feels he should realise, he should see God, he should see realisation. And he can see it. He has to be a true seeker first.

Shri Mataji: That is the point.

Mr Malhotra: We cannot take every person on the street and ask him, please have it.

Shri Mataji: Tomorrow if Hitler comes and gives me a challenge, "Give me realisation" – I cannot.

Mr Malhotra: I will tell you my own case. I met, in '82 I met Mataji in one of the – in Delhi. In one of the Rotary district conferences. I had never met her before. And I was to leave for my bypass surgery. I mean it was set. Doctor Modi, Doctor Dorai, Doctor Grant; these were the three cardiologists who were attending on me. Jaslok Hospital had taken my, all my papers whatever they wanted, and they had put me to Houston to go for my bypass surgery. On 15th January, my operation was fixed in 1982. And in that year there was a lot of winters, so I got it postponed to 15th February.

On 17th January I was in Delhi and I attended this Rotary district conference where Shri Mataji was the speaker. The secondary plenary session in the Rotary conference which was inaugurated by Zail Singh.

Shri Mataji: They were all scientists there.

Mr Malhotra: And on that day I met Her, and She spoke about this subject of Kundalini awakening. And as a critical mind, I thought it is not possible to avoid any surgery. But friends, I am telling you that I met Her in Pune after five days. And in one sitting, I was completely cured to that extent that my papers; the previous papers were seen by the top cardiologists – Doctor Goyal, Doctor Nathulalbai Shah and all other cardiologists. They said these papers are not yours. The previous papers are not yours.

This is, this is an experience. Can anyone prove this?

Shri Mataji: And so many others. You tell them. Mrs Patdar. And your friends. You tell them.

Mr Malhotra: Rahul Bajaj. He got an attack in Delhi. He knew my case, phones me from Delhi. "Bhaisaab, I would like to meet Mataji". And luckily I do not know, how Mataji came on that day, to Bombay from London. She was on her way to Australia or

someplace.

Shri Mataji: That is "purva punya" (past good karma).

Mr Malhotra: I just took him there and Mataji saw, and Mataji said you are cured. And he said, "No, I will still go to America and get myself tested." But he got checked up and was told, "Go, no need of any operation".

Shri Mataji: But he was very angry. He was very angry with him.

Mr Malhotra: Yes.

Shri Mataji: He was sent to these Jaslok people.

Mr Malhotra: I will now tell you another case. My cousin in Delhi; now he has not even met Mataji. Three years before, I was in Delhi and he had a severe heart attack. And he is you know, working in a government office. And he has a meagre salary of twelve hundred-fifteen hundred rupees. He was asked to go for this bypass surgery. I was not knowing; I was in Delhi and they said, could you possibly assist him in some funds – thirty-four thousand rupees. He is in need. I said I do not mind. Batra Hospital – suffering. But then I went to him and said, "Ved, do you really want to go for operation? You know my case". He said, "I have heard but I do not know what it is". I said I can explain. I explained to him what it is. It took about half an hour to explain to him my case. I told him, "Mataji is not here. But you will have to come to the centre. Because Mataji is very angry with me, you know I take all the patients to Her. And She says, "Why the hell you bring patients to Me? You give them realisation. You see, you have got the realisation; you give them realisation."

[Mother is laughing].

But you see, I cannot see a person is a misery. And I feel my abundant duty – I know, Ma will be annoyed with me. I will take her annoyance; I will even take that brunt. But I will see somebody who is in real misery and if he could be taken to Mataji and if he could be cured, it will be all right. This boy Ved Malhotra who is in Delhi, I asked him to come to Talwar Nursing Home. Doctor Talwar – is one of the biggest nursing homes in Delhi. That Doctor Talwar is the devotee of Mataji. He became devotee because with experience. He was getting blind and he was cured. This – Doctor Talwar Nursing Home – I asked him to come at five-thirty; I will also be there, and I will put you under the charge of Doctor Talwar. He will give you the Sahaja Yoga.

When I reached at six o'clock, I came to know Mr Ved Malhotra has again got an attack and again he is admitted in the Institute of Medical Sciences. I asked Doctor Talwar what is to be done. He said – you must have, you see when you will know more about Sahaja Yoga, you will know that the person sitting over here can experience what the other person can have, the condition. He said "No, it is an attack, but he will be all right. He will come back; he will come around and we will see to it that he is attended here properly".

After seven days, this man was discharged from the hospital. I went to him in the hospital, in the Institute. I said, "Wait, please go to Doctor Talwar and will you please?". Now, this is an experience and who can prove it. If you go to Ved Malhotra, he can prove it. He has saved his fifty thousand, he is cheerful, he is happy, hale, hearty. He is writing to me, "When Mataji is coming, please tell me, I only want to have Her blessings, that is all".

Because, without even Her presence, when I am sitting before Her, before Her photograph, I got my realisation. These are experiences, not one but hundreds I can narrate. At least, one of the judges, I took Her at a breakfast table. She came for breakfast at my home. One of the judges in Pune, he had completely gone deaf. I said, Mataji, please – because he was daily meeting me in the morning, at the swimming pool. I said come there. He came there and Mataji just put her hand like this on the judge saying, he keeps hearing a lot of wrong things that is why his ears have stopped working. She was just talking normally with us and everything. And after she removes her hand she says, "Judgesaab, can you hear?". He was stunned, spellbound.

These are experiences, gentlemen. These are all experiences in Sahaja Yoga. Not one, but hundreds could be explained. This is what I am telling you; it is my own self-experience. I am now working eighteen to twenty hours a day. But till 1982 when I met Mataji, I was having sixteen to twenty tablets in a day and my working schedule was only four to six hours a day. Thank you very much.

Shri Mataji: See, now the thing is that, as he has told you, Sahaja Yoga is not only for physical health. No, not at all. You must understand this point. You see, we are concerned about physical health and we talk too much about it. But you must know that common sense also comes from Divinity. God has got lots of common sense. Those people who are not going to give light – supposing this fan is not going to work. We are not going to repair it. Any lamp which is not going to get light, why should we repair it, unnecessarily? So, there is discrimination about it.

So, some people who come to Me, most of them got all right. But as he is telling about Rahul Bajaj, his own uncle could not meet Me; tried his level best – came to London. He could not meet Me. Just could not meet Me. Then he said, “It must be my luck”. But I did not say you do not have the “layki” (worthiness). You must have the “layki”. Means you must seek.

There must be seeking in you. If you are a sadhaka, of course, I am going to work for you.

But in the villages, it has worked wonders in Indian villages. So many people have been cured. So many. You know, we do not keep the list of people. Now, he is here because he came. He said, “Mother I must tell them because they are misled”. So many people are cured. So My main interest is not to cure people at all, but to give realisation. By that their mental health improves, their physical health improves – they become dynamic.

Now you will be surprised that those people who could not do well in schools even, today have become great. Now we have two people here from America – who have become big businessmen after getting realisation. They did not know; they had no personality at all. No personality. They came to Sahaja Yoga. We have them here today; two persons.

Then, you must have heard about Rajesh Shah. When we first came to Me, he used to cry, weep and he was full of eczema. Now he is the chairman of the junior Chamber of Commerce, this boy. And he is a real Sahaja Yogi. So, he was just an ordinary boy, very much depressed because of family things and all that. Now he is so dynamic – his own uncle came to Me and asked Me, “Mother what did you do? He is so dynamic.”

[Inaudible question/about cancer].

Shri Mataji (in Marathi): Yes, a blood cancer. He is sitting right here. Makhdoom, please come forward. Come along, come along. We had two (persons) come here this time, luckily. Now see them. Are they alive or not? And do they look unhealthy to you?

Sahaja Yogi: Arun Goyal. Doctor Goyal.

Shri Mataji: Move a little. He is an architect. A very successful architect.

Arun Goyal: I am an architect. I am in Dehradun. And this was in 1985; that I was suffering from blood cancer. I had been to Tata Memorial, I went to All India, I went to Chandigarh PTI and I was diagnosed. And then my father was arranging the foreign exchange and admission there and my reports were sent there. The diagnosis was confirmed there. And they said all right, come over.

I had twenty-three blood transfusions in about three months’ time. My haemoglobin came down to as low as 5.5. My platelets dropped down to 10,000. Like even if you prick a needle, the blood will not stop coming out. It will continue. So I was kept in a very intensive care unit. No visitors were allowed to meet me. Because I was prone to infection.

Then suddenly, one English lady, one Scottish lady – she was a Sahaja Yogini.

Shri Mataji: She is English. Linda.

Arun Goyal: She was in Dehradun. She came to know of me through a friend of mine. And I was in Delhi at that time. She came to Delhi. She met me. And she told me about Sahaja Yoga. About the chakras, about the nadis, about Shri Mataji. And, I was a seeker perhaps, yes I was. And I heard her, and I liked it. I did not experience it then, but something within me told me innately, that Arun, this is the thing you are looking forward to.

And I had been seeking a guru who could tell me the purpose of my life. Could tell me the meaning of my life. What am I living for? What am I? I never believed in God. I was not an atheist; I believed in nature. I did not know any answers. I read a lot of books – I read the Bible, I read Gita, Koran. I could not find any answers there. They say you have to know your Self.

I said how do I know myself. I do not know. Then when she was talking to me about Shri Mataji, somehow inside, I came to know that this is a thing that is there. And I felt very nice. I felt very peaceful, I felt very beautiful within. And I started meditating. And that was the day. It was in March 1985. And every week my blood used to get examined and reports were taken. And this was sometime in July-August that I was declared absolutely fit and fine.

I never went to England. I never went to America. I never had any blood transfusions in these five months. I used to have thirty tablets a day of Android. I never took those. I had never seen Shri Mataji, I never met Shri Mataji. Just on her photograph, I meditated all the techniques that had told to me by Sahaja Yogis. With all my heart, all my soul, with complete sincerity. And there I am. And not once did I ask on the photograph from Shri Mataji to cure me. Because I was told on the very first day – Sahaja Yoga is not a curing institution. It is not a hospital. It is for your self-realisation. And once you get your self-realisation, as a by-product of your self-realisation, you get cured.

Because asking for a cure for yourself is a very selfish purpose. That is not the purpose of your life. The purpose of life is to get connected with the mains. And once I got connected, I got cured. And today I am.

Shri Mataji: Thank you.

Sahaja Yogi: Arun Goyal.

[Applause].

[From this point on, Shri Mataji is conversing almost entirely in Marathi].

Shri Mataji (in Marathi): The main thing in that is, in all the four directions, all around us Paramchaitanya is spread. You need not believe it just because I am saying it. But if your hands can feel it, then you will become dynamic because it is the source of all shakti. You get connected with it. Just like this instrument gets connected to the mains like that. Then you know your purpose, you know everything.

And now how many people he himself has cured, that should be seen first. And Linda, the girl that he spoke about just now – that Flying Foundation that Mahesh Yogi had formed, she is a woman who has escaped from there. Now you speak. This is our Makhdoom Saheb. He has won many awards for his work in construction.

Mr Makhdoom (speaking in Marathi): My name is R.D. Makhdoom. R.D. Makhdoom. I am from Miraj. In 1960, I got my degree in civil engineering from Walchand College in first class. You know that thirty years ago, to get an engineering degree with first class, that too, first-class in civil was impossible.

Shri Mataji: Tell them everything so that it is all right. Do not be shy.

Mr Makhdoom: Only four or five students in the university would get the first class. Thereafter I have done my M.Tech. in IIT that too in Structure. Anybody who has an idea knows that post-graduation in Structure is next to impossible. That too from IIT (the most prestigious engineering institution in India). Out of this, I came out extremely arrogant, full of "I know everything", no idea whether God is there or not. Second thing, I said I am from Miraj, from Krishna Ghat, Dudawat. Health-wise, I was so healthy that even jumping from the tenth floor could not affect me; I had never been to a doctor. In 82, I will have to use some English – I fainted at a site.

I had never been to a doctor; went casually to a doctor and asked him to see. The doctor looked over and said it looks like you have low blood pressure – just keep some sugar in your pocket and it will get better. But unfortunately, even keeping the sugar with me did not help. I will tell you that on 15th May 1982 – at Muktaan Swami's Math, you might know of Muktaan Swami's Math, I was doing some work at the library there. I not only fell on the slab but had to get up twice and on the way home, up to three floors – I had to sit down at each floor. Then my family members were frightened, and they said we better go to the doctor because it looks serious.

Before that, I never had to go to the doctor or take any medicine. Or, in fact, you will be surprised, I am an educated man. But what my blood group was, I did not even know because I never felt the need for my blood group. Thereafter I got admitted to Agrawal Clinic which is in Mumbai. I got admitted and they said, let us carry out the tests on him. The tests were done – say X-Ray, blood and they noticed one thing from that the haemoglobin, the haemoglobin which is in the blood had come down to 9. They said to take bed rest and then we will see what to do.

Then the next day, it was continuously dropping. On the second day, it was down to 7. We went to ask; my oldest son's blood group was matching with mine. I took the blood (transfusion), it went to 11. Again on the third day, it came to 7. Again it started down and down. Means a stage had come when it was last checked it was 5.4. The doctor had a doubt that he should send a sample to Reptel (lab?) for computer testing and the same was confirmed. Thereupon doctor said that the medicines are ineffective, there is no use giving blood, you better go home and do what you want to do.

Then P.C. Mehta, who is connected to Jaslok, did the bone marrow testing there and he said, we will inform your doctor, you can leave. Thereafter we went to our doctor, Agrwal clinic and he said that nothing is possible further, you can go home. Think about it, my weight at one point was 75 (kgs), when I was admitted it was down to 54 (kgs). Haemoglobin, I imagine, doctors says for a healthy man should be 13, between 11 and 13, it went up to 5.4. Means for a man in construction, it was difficult to even climb up anywhere. In this situation a man loses hope, what can one do?

What I want to say, I mentioned my degree, that I did not have much belief in God. Then I thought what should I do now, there is no doctor for this, it is of no use. Then in our group, there is a relative named Patil, who was a devotee of Shri Mataji for the past five-six years. He thought that let me take him to the centre one day; given the treatment. Just will not believe it. I am not refusing to show my papers, in fact, I have them with to show you. That is three months, my weight which was 54 went to 65 and today I weigh 76 kgs. Haemoglobin I did not test now, but when I tested after six months, it was 11.8. I believe, or rather I am confident that it should be now over 13 or 14.

So what I want to say, what my goal is, is that whatever happens, it is not mere faith. Faith means, we have faith; but unlike others, it is not blind faith.

Shri Mataji: "Dolas" (with open eyes).

Mr Makhdoom: Dolas. Today I am well, I say this with pride – I am not trying to get some profit out of this. The main benefit was that the thread of my life which was broken, it continued once again. That is my faith, the faith that I have in Shri Mataji is with my eyes open; it is not blind faith. The other thing I wish to say is that if you say, take this person and give him self-realisation. If he

is not in that state, he has no desire, he has no faith – then what can one do? That I should get better, that I should get the experience; that inner tumult should be there. If there is no seeking how can he be a seeker? You do not want to do any sadhana, take any effort, then how can you become a seeker?

You take more effort into work – you go to work eight hours a day. Without doing any work if you want to get benefitted how will it happen?

[Inaudible exchange between Shri Mataji and Sahaja Yogis].

Shri Mataji: That is for later. Not now. Please speak further. First, you have to get a self-realisation. Then it is easy. First, you have to get a self-realisation.

Mr Makhdoom: My objective in saying is.

Shri Mataji: First it is easy. Getting self-realisation is easy. Then you have to do sadhana to reach the goal. It is not so difficult. Five minutes in the morning and ten in the evening. Nothing special. Now to talk about him – when he first came and I saw him, it was, what will happen to him now. His face was red and purple. And his whole body looked like he was just going to collapse. When I first saw him I thought about how it was to be done. But he had inner faith. He was like that.

Because he says he was arrogant, but so many people are arrogant these days. From where does arrogance come? From ignorance. An ignorant person is arrogant. Arrogance is not a problem. But he has faith within. So the Kundalini correctly recognises how each man is. She does not rise within everyone. In some people, she does not rise at all.

I am happy you have come. This is another Doctor Regis who has come. Please be seated. Sit down, sit down, sit down.

[Inaudible question from a journalist].

Shri Mataji: He is a blatant liar. Absolutely a great liar. In 1970, I told everyone. Was anybody ready to listen? You tell Me. No cure, he has not cured a single person. Show one doctor's certificate. Instead, those who went to him, came to Me bringing heart problems. They are here, he is here, Mr Mehtani. He had a heart attack four times because of that man.

[Inaudible question from a journalist].

Shri Mataji: No, no, I will tell you. That too, that man had Kundalini awakening. Now I will speak on another point. Now whatever has happened has been about health. Yes, please speak.

[Inaudible question from a journalist].

Shri Mataji: Now that is how it has happened. I will tell you. They have their papers with them. Now they look well, they were told they were going to die within eight days. The doctor had told them that your condition is such that, listen – those are their papers. They have their papers; you come and see and then see how they are now. Now they do not have any problem.

See the papers of this gentleman also. If I keep doing this, then the work of Kundalini awakening – are you going to do that?

Sahaja Yogi: Look here, Sir – the doctors with us, they have done the work, as said earlier. Dr Chugh who is there has worked in Irwin College. In the hospital.

Shri Mataji: Big doctors.

Sahaja Yogi: And these other studies are interesting studies. I suggest that you should also see those.



Shri Mataji: What I feel is, that there is a lot of such work done. They should come, meet the doctors, work hard and diligently. What are we going to gain by lying? Because we do not take any money. Doctors also take money. We have cured people without taking a single pie, at least you must realize this.

[Inaudible question by journalist].

Shri Mataji: No. The thing is, that you do not make a judgement now. If you ask Me, then you are, you are a seeker. But you do not know that. But your Kundalini knows because she is your Mother. It is like a tape record of you. She knows all about you – whether you are a true seeker, what all you have done, everything she knows. And she is desirous for your self-realisation, absolutely desirous, and she is sitting. You all have your own individual Kundalini. And what your state is, she knows so you should absolutely not make a judgement about yourself. Let her do.

The meaning of a true seeker cannot be said based on external appearance. But like he is saying – you know, there was one gentleman; we went to Singapore and he said this man is very evil, this, that – I said let Me see. Muslim. He got self-realisation in an instant. Then what to do? He got it.

[Inaudible question by a journalist asking about the scientific definition].

Shri Mataji: The scientific form of it is, that if you know about the parasympathetic nervous system. This is the subtle form of the parasympathetic nervous system. We say about the parasympathetic nervous system that in this parasympathetic nervous system, the Sushumna Nadi within it starts working.

And this Kundalini, which is there, is an energy in a triangular shape. Till the time she does not get awakened, she is in a dormant state; doctors also cannot see her so how can you? And if they have to see something they will need a microscope. A microscope is required. Similarly, if you want to experience something then you need Atma sakshatkar otherwise you will not feel anything. Will, you cut the medulla oblongata at the spine? Will, you cut the chakras and see them for yourself? From a medical point of view, everything has to be dissected and you will still not see it. Because it is energy. Energy cannot be seen. It is there but cannot be seen.

That is why it cannot be seen. Science has not yet reached there. We have gone further than science.

[Inaudible question from a journalist about scientists].

Shri Mataji: No, no there are plenty. Do not say that. I just named Jung to you. And the point where they have reached, they have been getting a little closer to where we are. Doctor Mishra is there now. He has discovered something. Like this, they are getting a little closer. The advanced things that we are talking about, I would say, you do not put your attention into it. I would say first put the attention in the present.

What are the problems in this country? There are some, isn't it? We have to do some good for our country, yes or no? This is a question to the press.

[Inaudible].

Shri Mataji: The world will be get done, but first let the country get done. Now to fix the country let us see what the problems are. In that, the health of the people is not all right. Agreed. Our society is in disarray. Casteism has spread. There are many kinds of things. For all these, the solution is Sahaja Yoga. For all these, the solution is Sahaja Yoga. Means there will be a lot of benefit to society.

Now the second problem – we have a very big issue regarding agriculture. Now you will be surprised we have Doctor Hamid here, who is a U.N. advisor for agriculture. He has done a lot of research on agriculture. We have Doctor Sanghvi, who has not come here today – he won the title "Star of India" because he developed one type of wheat. Now the day before; I do experiments, I conduct some experiments in my house. Means just Sahaja Yogis giving vibrations. Then, first, we took some non-hybrid seeds of sunflowers. We gave vibrations to the non-hybrid seeds. It became a very big sunflower. Over two feet. And there was a lot of oil extracted from it.

Now, this is one thing. Next, rice. Now they said basmati cannot grow in Pune. OK, I will show you just now. Now see this, he himself has done some experiments. See this. See the difference.

Sahaja Yogi: We have brought the projector.

Shri Mataji: No, there may not be time left now. Let them see. Now, whatever we have done, this is what he has brought it. Now they are taking so much effort, poor things. And here we have purchased some land, they are ready to come and stay here. They feel that if agriculture increases in India it will be good. Now the next thing I say.

Sahaja Yogi: We can show slides afterwards.

Shri Mataji: If they want it, all right? So you can keep it up there. You can keep it. I will show. Now it has come in time otherwise how could we know that was going to be such an attack upon us. But we are in readiness.

Now the next thing, they said basmati rice cannot be produced here. I said, why not – it can. Gave vibrations. After giving vibrations you will be surprised that in one acre we planted 60 kgs and there was 1400 kg produced. And it is such basmati rice that the Rahuri people who came to see said, "Ma, we have never seen such rice". They gave a certificate.

[Inaudible question/name of the rice variety].

Shri Mataji: Chaitanya. It was named Chaitanya. The chaitanya was flowing from My hand; it will flow through you. If you get self-realisation, it will flow through you as well. And in that I only gave chaitanya. And that made such a difference. And non-hybrid. We used non-hybrid seeds on top on that.

[Inaudible question].

Shri Mataji: What? All right you can take it from Me now. And the seeds we got from that, there was a drought here and no one was ready to take them. What is this situation, I did not understand. Now they had raised a donation (for seeds), they just sent it back to Me.

[Inaudible question about patients].

Shri Mataji: There is something like that. In a few days, I feel that not everyone will come to Sahaja Yoga. We have worked for eighteen years and after that how many people have come to Sahaja Yoga? Let the doctors be there for the rest. They will not come because of arrogance. They think no end of themselves. Their heads will not turn this way. It will just not go into their heads.

I will tell you this is an extraordinary thing; I am doing Sahaja Yoga for eighteen years now.

[Inaudible question/difference between Raja Yoga and Sahaja Yoga].

Shri Mataji: In what? There is no difference in that. In a way there is. I will tell you.

In Raja Yoga what happens is when your Kundalini rises there are bandhas formed within you. Means the Kundalini has to be contained, no? Means like you start a car then all the parts of the car start working, the events that take place. Such as when the Kundalini reaches the Vishuddhi, then kechhari, the tongue gets pulled back a little. It is not very noticeable, but it happens.

But what these people do, in the modern Raja Yoga; now I had gone to Los Angeles – there they had cut people's tongues. Oh, some old members – there was one doctor from our Nagpur, poor thing. He could not talk. He wrote it down that I did Raja Yoga. Tongues were cut so that they could be taken to the back of the throat. Why – they say to do kechhari.

Means, if your car is not running and you start destroying the tire, will it run? This is the modern Raja Yoga. Similarly, today's Hatha Yoga is also modern. Means there is no system to it. Just anyone starts doing it. For each type of exercise, there is some meaning. And after observing that, it should be determined what should be done and where. Now if there is a liver patient and you tell him to do something complicated for the stomach, his problem will double. In fact, Hatha Yoga is not at all good for a liver patient. Ha-tha. Ha-tha Yoga is described in Patanjali. Means Moon channel and Sun channel both are described. Just one is not described. They work only on the Sun channel means "prana" (breath).

[Inaudible question by journalist].

Shri Mataji: True (ones)? If I tell someone's name they are [inaudible/consumed?]. I feel very sad.

[Inaudible question or comment by a journalist on the same subject].

Shri Mataji: At this time, there is no one in the market. There is no one in the market.

[Inaudible question/ about Rajneesh].

Shri Mataji: Whatever can be said is not enough. Why are you asking Me to talk about this man? All filth. What?

[Inaudible question].

Shri Mataji: What is he saying?

[Inaudible question/ about Andhashraddha Nirmulan].

Shri Mataji: Oh, they are blind themselves. Themselves they are blind. They have just taken a stick in their hands and are running amok hitting everyone. Now when the hand is raised upon Me, they will be exposed. They did to the others that we're right because they were in the wrong. But if they raise their hands against Me, then we will have to expose them.

[Inaudible question/ about objections to Andhashraddha Nirmulan].

Shri Mataji: You, Andhashraddha Nirmulan, are you from there? No. Then what I am saying is that they write to Me. They should write a letter. They have not written a single letter, nothing. I will tell you we had a program here yesterday and they immediately published about it. In the paper. Just openly, did not even ask us or anything.

[Inaudible question/ about why the letter is required].

Shri Mataji: If they write to us, we will act. You know, forget three months, spend three hours with that man Manav.

[Inaudible questions].

Shri Mataji: Yes, but they have to see My time also. I am a busy woman. I am not just sitting and conducting some objectionable activities.

Mr Malhotra: We have never paid for any treatment. I have never paid Her for my treatments, except for my respect and love that is all.

[Inaudible, a chorus of voices].

Shri Mataji: No, no he did not understand. Look here, I will tell you. Now if just randomly someone keeps challenging Me, I should have the time, I will give the time. But My time is very limited now. Because I am leaving tomorrow morning. Tomorrow morning I am going to Brahmapuri, from there I am going to Satara and after that Kolhapur, Ganpatipule, then Mumbai. And from Mumbai, I am going to Australia. So I do not have time now.

But if you take an appointment for later, I will give the time. But these people are here. What I am saying is that you come to the centre and meet everyone. Do you know what else he did, shall I tell you the truth? I have to tell this.

Someone: Please tell.

Shri Mataji: Last time, I had a program in Mumbai. So in Mumbai, there were twelve thousand people in DeSilva (a school). All right. They have 20, 25 people. Not many. These 20, 25 persons had come and were sitting at the back. I did not have any idea. We have two types of books – one for Sahaja Yogis and the other for everyone else, to be sold. So one gentleman was sitting with the books at one place, which was to be distributed.

So this Manav Saheb came from the back and would keep clicking My photo every now and then. So they told him, why are you taking the photos now, let Mataji speak. But he kept on taking the photos. Finally, I told him – you please wait, let Me finish My speech and then you can take the photos. Just forcing for no reason. I told him, please sit quietly for a little while, Then he sat down.

And he told these people a lie that, “I am a journalist, I am this, I am that”. Just kept on telling lies. No objection to that even if he was lying. Now the people who were sitting at the back, what they had I do not know. But this gentleman brought one of the books in his hand. So these people asked him where did you get this book. So he said, I got it at the back.

So these people went to the back and said that this book is for Sahaja Yogis, do not give it to non-Sahaja Yogis. Why did you give it to that man? So he (the bookseller) said that it was just snatched from him. So at that time, whatever took place got over. But then. Amrute who was sitting there to sell the books – suddenly 20-25 people rushed upon him. They grabbed all his books, tore all My photographs and even tore his shirt and roughed him up. Within eight days that man died. Understood? In eight days that man died.

But we did not have any proof. Because it was completed by then. One man phoned Me, but I will not disclose the name. Another sent Me an anonymous letter. Then after that, I left for London. After I went to London, everyone here was without support. But this story is true. This is how it happened.

Now, this is a criminal issue now, you tell Me. Now how did that man pass away from heart trouble, how happened to him. These people indulge in such things. What benefit was achieved? What I am saying is that if you have to throw a challenge, or anything else, come and meet Me and talk to Me, have a discussion with Me.

They came to Me; their tape recorder was broken. We got a tape recorder for them. There were no tapes, we got tapes. For three hours I sat and explained, more than even what I am telling you. After they left I said, this is “pouring water on an upturned pot”

(meaning useless). And I was happy that if they are actually doing such work, it is good. But till now there is no intellect behind it. That is why I explained it to them. But their Kundalini will not rise at all, what can I do? It does not rise at all what can I do? The problem is My hands started painting; My hands ached.

[Inaudible comment/challenge]

Shri Mataji: My saying is, what right does each and every person have to come and challenge?

Someone: What are your (anybody's) rights?

Shri Mataji: What is their right to challenge Me?

[Inaudible/chorus of voices agreeing].

Shri Mataji: Have I caused any harm to you? You challenge Me if I have harmed you in any way.

[Inaudible].

Mr Malhotra: Please tell me, yes.

[Inaudible/question about exploiting].

Shri Mataji: What exploit? What exploitation?

Mr Malhotra: What exploiting? She is not charging money for anything.

Shri Mataji: I will tell you. I am not fighting for elections. By God's Grace, I am from a wealthy family. My husband is also wealthy. He has a very large salary. And fourteen countries have bestowed awards on him. And the country of England has now decided to give him an award, a very big award will be conferred on him. In our country, there is no other person who has won so many awards, internationally. Understood?

And he has received two doctorates – in England and here. And I am his wife. I have no lack of anything. Wherever we go, people surround Me, the way people are in attendance around a Prime Minister, that is My situation when he is with Me. In spite of all this, I am visiting all these wild and remote places, I am struggling here, and you keep giving me challenges, do you have any brains or not? Instead of seeing all the work that I am doing, they are after Me with no holds barred.

The reason for this is our Maharashtrian brain. Maharashtrian brain. Inquisitive and pulling everyone down. We keep pulling everyone down.

[A journalist is interrupting].

Shri Mataji: I will tell a joke, will tell you a joke. There in America, a Maharashtrian man from America told Me. That some scorpions came to America for an exhibition. On all the scorpions, they had come from India – there were lids on all the scorpions. Only one did not have. So when asked why, the response was that this is a collection of Maharashtrian scorpions. They keep pulling each other down so how is any scorpion going to come up?

[Inaudible question by journalist].

Shri Mataji: Now, I am from your Maharashtra. I am like you. I teach everyone the Marathi language. Did you listen to the song yesterday of these people? Come and listen today. Your – they sing the jogwa, they sing the powada. They, ah, Aigiri Nandini is

from where? Which book of Sri Shankaracharya? Which book is it from?

Aigiri Nandini. It is such a difficult shloka. They recite it so clearly. Even you cannot utter it so clearly, as they recite it. I teach them all the Marathi language. After doing all this, when I come to the Marathi land, everyone has garlanded Me. "Wah, wah, wah, wah, what a wonderful thing".

[Inaudible question by journalist].

Shri Mataji: Oh, that too, in Maharashtra especially.

[Laughter all around].

Journalist: Do You have faith in palmistry?

Shri Mataji: Yes and no. It is useless. After coming to Sahaja Yoga it has no effect. It has, before coming (here). After that nothing happens.

Journalist: Among lakhs of people, Your hand is different.

Shri Mataji: He is clever. They have drawn My Kundali (horoscope) also.

Journalist: Yes, we have seen it.

Shri Mataji: They have drawn in. And they have published it in Krishnamurthy style in Madras. There is so much excitement in Madras. But it is not possible in Maharashtra. Not possible. We are just inquisitive.

Mr Malhotra: I tell you it is all experience. [Inaudible].

[Inaudible question from journalist/open mind].

Shri Mataji: Open mind does not mean it is one-sided only. Receptivity should be there, a little at least. Not just convexity all the time. There should be some reception. Otherwise what will be gained? If you are not willing to receive at all then what can be done? Like pouring water on an upturned pot.

[Inaudible question from journalist/about Manav].

Shri Mataji: No, he has done Me one favour. I accept that he has done Me one favour that because of him, you all came here, and I could explain everything. This I accept.

[Laughter and applause].

Shri Mataji: Now write it all properly. This is all from Maharashtra, the legacy of Maharashtra. All right? And there is no language like the Marathi language. I teach them all Marathi there and what is this that you are writing here?

[Pause, inaudible side conversations].

Mr. Malhotra: [Inaudible]. Senior most journalist.

Shri Mataji: Now write it appropriately. Yes? Nice, nice. Ramadas Swami has said, "Maratha tituka melvava" (the Marathi people should unite), but where are those Marathas gone?

Sahaja Yogi: There will be a slideshow by Doctor Hamid where he will show the results of agriculture output.

[Conversation between Shri Mataji and Sahaja Yogis. Journalists have started assembling closer to Mother's seat].

Shri Mataji: Now write it a little strongly. This should not be done. Someone from our country is coming [inaudible].

Sahaja Yogi: Now, there will be a slideshow by Doctor Hamid on his experiments with agriculture. That will be shown now. It is a slideshow. Slide show. Request everyone to wait.

[Inaudible question by journalist].

Shri Mataji: Oh there are so many "labaad" (cunning) people in this world, horribly cunning people. And in our Hindustan, cunningness seems to be religion. That is also eradicated by Sahaja Yoga to tell you. All sorts of cunning go away.

[Inaudible conversations. Mataji is also talking to a Sahaja Yogi].

Shri Mataji: It is going well but after going there he did something. That boy is a little odd. [Inaudible], sent him abroad. Even after going there he is troubling others.

[Inaudible comments by Sahaja Yogi].

Shri Mataji: She did not get self-realisation or anything. He came and we put him in Sahaja Yoga. We thought he should have better days so sent him to Australia. Even there he is giving trouble.

Sahaja Yogi: He had a second marriage there.

Shri Mataji: There? I have not been informed yet. He is up to all this kind of business there. He has cut my nose to such an extent, what can I tell you. Now, what can a Mother do to resolve this?

Journalist: [Inaudible]. I had published Your decision to [inaudible].

Shri Mataji: Nice.

Mr Malhotra: What paper is this?

Shri Mataji: Rashtra Tej (Light of the Nation). It is a nice name, Rashtra Tej.

I feel so much about Maharashtra. Otherwise, if I go to Russia right now, I can work on thousands of people. All the people there are just waiting. But I Myself do not know, what there is here. But people should have some brains, what do you say, to at least think?

(To a journalist): So how are you; you have seen My hand?

[Inaudible reply].

Shri Mataji: No, he drew up my Kundali (horoscope) also. My birth year is 1923.

Journalist: This Kundalini awakening is considered to be very rare.

Shri Mataji: Yes, that is right. Agree. 100 per cent.

Journalist: [Inaudible/reference to the Upanishads].

Shri Mataji: Absolutely correct. It is correct. Absolutely 100%.

Journalist: The how is it that You give awakening to so many people?

Shri Mataji (to Sahaja Yogis): Give him realisation. From behind.

[Sahaja Yogis are giving realisation to the journalists].

Shri Mataji: Done, done. Do not have doubts. It is done, no? Do not question. This is beyond intellect. If you doubt, then you are down to the level of intellect. Now see if it is coming from his head.

Keep your eyes open. I am sitting here so eyes should be kept open. Yes, done. They are realised. Now keep your neck down and put your left hand like this. From the brahmarandra here, a coolness will come. From your own brahmarandra. [Inaudible] is coming, from many. Yes. Yes. Done. It is coming, no? Now put your right hand towards Me. Keep left hand. Now the right hand. Means, change the hand and see. Yes, now see this.

Done. I would be done for everyone today if they had asked. Now, look at Me in nirvicharita. Becoming completely nirvichar. See, it has happened. You have it now. Totally relaxed. Totally relaxed.

But now you can say it is the sprouting of the seed. Now they will become trees.

When I went to Gujrat, there all the journalists organised a conference. And (said), first give us realisation and then we will talk. Everyone got realisation. It was advertised everywhere there was a lot done.

Today seems to be an auspicious day, My namaskar to all journalists. Now it will be the true witness state. Now you will be truly in witness state. Earlier it was just biased. Now you will write about the real truth. And then a man develops so much faith in it. There is no fear of anything. They will write only what is true.

Journalist: No, we are not biased. Professionally, we ask questions. Sometimes it is difficult, sometimes you may not like it. We are doing it as a duty.

Shri Mataji: No, but what I am saying is; that I agree. But the thing is, there is no judgement to it. No judgement. If anybody gives any type of report, we accept it. That is what it is. But we are not there in person.

But now what happens is that we understand immediately. That this man is not right, he is doing something wrong. There is something wrong. Whatever we write, it will create some problem. There is complete, total discretion. And the Kundalini will work through your hands.

Now all of them here who are giving realisation. See here, he is an Irani. And people have come from different places. That is Doctor Spiro who has come from England, this our Regis, he is a Doctor of Science there. All of them are big scientists, they are physicists.

All right. Felt very happy to meet everyone. Now keep some face of Maharashtra.



Journalist: Why do you say that we do not understand?

Shri Mataji: (Laughs) I will tell you why.

Journalist: Yesterday also you massively criticised the newspapers. You criticised Sham Manav and then the newspapers also. Now what happens with us is that we never write anything from one side only.

Shri Mataji: Please listen to Me.

Journalist: If someone publishes something, we are compelled to publish it also. [Inaudible] publish it.

Shri Mataji: But why did you not ask us? But why did you publish it without asking us?

Journalist: He gave a challenge. Once he gave a challenge, we are going to publish it.

Shri Mataji: Then you will give anyone a challenge. My view is that why did you publish it without asking us first? You should ask us, under all fairness. Is that so or not? Under all fairness, you should have asked us first. Without asking us, it was published just at that time.

Now see how many consequences there were. First of all, when the police came to know, they came running. Because there could be violence. So you wasted the energy of all those police. Agreed? Now after that many – last year, many people had turned up – many people got scared and did not come. Means they also could not benefit.

Now have you understood. Now, this, if it was asked to Me, I would have told you and it would have been all right. That is why I criticised. Nothing else. You have to take responsibility. And you have such a great responsibility as no one else. Because you have the rule everywhere. To write anything about anyone.

All right, you write about everyone, what is the objection if I criticise? This is a Mother who is talking.

Journalist: No,

Shri Mataji: Have you given out the chocolates?

Sahaja Yogis: Yes, we have distributed to everyone.

Shri Mataji: They have got chocolates for all of you.

Sahaja Yogi: "God bola" (Talk sweetly). Take the chocolates and talk sweetly. (Laughter).

Shri Mataji: These are all the games of love. There is nothing to fight about. Nothing to quarrel. This is for your benevolence. We are striving for the benevolence of everything. What is there to fight about in that? For everyone's benevolence. Tomorrow if something happens to you, we will stand behind you.

But Akkalkot (Swami) is very great. Do not have doubts about him. He is very great. Only those people say that let Mataji only do all these things; we are not going to do it. Because it needs a Mother only. Who else is going to work so hard? Every night I sleep at 3 am and get up at 4 am. That is work every day.

Mr Malhotra: every day She is awake till 4 am. Anyone who comes they are worked upon, cannot let anyone go just like that. So what is the need for the challenge? Why? Anyone on the street can come up and say I will challenge you.

Shri Mataji: This is a sign of mental illness and of authority. What is your right to challenge? I then challenge Myself – I will give four lakh rupees if they can prove what I am saying is false. Four lakh.

But the thing to mention is, that when I spoke in Marathi it was all right. But abroad they felt extremely bad about it. They were sad. Because they filled with so much faith and love for Me within themselves. And they do not understand that - this woman who got the Peace, this woman, Madam Teresa who is Mother Teresa. She just converts people and she has been given all this. All the money she has taken from the people of Calcutta. And she brings in these sick people and converts them and she is glorified all around.

Journalist: Everyone goes to inquire about her health.

Shri Mataji: What? Yes. And these foreigners feel that why so much for this woman and the one who is doing the real work is Me. Nothing about Me. Nobody has thought for Me. So there has to be something about My work now.

Journalist: All this you are doing is ordained by Ishwara.

Shri Mataji: What?

Journalist: All this work you are doing must be ordained by Ishwara.

Shri Mataji: All ordained by Ishwara.

Journalist: Then who gets the credit for all this work, God or You?

Shri Mataji: To Ishwara. Why Me? Does anybody give credit to the mother? All credit is given to the father.

Journalist: (Laughing) All to the father.

Shri Mataji: Even though the mother gives birth, goes through all hardships, even then we fight only with her. Agree, no? Nobody gives credit to the mother. But when the mother is gone, then it is understood, what the mother is. Before that, it does not dawn. Then it feels that life is gone.

Journalist: Namaskar (Farewell).

Shri Mataji: Namaskar. Infinite Blessings to All. All of you come today evening and bring others with you.

[Sahaja Yogi reminds of slides, but everyone is leaving now].

Sahaja Yogi: Shri Mataji some slides have to be shown. Of Doctor Hamid. We have to show Doctor Hamid's slides.

Shri Mataji: Now it is all done no? Show them in Ganpatipule.

Sahaja Yogi: Bombay also we have a press conference.

[Shri Mataji is reminding departing journalists to come to the centre].

[End of recording].

## 1989-1229, India Tour Angapur Tape 7

View [online](#).

29 December 1989

Talk to Sahaja Yogis

Angapur (India)

Talk Language: English, Marathi | Transcript (English) – NEEDED | Translation (Marathi to English) - NEEDED

1989-1230, Talk to Sahaja Yogis: On science

View [online](#).

30 December 1989

Talk to Sahaja Yogis

Brahmapuri (India)

Talk Language: English, Marathi | Transcript (English) – NEEDED | Translation (Marathi to English) - NEEDED

## 1989-1230, Devi Puja: In 10 years we can change the whole world & Weddings Announcements

View [online](#).

30 December 1989

In 10 Years We Can Change The Whole World & Weddings Announcements

Devi Puja

Brahmapuri (India)

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

[English Transcript]

I'm sorry what has happened yesterday, but I think the war has begun between the evil and good, and after all the good prevails. In these modern times, evil used to prevail on good but now, in this Krita Yuga, the evil will be completely conquered by good, and not only that, but good will spread all over. The evil has the capacity to go to extremes and then to fall out of the evolutionary process completely. Because they are blind they cannot see the good that's why they are evil. If they could see the good they would give up their evil.

In our country which is a country of yoga, especially Maharastra which is the country of the saints, I was amazed to hear what people are up to. One of the real source of this nonsense seems to be Rajneesh, the horrible fellow, because he has made an exhibition here absolutely denouncing all the deities and saying all kinds of dirty things, and I think the chief minister of this place is also hand in glove with him and they are all trying to prove that there is no God, there is no spirituality. They want to establish that science is everything. We have no heritage of science in India, we have the heritage of spirituality. I mean nobody is known as such a great scientist in this country. Nobody has made any special inventions and the way people are organising it in the name of science, there is hardly anyone who has done anything of science. So, it's the evil which has taken this new form of talking about science and denouncing God.

Of course, in the West also the same thing has happened to a great extent but not to that extent. They have not discarded everything that was spiritual. But here they have gone headlong, those few people who are there, very very few, but they are there. So it's a very bad growth in this country, it won't survive I know, it cannot survive because this country is so full of spirituality. In the West, because people took to science, they have lost all culture of society. There is no culture of society. The etiquettes are limited to fork and spoon or how you wish each other. There is no other culture. It's so outside, there is nothing deep really. Because they have taken absolutely to the modern or we can say that it's the industrial evolution of the people, they have taken to all that and have lost contact with reality.

The culture of any country can only survive on spirituality. Science cannot talk of this and it has so many limitations that it cannot even answer simple few questions that are facing them. Above all they have no idea what is love, they have no idea what is the all pervading power. Now you all have felt it, and you know what it is, and you know how to use it.

So, under these circumstances I find that those people who are mediocres in Sahaja Yoga cannot help much for establishing goodness. You have to be very clean within yourself, you have to be very powerful within yourself and you have to be extremely sensitive.

So, we are not to waste our energy, our attention onto superficial and nonsensical things. We have to get out of it and we have to become people who are detached, detached from any things which create problems. If you take a detached view of everything you will have a kind of a life that will nourish your society which is now sick, is a sick society, is a decadent society. And for that decadent society you need people who are very morally strong, who are tremendously pure and who know everything about Sahaja Yoga.

The mediocrity in Sahaja Yoga is very common in the West, very common. And so much involved into their personal problems

that I cannot understand how will they rise above this nonsensical, personal viewpoint of view. So, one has to realise that the whole tree that has grown outside so much due to industrial revolution, has to seek its own nourishment from spirituality which is in India. No doubt. Spirituality without development, it has no meaning. Spirituality has to have development outside otherwise it is lost in the Mother Earth. It has to sprout and it has to show results, which we are showing no doubt. In so many ways Indian Sahaja Yogis are trying to show that, though they are rather slow about that point. So, it's something funny that, in the West, people are rather slow, Sahaja Yogis are rather slow about their spirituality, and in India people are rather slow about their manifestation outside.

Unless and until we really do some dedicated effort it's not going to work out. So I hope, as we have circulated letters, that we have come here not for fun but for dedication and for our ascent and it's a pilgrimage. Talking loose, talking about small things, quarrelling with each other is out of question of course. But domination, terrible domination of falsehood, just to think that you are leaders, or, "Why is he leader?", you know, shows that we are not yet worthy.

So, the worthiness of a ship is very important if it has to fight the turbulence of the sea. If it cannot fight the turbulence of the sea then it is definitely not seaworthy and it is absolutely useless because it cannot go across. In the same way if you have to be something, you have to work it out in such a manner that you really become worthy of crossing this ocean of illusion and that many could cross with you.

As in India they have started at every place, at every home, at every family, a center. If they invite people, they talk about nothing but Sahaja Yoga. Now you can go all out to talk about it, I give you permission to tell them that I have come, there's nothing to hide. And you have to go and open the doors of many churches and many temples and many organisations and tell them that I am there.

Now the time has come, you can see it so clearly, it's so obvious. First, I used to say I would not go to the newspapers, this not good that's not good, let us work it out. But it has come now so much, that I have to say things and I am going to say them, very openly, I am going to say them. But I want all of you to be such that nobody should point out a finger at you to say, "Oh, this is a Sahaja Yogi. And how this Sahaja Yogi is behaving!" If somebody is stupid and not working it out, it's better to get rid of such a person. Or else help that person and tell him that, "You have to come up. You can't be here, we don't want mediocre people here. We want some very extraordinarily, pure people."

The purity is the main point which we have to have. Once you are pure you don't have to worry, then I look after you. But the purity of mind, purity of heart and the purity of your attention, these three things are very important. When it works out, you'll be surprised, collectivity will grow in no time. Is a tendency among Sahaja Yogis also, still, to go back to the same materialism and to try to have your own house, your family, your children- sort of a nonsense. We have to be in the ashrams and we have to work it out, we have to work it out very beautifully that we all live very happily in the ashram. But I find still people cannot work it out that way. They are more concerned about their jobs, concerned about their things.

Once you live in the ashram, I'll see that you get everything. But if you do not want to have the blessings of God, how can anybody help you? So tremendous sacrifice is needed. Of course, as you know in Sahaja Yoga, I don't need any money from you at all, but sacrifice is very important, and sacrifice of nonsensical ideas that you have. In every way we have to show that we are Sahaja Yogis: the way you dress up, the way you live, the way you think, the way you behave, the way you have relationships with each other and the way you lead your married life and the way you look at your children.

Unless and until you have purity, the light of love will not shine, the light of love will not shine. You have to absorb the light of love within yourself. But you cannot unless and until you are a pure personality. And that pure personality has to develop by your meditation, by working hard, it's a question of few years. In 10 years we can change the whole world, in 10 years! But you have to be really very dedicated.(applause)

It is you who has to change, not Me. You have to work it out, not Me. I have done my level best but within 10 years it should be possible that every Sahaja Yogi should become a tremendous force of Sahaja Yoga. So, please try to avoid all those who are

mediocres. If you find mediocrity, the leaders must go all out to correct them, all out to tell them off. Don't tolerate. You don't have to be very mild on this point. You have to tell them frankly that, "See now you are an extremely mediocre person for Sahaja Yoga". It's not meant for mediocres. It's not meant for foolish people, it's not meant for stupid people, it's meant for something who are ready to sacrifice anything for the sake of truth."

These people are saying that, "Why don't you go the way of science?" I say, "Why don't you go the way of truth?" Take to truth. Science is not truth. Today it might appear, tomorrow it disappears. Today you may think it is correct but every hypothesis is challenged, every law is challenged, that's no law. You have to use Sahaja Yoga in every practical life, everywhere. But in no way you have to be fanatic about it.

Like I have seen some people start giving vibrations or they start moving their hands for bandhans, even if I am sitting, they are doing like that. There is no stupidity about it, it has to be very dignified, decent and decorous. But for that we need really people of quality. And a complete obedience is needed I must say.

I have told Indian people that time that they must have a proper case done for them, they just didn't listen to Me that time, they said "Mother, why do you want, you know, you'll be in trouble and all that". If they had listened to Me there would have been no trouble today. But you must listen to Me what I say, don't give Me explanations, don't give Me logic, but I know everything you know that. I know everything.

Now we have something good for you is the list of the marriages. But marriage is not such an important thing that you think about. It's not such an important thing for you that you dedicate all your attention to that. It's just by the way, because you have to have a marriage, that's why. There's no need even to have sometimes. But you have to have it, and then letters after letters about your marriages, about your children, I just don't want to read that. Nothing about Sahaja Yoga. If you are detached, whatever may be the quality of your wife, you will not fall, whatever may be the quality of your husband, you will not fall. So one has to be little concerned that: What are we doing? What have we achieved? What are we going to give to the world?

For Me, you are my instruments. I don't have to ask anybody else. You are my instruments and you have to work it out. You are not for Me useless people, I worked very hard with you, very hard. So please don't waste my energies also and try to become very good Sahaja Yogis in every way that is possible, in every way you should be dedicated, in every way try to be something of very great qualities.

Now you have seen how people have becoming violent and there is a violence on. Of course, this may not continue but it's one of the signs that we have to be prepared to be very strong people, very strong, and that will work out I'm sure. They threw about 400 stones at least, maybe more according to the police report and very few people were hurt. What does that mean? That there is somebody who is avoiding all these troubles.

Regarding our tour further, now I have decided we will not go to Atith because there are- the commissioner, the ESP told Me that it is better not to go, it's very- these people are very bad and they are criminals. So, now until the election comes in, they will be behaving like this manner. After the election of course they will be put down. So you should go by the understanding of the time and directly to Sangli, so we'll go to Sangli, we will have a puja there, you can do shopping whatever you like and then from there will be going to Ganapatipule. But it's not fun, it's not fun. It is our development. Otherwise, you will be coming to India, going back the same, empty handed.

I want you everyone to be extremely active in your own sphere of life, to talk about Sahaja Yoga. You must wear my badges, you must wear my rings, you must wear my necklaces so that people ask you "Who is this?" Then you should say, "She is the Holy Ghost". You can say, "We think she is the Holy Ghost". Let us see what happens.

So, it's a serious thing that I felt that I have to talk to you and that we have to be very, very careful about how we look at ourselves. We have to be aware, we have to be aware about ourselves and what is happening. I've been telling you this many a times, we have to be aware as to what we are and what is happening. But if your jobs are important, everything else is important

how are you going to work out Sahaja Yoga?

So there has to be awareness and with your awareness the light will spread. But it's not silent, you have to talk about it. Eloquence is needed, it has to be eloquent, all your light has to talk, the light has to say, the light has to express and has to be very confidently done. Let us see now after going from this tour how far people establish new things.

So far, what my own opinion is that there are 50% of Sahaja Yogis in the West are still quite mediocre and 25% of them are just there to take advantage. If they can get something free they would like to do it. 25% people are like that. It's very sad but it is so. But I must say Indians are poor people but they will not do anything, they will never take anything free from Me, nothing. They will not, they are very self respecting. And that is what we have to develop, that self-respect.

Like I have seen I had a house in Hounslow, everybody went there and stayed there free. Now we have a house there in Shuddy Camp where everybody goes, who has no job goes and stays there. It's such a nonsensical thing. So, I'm even afraid to start any ashram in London because same thing will start. If they can take advantage they would like to be there. Even a spoon, they would like to carry like that. It's a shameless thing for a Sahaja Yogi to behave like that I think. We have to have full self respect and we must understand that we have to sacrifice, to do something about it.

Because this is the last leg, I would say, when I will be talking to you about all these things in the beautiful atmosphere here on the bank of Krishna river. We have to understand that the river flows, it makes a sound, it makes a sound to show that she- it exists. But we are not only rivers, we are all the mountains, rivers, everything of the universe we are. And our manifestation is like a big zero as if the Mother Earth has been emptied out. It is time that we should watch ourselves and see ourselves what's wrong with us. Very important. I had to say this once again and again, but I don't like to say these things because I love you so much and I care for you so much and you people also love Me, but loving Me is not sufficient. You have to love yourself and respect yourself. Only your Self is going to work out. As Shivaji Maharaj said, "Swa-dharma rajya" "You must develop the religion of your Spirit". That's what we have to do, is to develop the religion of our Spirit. And once it happens we can get the whole world completely emancipated. This is our work and if we fail then it is the responsibility of Sahaja Yogis and nobody else.

So, for everyone I have to tell you that I don't have to please you, you have to please Me. For a small thing people react, for a small thing they feel bad. If I don't smile at somebody they feel bad. In little, little things they feel bad and they react. If I say anything, they react. So, how can anything go into you? If it is such a convexity, how will you absorb it? It is important that we should try to absorb with humility, with understanding. Now you are Sahaja Yogis, you know I am Adi Shakti, you have had photographs, you have known that I am Adi Shakti. But how much are we absorbing? How much we are taking within ourselves?

This work is much more than any one of the incarnations had to do. It's much more than Christ, is much more than Rama, much more than Shri Krishna's. So create such great people among you, because I have the power, only thing, you have to have the absorption power, the acceptability. But if you run after something very cheapish and something very frivolous, it's impossible. You have to ask for your depth and you have to take in whatever is emitting from my being. I hope now you all will take it up seriously. Do your meditation every morning whatever maybe the time. Every morning we have to do the meditation and we have to see that we finish our work in the night and then we do little meditation and then sleep off.

Without meditation you cannot grow and that's why everything doing you have to know that you have to get up in the morning, do your meditation and then you can take to your work. Daytime if you want you can rest for a while. Now we are in such a place that we have time to rest for a while, but morning time you have to get up whatever time you sleep. You have to conquer your sleep a little bit, it gives you lot of lethargy. Last night I don't think I slept before 3 o'clock or something like that and then the whole day I've been busy writing reports, this, that. If I can manage at this age [66 years], at your age you should be able to manage something like that. We have no time to sleep, we have no time to discuss, argue or to eat our food. We have only time to meditate, that's all.

I wish all of you absorb my saying and understand it without reacting to it. Please do not react. Don't think, "Mother is trying to chastise you". No, I'm trying to help you to grow, this is the way you grow sometimes very fast. So it's just your growth I am



worried about and nothing else.

May God bless you all. I was very happy the way you were singing all the songs and the way you expressed yourselves.

[English translation from Marathi]

Now I want to tell our Maharashtrian people that in our country, a new type of bhoots (demonic activities) have started (send Me a hand held fan please, Shri Mataji speaks in hindi) and these types of bad activities of demonic nature or rakshashi nature have increased, that we saw yesterday. This nature has increased a lot. (Shri Mataji speaks in hindi and asks the person who is holding the fan to come from other side) And this nature of activities have increased so much that yesterday it crossed all limits and these people had to face a lot of inconvenience yesterday.

For this I have to tell the Sahaja yogis that we always have to be always prepared. Only by doing My puja or doing My aarti, nothing is going to work. We have to do a lot of things, and should come forward and work together (shoulder to shoulder). We have to stand firm on the ground saying that we are Sahaja yogis. But we still are doing so many things which make us weak. Most importantly I always speak about caste, what is the reason for that. If you go in to caste thing, it is the basic thing which is engraved in you and this only stops you. To attach yourself to caste is very wrong. If we had left all this earlier then this superstitious things would not have arisen.

Because we know superstition goes away after realisation and still after realisation we still go behind caste, get married in the same caste, have relationships in the same caste and behave in the same manner like crazy people, then you will not progress in any way. This will be just like a political disguise, after taking such disguise if we become Sahaja yogis then what is the use. We will still remain the same. We have to leave a lot of things, like religious fanaticism (dharmaandhata), which means earlier I used to say don't go to temples, don't give any money to Brahman (a member of the highest hindu caste originally that of the priesthood) allow anyone to apply kumkum (red turmeric powder) on the forehead, this has all improved a little bit. The reason for this is people suffer because of these activities and so they have stopped doing it.

But then bringing a brahman in the house and performing marriages is also incorrect. Who are brahmins to perform marriages? Now you are brahmins. So then why to call a brahman and perform marriage. Marriages should be done only in Sahaja Yoga way (procedure). If marriages are not performed as per Sahaja Yoga procedure then I am unable to confirm if these marriages will work. Then again in Maharashtra, marriage is a huge religious function. What is marriage? Marriage means see a proposal for the girl, do this, do that, do negotiations for the marriage (give and take rituals), dirty things goes on.

Marriage is an ordinary thing. It does not have that much importance in Sahaja Yoga. If one Sahaja Yogi gets married to another Sahaja Yogi is not such a great thing that we have to fight it for all our lives. When we get married in the same caste we know the ill effects of it. But we still get trapped in to it. So everybody should take an oath that we will marry in any caste, creed, religion, country, nation. There is no reason to out caste you as they are not your relatives and you have seen how they behave. Yesterday you saw, the people from the village only troubled you. They hit your guests. Where did they care about your position? What these foreigners must be thinking about you. So only listening to what I say and then say "Mataji said this, but it is not of that much importance". We should not be saying all this. Whatever I say is very important.

Till these caste issues, dowry issues, superstition issues are not eradicated and till the time we do not stand against these issues in our society as an example till that time we are not strong. Now we will see great people like we have Tilak, Agarkar, Shivaji Maharaj, what did these people do, why these people became great people, we should pay attention to it. Shivaji Maharaj had to get married four times, he got married for political reasons. It was irrelevant for him, it didn't affect him, as he had to do it, he did it. He had to maintain friendship with some people so he did it. He didn't see caste, creed. That proposal should be from Shaysavkul (type of high caste). He didn't say that it should be from a particular caste. At that time many years back when Gajabhatt had to come for his coronation, that time these people who used to follow caste, creed said so many things, that you are not from a particular clan (kunjbe), you are not Maratha.

Which ever caste you may belong to, from today you have become a Sahaja Yogi. Your religion has changed, you have changed your caste. This is Vishwa Nirmala Dharma which has been invoked in you or realised you. So all your bad habits have gone, but still this demonic nature or ghost of caste structure has still not gone. You should not have any relationships with in your caste, because the people in your caste are all ghosts, they drink, they hit people. Let them drink, let them hit people, let them take dowry but they are from my caste, then tell Me how you people are Sahaja Yogis? Then please leave Sahaja Yog because you cant follow two religions. No. Because of this same reason these poor people (guests) got hit from the villagers.

These foreigners who left everything, their religion, left their gods. People stood as if they have not done any thing and the villagers hit these foreigners. The reason for this according to Me is that they recognised our weakness and we have supported superstition. But if you say we are Sahaja Yogis, we dont follow any superstitions, we dont follow any this and we are beyond all this and we will do it. That time they will realise that we are special people. When I see my father, Gandhiji had told my father to get all his children married out of caste. I am also Shanaavkulli (type of caste). Where a lot of things are taken in to consideration before getting anyone married. My father said no problem and got all of us married out of caste. Nothing went wrong in our married lives. My father said I am a man from congress. I dont have any religion or caste. This is my religion - i.e. Gandhidharma.

So if you are following any religion, you should follow it completely. This religion is not for half baked people. That time only you will have true powers, then only you will have the holiness by which you can protect others. If you are half baked, then you cant protect anyone, not yourself, nor others. To bring that holiness in you, you should not belong to any group. Like in our country there are so many great people take the example of Tilak – he married a widow. Gandhiji - used to eat food in the hut of harijan (people belonging to lowest social and ritual class in India - untouchables), take example of Krishna, he used to have food at Vidur's place – (one of the central characters in the epic, Mahabharat – Prime Minister of Kuru Kingdom), example of Ram he ate berries from a tribal woman.

Take any example, people who have become great, they have something best in them. If you really want to come in Sahaja Yoga then you have to become great (vishal). So when you come in Sahaja Yoga you change all your narrow minded thinking about life and become great human beings. It is said in the song that "The whole world is my home" (Purna Vishwa techi Majha Ghar saying in Marathi). It should not only be the song. This has no meaning. See these foreigners they have left their culture and are following your culture. They are doing it because they can see something good in it. You should learn something from them, they dont see caste, creed, country. So many have got married to Indian woman and they have improved their lives. Earlier if a English man got married to an Indian girl, he used to hit her. Now also, it is there, people still hit their wives. It is still existing. Dont respect their wives, fight with them in front of others, keep their wives under control, this is another way.

So this power which you have you should take care of it. You should increase it. You should give education to girls, take good care of them. You should get them married according to their choices and likes. They should get married in Sahaja Yoga, so that their children will also be Sahaja Yogis. Tomorrow the children who are going to be born, new generation, you dont realise which post you are sitting at. You are not like these people. Like Mavalas of Shivaji Maharaj, you have to perform a very important task and are sitting on a important post and have come in Sahaja Yoga. If I have only two Sahaja Yogis, it will be fine, but they should be complete Sahaja Yogis, otherwise dont come in Sahaja Yoga, first and foremost thing. Second thing – Whatever I say, you should agree to it, because I can see everything, I have unlimited power, I can view everything, I understand everything. Third thing – Dont say Mataji had said this, dont use My name. Mataji will not say such things, we know.

In short why I have so many expectations from you, the reason is only one, that I am too powerful, I have lot of powers, only you please clean your lamps, so that I will give you the light. I can make you great people, better than Gandhi or Tilak or anyone. You will have a shining achievement ( a very good quality which will be admired by everyone). You can be become great people, great reformers, but before that please clean your lamps. If you dont clean your lamps, you will suffocate and die and will spoil the name of Sahaja Yoga.

So everyone must realise that Mataji has lot of powers. If you want to use these powers than we are the instruments, we are the light. To spread the light, you should clean your lamps and you must be ready for this. You must meditate everyday. Whatever is

not supposed to be followed in Sahaja Yoga, you must not do it. There are lot of things which are not allowed in Sahaja Yoga. You have to leave it. Many people have stopped drinking, lot of vices are gone, but also in respect of financial transaction or money matters, we should be accurate.

When you go in a gathering, all of you should speak about Sahaja Yoga without any fear. You should not stay quiet. You should speak about Sahaja Yoga. You should tell everyone that Sahaja Yoga is the only Vishwa Dharma (world religion) and if you dont accept it or follow it, everyone will suffer or face consequences. Tell everyone all your relatives, friends, this one, that one, everyone, write letters and tell them about Sahaja Yoga. When you people print wedding cards you should print My name on it. You have come to My family. Now I am your Kuldevi (family God). There is no need to offer anything to other gods. I am making it very clear, the wedding card which does not have My name on it, that marriage will not have My blessings. Today I am alive and sitting in front of you, this incarnation has come in front of you, so instead of believing it you are believing things which are not present, this does not have any meaning. Our elders in this house say this, say that nothing. Tell them we dont have any relations with you. We are related only to Mataji.

Example for this is Mr Dhumaal. I always used to tell him to stay away from his relatives. Dont keep any relations with them, they are very negative people. But his wife was very fond of them and their relatives only took her life. Once Dhumaal had come to Me and was crying very bitterly and every one heard about it. His brother had told him a lot of times where he had fixed Deepa's marriage. I told him that this marriage is going to break, now do Me a favour. Please dont go to those relatives. Whatever has happened has happened. But when he died, his relatives came, they stole his body in the night and they cremated him some where in the jungle. Whole his life he used to tell Me, "Mataji we have one Manik Saheb in my family, their relatives put kerosene on his body and burnt him somewhere in the jungle. So please Mother I should not suffer this way". Please save me from my relatives. But you people only want to go to your relatives. You people only want to go in the crocodiles jaws. If you want to keep one leg in crocodiles mouth and one leg on the boat, then you miss the boat.

Those relatives who are not Sahaja Yogis, you should not even have food at their place. So you will not fall sick, you will not have any diseases. Once you come totally in Sahaja Dharma (religion), then you will get a lot of blessings of god. You will be surprised how much you will prosper. But if you behave like half baked people then you will have to face consequences. I have told you the truth. I am your Mother. I have to tell you the truth. I am not angry or sad with any one. Its for your good, benefit and welfare. You should follow the truth. Once a person starts following the truth that person will never face any harm or loss in his life. Today is a auspicious day. Please forget whatever happened yesterday. There is no point in remembering it. Its that we still dont have the spark of Sahaja Yoga, otherwise no body dares to fight here and hit people. We should have that spark with in us, with one look , it should stop that person from reacting.

So all Sahaja Yogis should start in every small & big villages, cities, the place where we stay, we should speak about Sahaja Yoga and what we are doing in Sahaja Yoga. If you want to call a Brahmin home to perform a puja or satyanarayan puja and all, please dont come in Sahaja Yoga. In Sahaja Yoga you have now become brahmins. Perform all activities according to Sahaja Yoga procedure. Whatever wrong practices are there that needs to be removed or forgone. So that there will be no people speaking about superstitious activities as we have forgone the superstitions. We should leave wrong ideas and remove all the old irrelevant habits and ideas, relinquish old ideas. We are not backward people.

In these present time, you are the people of very high quality. There is nobody higher than you in quality. But you still stay along with mean people, then why will you not get dirty. If you put a diamond in the mud, it will get lost. So please listen to what I am saying. You should not feel bad or should not think Mataji scolded us, got angry and all, you should not say this. Whatever Mataji says she says it from the heart and I am saying from my heart give your children to Sahaja Yoga. You will see whose children come up in life, children of Sahaja Yogis or non Sahaja Yogis. Surrender yourself completely to Sahaja Yoga.

We have changed our religion. We should think in that way. Now this is our religion and we dont have any other religion. If you understand this you will do a favour not only on yourselves, but do a favour for this country and this world. Because you have something special in you. You have a lot of goodness or religious merit within you. That is the reason why you are born in India and that also in Maharashtra. But because of your foolishness all this is going to go waste.

Tell me till now which saint has not helped in removing casteism. Dasganu

(person who wrote biographies about saints) has also said that you call me a brahmin, but I don't know brahma (god who creates the world), how am I a Brahmin. Ishwar Saraswati was also a Brahmin and he has also said the same thing. So we follow all superstitious beliefs and do the same thing. It is absolutely wrong to do these things. You have witnessed the form of greatness. You have seen my photographs. Everything is so heavenly.

To earn this or to become heavenly you should be supremely good. So now most importantly I am telling everybody, I am not going to request you, I am not going to please you. Actually I am the goddess and you should please Me and try and make Me happy. The power which you have accumulated within yourself should fall on the whole world. You can do it better than these people (foreigners) because you have that affluence within you. These people don't have that much affluence or fortune but still they are working it out and you people have all the source but are not doing anything. These are two types.

So next time have mercy on Me, I should see a lot of Sahaja Yogis of good, superior quality. Everybody should give speeches about Sahaja Yoga. I have to tell people of Angapur (place near Satara) you have to take a meeting for Sahaja Yoga tomorrow. Give speech openly. There is a big ground there, take a meeting there, speak about Sahaja Yoga openly. What is there is Sahaja Yoga and not there is Sahaja Yoga. Only because of one speech these people attacked us and we don't give any speeches. This person gave one speech and this policeman also got affected by his speech and today when he realised it he felt so bad. We are not working hard. We are not speaking.

Because of Sahaja Yoga there will be only friendship and no enmity. Whatever happened yesterday was not correct and we all are feeling bad about it. Take a meeting. Whoever troubled or did this act should say sorry. Whoever has done this has to face consequences. However much ever I try to forgive, but they will have to suffer. This will happen. But you still tell them whatever happened just forget it. Tell them this is God's work. Don't allow such people to gather here. Such an organisation should not be allowed to come here and if it comes, go to the police and complain that it is spoiling our children, spoiling our children's minds, they have told these children to throw stones. All should complain.

You should elect the head of the village as Sahaja Yogi. Try to do that. In this country there is a person named Sharad Pawar (former Chief Minister of Maharashtra). He is a very bad fellow. He has a mafia and it's going on. Don't give a vote to his party. Give it to anybody. But don't give it to him. Sahaja Yogis should work opposite him. He is such a bad fellow. He does not believe in God. He has a team with Rajnesh (godman). He does not want God. There is no knowledge about his mother and he does not want God. So when there is no God you can drink, you can do all wrong activities. So make pamphlets and print all this on it and inform people we are not connected with these. We want to stay with God and follow his religion. We don't want anything else.

Sahaja yoga does not make you a fatalist (a sense of being powerless to change the world), but will make you a god fearing and strong. It is a proof from all doctors who are these people telling us? Anyone can get up and say anything. Doctors have proved it and what more should I prove. I will tell the newspapers whatever I can but don't read such dirty newspapers. Quit reading these newspapers Loksatta, Kesari. Quit reading newspapers like Daily Aikya. Start another paper at Satara. Quit reading Aikya, it's worse. We have to quit a lot of things. Gandhiji had told people not to use foreign clothes. People burnt those clothes. He asked for gold bangles. All ladies gave them. So many people, did so many sacrifices for getting independence. But for our own self realisation we are not ready to do sacrifices. Sahaja Yoga has only blessings but for that you should do your duty. We should not run away from performing our duties.

Today we should all say in our hearts that Mataji has made us understand all these things. So we should pray to God to give you the power and use the power wisely so that we can follow whatever Mataji has told us. We should stop crying on small small and stupid things. Whatever problems we have we should try to solve it on our own by thinking and asking questions "What am I doing ? "Mataji says that I can become a great fellow then what am I doing? What are my faults? When you call Me Adi Shakti then what more you need? Adi Shakti has created this whole world, and whatever is there in this world is created by Me then

what more you need? Only chant Adi Shakti, Adi Shakti, say my slogans, praise Me. But do you realise, what is Adi Shakti? She is so great, you are just saying her name, for the sake of saying.

Make this thing very clear in your heads- Adi Shakti has chosen you for her work because of your good luck and virtue. So be worthy of it. Dont keep on crying for small small things. If you want to do the same it will be better you leave Sahaja Yoga. So keep this thing in mind as Goddess Bhavani gave a sword to Shivaji Maharaj and made him effective, that same Bhavani is speaking in front of you. She can make you reach you at such a level, you dont even have any idea about it. So on this auspicious day take a oath and decide that I am a Sahaja Yogi and till death I will remain a Sahaja yogi. After death also I will remain a Sahaja Yogi. We have earned this from infinity. You should be proud of it and live proudly. You have not committed any mistake. To do God's work I have selected you. So behave in that way and work in that way and make God proud of you.

May God Bless you.

1989-1231, Public Program

View [online](#).

31 December 1989

Public Program

Brahmapuri (India)

Talk Language: English, Marathi | Transcript (English) – NEEDED | Translation (Marathi to English) - NEEDED

## 1989-1231, Public Program

View [online](#).

31 December 1989

Public Program

Sant Gadge Maharaj School, Brahmapuri (India)

Talk Language: English, Marathi | Transcript (English) – NEEDED | Translation (Marathi to English) - NEEDED

## 1989-1231, Visiting the Shores of Ganapatipule

View [online](#).

31 December 1989

Visit

Ganapatipule (India)

Talk Language: English | Transcript (English) - Reviewed

Yogini Interview

Nick: Okay, get the fact's clear in your head. Don't worry about it. It sounds very good, it's a very good story so Mother specifically said we should have a word with you so... Are you ready? Okay, so please give me your name and where you're from and how long you've been in Sahaja Yoga.

Rachael: My name's Rachael Hall. I've been in Sahaja Yoga for almost three years. I'm from England.

Nick: So what difference did Sahaja Yoga bring to your life?

Rachael: Sahaja Yoga made an immense difference to my life because when I came along I'd been ill for two years with an illness that the doctors at the time couldn't understand or didn't have any knowledge about. I developed the illness due to my lifestyle which was very extreme. I was pushing myself to the limits all the time, completely exhausted, not eating and taking drugs. I was very, very thin, very pushed completely to the point of no return almost. And I developed an illness that came in the form of allergies to almost every food. I could eat only three or four foods and I was very, very tired, no energy, very weak. Splitting headaches all of the time. I would just have headaches and not be able to sleep at night. I find it very, very difficult to sleep. In fact, my whole life came to a halt. I had no social life or anything.

Nick: So what did you do about this illness?

Rachael: So originally I went to my own GP, my family doctor, who told me at the end of our conversation that he couldn't find anything wrong and it was all in my mind. Although he could see a lot of the symptoms himself, he didn't seem to want to take it any further. And I went to two other GPs who said the same thing. Then I tried alternative medicine and the doctor there diagnosed my allergies. I had a toxic blood test and he diagnosed my allergies and gave me a special diet. But he did tell me that there was no hope that I would get completely better and I would probably have to follow a special diet all my life and literally take things very easy, not to do strenuous activities. After going to the doctor for a while and being treated, I actually gave up hope with this doctor. My father was paying a lot of money and I just left the treatment.

Nick: What did the doctors say about you? What did they do for you?

Rachael: The doctors didn't really do anything in the end. They just told me to follow a special diet, which I did. But this was very difficult and a very extreme diet.

Nick: Did the doctors think you'd get better?

Rachael: The doctors didn't think I would ever completely get over the illness.

Nick: So what happened then?

Rachael: So then I was seeking for some form of meditation or yoga and I saw a small postcard advertising Sahaja Yoga. So then I went to my first Sahaja Yoga meeting, which was a local meeting, and I had my self-realisation, which was a tremendous



experience. And I realised I'd found something very special because that night I had more energy than I had in a long time and I felt very positive and very well. So I continued to come to the local meetings, feeling better and better all the time. And after six months of meetings I was a lot better. And then I was told that there was a public...

On the shore of Ganapatipule.

Shri Mataji: Here on the right? Shall I go there? Around here, is all right? Like Me to be here?

Yogis: Yes.

Yogi: Which rock might be most comfortable, Shri Mataji?

Yogi: That one?

Shri Mataji: It's all right, doesn't matter. It's all right, no problem.

Nick: Are the flowers ready here?

Shri Mataji: Sea will arrive, not far. All can move over. [UNCLEAR].

Yogi: Need something photographed for a second.

Shri Mataji: And now it's the Ebb time actually, it's not the high tide. It's the Ebb time.

Yogi: So we got some flowers. So we can see what happens.

Shri Mataji: The sea is coming, you don't worry. It just will arrive in no time.

Yogi: We need to get closer over it or?

Nick: Could we have the flowers please, ladies?

Yogis: Flowers?

Yogi: Is this from the wedding?

Shri Mataji: Do you want the [unclear] on your clothes?

Yogi: He's in shot. Excuse me, you're in shot.

Yogi: Excuse me guys. Just wide.

Yogi: How many cameras do you need?

Yogi: Stay in my right.

Yogi: Well I just, I'm trying to get my shadows offside.

Shri Mataji: [UNCLEAR].

Nick: Just be careful we our shadows everybody please. Yes Mother.

Shri Mataji: Just move, from this side if you move there won't be any shadow.

Yogi: So if you start on the [UNCLEAR] flowers and then tilt back to Shri Mataji.

Shri Mataji: You're all getting wet.

Nick: At the back you can come a little closer. No not here, at the back come closer. That's it.

Shri Mataji: Also give them some chance to, if you can move a little bit.

Nick: Yes, mind your shadows, please. All the people, yogis you're supposed to be in shot.

Shri Mataji: Move that side, for all you this side. Don't come.

Yogis: That's enough!

Shri Mataji: Because the shadows should not go out. Put the flowers here.

Yogi: You ready Nick?

Shri Mataji: These are better flowers.

Yogi: Are we supposed to watch in or?

Nick: They'll wash out.

Yogi: Wash out.

Yogi: Keep the rest of them Nick. In case we have to do it again.

Yogi: Can you not stand there? Can you all please open up.

Shri Mataji: I will go and stand there if you like? For a while. I can go and stand there, if you like but the sea will come here, don't you worry.

Nick: The sea will come to you Shri Mataji.

Yogi: Is this pan-out, is to reveal all yogis?

Nick: Yes this is a pull out to reveal Mother and yogis, yes.

Yogi: Kind of need to be lower then won't I.

Nick: He's going down now.

Yogi: Hang on.

Shri Mataji: If you just move this man, so you won't break the waves are coming.

[All the yogis clap as the sea washes the flowers away]

Yogi: Okay could you not clap next time please?

[laughter]

Yogi: I got a shadow. Your shadow?

Shri Mataji: Doesn't matter, what's the background.

Nick: We have one with clapping and maybe one without.

Shri Mataji: After all you cannot stop the sound of the sea. Just coming in a big wave, be careful. [UNCLEAR]. Get out of the sea. Get out of the sea, that's the best way. Can you follow my words?

Nick: Can you move out, come out this way.

Shri Mataji: This is the Ebb time. The sea is moving like a tide.

Nick: It's going out?

Shri Mataji: Yes, it's an Ebb time but the sea is coming out. If you want I can walk a little bit.

Nick: Maybe if you were standing there might be a [UNCLEAR]. If I put the flowers here, Shri Mataji, it might be better. That the water seems to come here more. The sea doesn't seem to be strong enough to take it away.

Shri Mataji: All right, you can put it there if you like. It's a time for the sea and air, it's really coming up.

Nick: It sucks it out quite stronger there, for the flowers. Right flowers down and we go.

Shri Mataji: You see much [UNCLEAR]. It's bringing back again. It brings it back. [laughter]. The sea doesn't want, he wants them to come out.

Nick: We got a few more we could do. I'll put some more in, hold on.

Shri Mataji: Pour the whole thing, pour the whole red water.

Nick: You rolling, you all ready.

Yogi: Just the shadow.

Yogi: Got a problem staying level actually. [laugh].

Shri Mataji: It's all right put the whole thing together. Now go.

Yogi: I'm in my own shadow now. Going round.

Shri Mataji: I'll put the flower to the earth, you see I'll just offer the flowers to the sea. Will it be a good idea to offer the flower to the sea, all right?

Nick: Lovely, lovely idea. Are you running?

Yogis: Yep.

[Mother offers the flowers. Yogis clapping afterwards]

Nick: Again?

Shri Mataji: Let it, let it. Let it be, let it.

Nick: Could we just go back a little bit? We are getting all your shadows here. We need you all to crouch down.

Shri Mataji: There's too much shadow.

[laughter]

Nick: It's gone behind you. I'll get it, Mother.

Shri Mataji: Won't go.

Nick: Can we open up the gap please? No, keep the gap open. We need the sea coming in.

[More laughter as the flowers are washing back.]

Shri Mataji: It made cross with the sea. I'll have to say namaskar to it then it will be [UNCLEAR]. [Shri Mataji laughs]

Nick: The garland won't go.

Yogi: Garland won't go.

Nick: We got the garland floaty and Mother here will be yogis.

Shri Mataji: [UNCLEAR]... all right now? Are you all right?

Nick: That was very good. That's enough?

Shri Mataji: What else you like?

Yogi: Her hands.

Nick: Your hands Mother, yes your hands. Could you give a blessing to the yogis, to the humans or anything? Some gesture or? I don't know.

Shri Mataji: Right, remove your head rest, remove your caps also.

Yogi: Hats off.

Shri Mataji: So I bless you all and you have to become like this ocean which is all the time trying to work out the whole system of collecting everything and then getting evaporated and making the pretty flowers. All these little, little bubbles you see is like our ego and when it gets one with the sea, it's just lost and it becomes the Chandram. So that is how we have to be, you have to be like the ocean. Open your heart like an ocean and be as enchanting as the ocean is. Beautiful, full of joy and happiness.

You can now take their photographs also. Better go and put it that side. Just go and put it in (the garland). Little further because of your shadows fall on Me, you see. That's why you move just a little bit more further.

Nick: All yogis please stay here when Shri Mataji's gone, we have a few shots of you individually to do. Please all yogis stay here, ten minutes.

Shri Mataji: Take it of my feet. [UNCLEAR]

Nick: Can you do that again Shri Mataji, sorry we weren't filming.

Shri Mataji: All right.

Nick: If you can just do it again, I'm sorry.

Yogi: Can you move Mark? Can you come towards me? Can towards me.

Shri Mataji: See now how far it is (the ocean). I will tell you, Ebb tide. And that complete wash away. You see these are the waves of beauty, see how the nature creates these beautiful waves of different, different qualities. In the same way the ocean of all pervading power, the paramchaitanya creates all the waves and patterns and creates the whole universe.

Nick: Okay can we move here. Could you just get back this way everybody please? Behind that way, that way please. Thank you very much. Clear behind, stay a bit further

back please, thank you very much. At the back.

Shri Mataji: You must see the people who are taking. Hello?

We sit for a while till it dries out.

Nick: Yes, let it dry then Mother can be walking in the sand.

Shri Mataji: Let's see, in this sand also you can take it.

Nick: Yes, it would be nice.

Shri Mataji: Stand there, I think.

Yogi: We've got four minutes left on this tape.

Shri Mataji: Very hot, better go now.

Nick: We need to do this in..

Shri Mataji: I'll just go after five minutes from here, please. I'll be happy if you could go.

Nick: We need to do some faces while they are watching Mother.

Shri Mataji: All right. So like, you do the faces, and I'll sit here. See, Indians are too many, so remove Indians and have foreigners.

Nick: These are the Nepalese.

Shri Mataji: Nepalese, huh?

Yogi: Any white faces?

Shri Mataji: Then somebody from Pakistan.

Yogi: Your shawls off, your head's off, your head.

Nick: Okay, so just be looking at Shri Mataji, here.

Shri Mataji: You can ask some Russians to come in. Come, come.

Nick: Wait just one second, we'll do you.

Shri Mataji: Go there. So other countries also, one by, come along. Canada, come along. Belgium.

Yogi: Italy?

Nick: All right, the Russians, the Russians here then.

Shri Mataji: Italy, everything. Everybody, Turkey. Now put down your. Put down your pyjamas. Put down your pyjamas.

Nick: Why don't you stand here?

Shri Mataji: It gets dried up in no time, you see. And the beauty of the sand is that it doesn't stick to you. It just drops out, it never sticks to the floor.

Nick: Shri Mataji, about here. Here, here.

Shri Mataji: Talk to each other in a sweet way. Take out your pala. Take out your pala.

Nick: Take your glasses off.

Shri Mataji: Now talk to her sweetly.

Nick: So you can look at each other. Hello? Look here. Look here.

Shri Mataji: Some Indians also. Hold their hands, call them friends.

Nick: Look here. One second.

Yogi: Excuse me, excuse me.

Nick: Okay, let's have a...

Yogi: I can't shoot if everybody's just in there. I can't.

Nick: No.

## 1990-0101, Sahaja Culture is very important

View [online](#).

1 January 1990

Talk to Sahaja Yogis

House in Pratishthan, Pune (India)

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

### Sahaja Culture

Now you see the western culture is coming so fast on your head and also another thing is that today low-level creations are coming, do you understand that part like dramas, like cinemas, like books so many also newspapers, very low level they are. Now what should we do about it, one way is to criticize them, but we don't want to take that position (risk). Then what should be our attitude? What can we do?

(In Marathi 00:49)

Asking the people to come and sit in the front. So now tell Me what should we do? you also come and sit in the front (Marathi)

A Yogi: (Marathi) the good dramas which are now closed due to lack of the audience. The dramas which are our cultural heritage, few of them are showing Sahaja culture that day You were also saying this, we should show such dramas, convince the people, we should buy the tickets and then force the people sit and watch them.

Shri Mataji: (In Marathi) so what happened the day before yesterday we went to see a drama.

(English)

I went to see a very wonderful drama which is of an international level such a great drama it was, 'RAMA WANI PATHWILA'.

And there were hardly 20-30 people to watch that. And to all kinds of useless third rate ---02:28----- speech, it is so boring even if it may not be very vulgar but there are so many people .So for the Sahaja yogis it is there responsibility whether it is Marathi, Hindi or English. What we have to do is to now find out a committee who should prescribe or say that you see a drama be of a very good level. Now I have asked them to have this drama in Bombay on the first of April, so all the people who are Sahaja yogis should take all their families everything to such program, let the children see good dramas. Because it is not only that but it is the heritage of Maharashtra, now in Bengal you will not find such cheap things going on. The Bengalis are \_\_\_03:33\_\_\_ their character is best. Anything cheapish they will through away. I have seen dramas in Bengali also and in Bangla language. They cannot stand; they cannot bring down their level. So the dramas which are, of course there can be humorous dramas, they can be with the music without music. But mostly with the music we have very very good dramas in Marathi. So these must be seen out. Our background, I mean I am such a lonely woman, at that time we were very young, not a single drama we missed, not a single drama, all dramas we saw. But every drama was a \_4:20 CLASS \_\_\_\_\_ that time. Such dramas won't work out, I mean I don't know there might be some Tamashas (typical Marathi Folks drama) or somewhere might be there, but not in the proper hall or proper addresses. And the music, the people were so particular, they knew all the songs. So now our language may be yours also may have come from these high-class dramas. Any language which does not have a high-class drama cannot have a very-powerful language. I have felt about Hindi the same. So I started a very good organization in Bombay called as Audio-video center for Hindi pieces. But Hindi people will be very, I don't know Hindi people in Bombay, they were quite up-to-date type and they couldn't take to that. They prefer to see a cinema or so. Then in the same way, the cinemas which are good, we should find out which are the good cinemas, which have some meaning towards life and prescribe it, gradually you will find the trend of cinemas will change. Secondly, it will have a very good effect on your children. All kinds of useless cinemas, if our children see, they will be all finished. So we have to be selective about it. With guiding our children, we have to be ourselves first disciplined



about it, that we should not accept anything that is not good, which doesn't convey anything sensible, something constructive. So once you are disciplined you can discipline your children also. I remember My parents used to see every film, which we were supposed to see, and if they found it was alright they would send. I mean today I thank them, of course I could never have, but you see all my generation, you see we developed a kind of a class understanding, this is one thing.

(In Marathi 06:40)

So you write now, your handwriting is very nice, write, and first thing write.

(English)

Now the second point is, in drama if there is music people don't follow that is the matter. I mean in Maharashtra, our Sangeet (Music) is Natyasangeet (Musical drama). Our Sangeet is Natyasangeet and if we cannot appreciate Natyasangeet then what are we going to appreciate I cannot understand. It is not being traditional or anything, but it is just being sensible. Now this music, I know that to all of you should try to understand classical music, it is very important, because as I have told you, this music has come from Omkara. Look at the foreigners, you see them, how they appreciate our music. They can't stand any other music. If you, even by chance they happen to switch on to something, they will put their hands on the ears like this and they will say no we don't want it. So these things once become part and parcel of your understanding then you won't like such music, like this all kind of this rap music, sickening absolutely sickening. They have sickened those countries. So we have to develop our music through dramas. I wouldn't say that you should sit down, Sa Re Ga Ma and learn music and all that. I have not learnt music Myself but you must listen. Because through vibrations as I have seen you will appreciate music better and you will get much more joy after listening to that music. Because through the music vibrations flow. Very surprising, but it is not so much because this music comes from Om. That is why you have seen all the foreigners they like only Indian classical music our\_\_09:12\_\_\_\_ for example that drama if they have seen, they don't mind if they don't understand as long as the music is alright. They have seen all kinds of musical things. They have seen also this Swayamwar. This time we could not get anything musical, they said they do not want any drama. So they organized another Sanshaya Kallol. Just a musical drama if they can appreciate so much why can't we appreciate we being Indians. Why can't we have liking for that. So for our children from now on only you must try to let them hear classical music and let them sing classical music, and most of the Indian music which is based on some sort of classical tunes because it is a pure music. There is purity in it.

Now I was really shocked that for such a high-standard drama, there were hardly 20-30 people in the hall. Really it was shocking. I don't know how they are paying for it. Poor they, artists all of them came all the way from Bombay, reserved this hall, had this drama, they did it on their own only, now who paid for them. So we should form a committee, which will decide which drama is good or which drama is bad. Now there are so many people, but I think later on they will sit down and discuss the language. Then secondly, we have to find out what are the good films, means who is producing good films, we should support these people, the films which give you good ideas, constructive ideas. So we can form another committee who will decide which are the good films, like I said \_\_11:34\_\_\_\_ you can call it. Every film is not good, especially Hindi films bapre (in Marathi Oh My God). I was Myself on the censor board; I think I would not have passed even one of them. Killing, beating, your children will learn that. We have come here to get realization, to create peace and joy and if the children become so turbulent and violent, how to expect them to create peace and joy. But I have seen in any film which is good which is giving some sort of a very beautiful ideas about life is not liked by the people. They like something frippled 12:36 something cheapish because they have not developed the taste you see. Why do I like it because I have developed the taste only for that, so the main point is we have to develop the taste. In Sahaja Yoga, as it is there is no compulsion. But I can direct, I can tell you try. Once you try, you will tell Me Mother, you will thank Me for that, because all these things are very soothing, good for Adhyatmic life for your spiritual life.

Now the third attack comes to us from the media, certain newspapers are just falsehood. So we should also certify which newspapers we should read, Sahaja yogis. \_\_13:39\_\_\_\_journalism there are all kinds of people gone. Let us not mention for us and for our children. And we should collect good cuttings and things from every newspaper. I do that all the time. Anything that you find that is good, anything that is statistical, and anything that is going to help us to explain Sahaja Yoga; you all should try to cut small cuttings and big cuttings. The other day I did speak on that and trying to write a \_\_14:27\_\_\_\_ in the west. They are

writing a book about on the problems of the west. And imagine one of the cuttings I found in which they have given all the statistic about England. But England is the safest country, it is the best. The violence is least among all the other democratic countries. I was so surprised the whole statistic was there. England, I would say is one of the best democratic countries others have good quality in democracy. Their judiciary is so good everything. Despite that, despite they have a very good police department, wonderful police people; still such a lot of criminality is still there. But why, because in their culture, it is not built to talk about dharma; not Hindu, Christian, Muslim not that; but what is your dharma, so what is your country. In India we have all kinds of dharma's. We are a country, so we have a Desha (country) dharma, then towards a friend, towards a wife, towards a husband, towards everything we have a dharma, means how the human being should behave. Dharma means human valency, how a human valency should act towards the surroundings, towards the relationship, so what you find that these children or who are now in Sahaja yoga are mostly born realized souls. And if you feed them with proper nourishing ideas I am sure one day we will have a race of people who will be very sensible and can lead the whole world. For example, in the western life there is no idea of punyas no ideas of punyas. And I was amazed when I went abroad that they will say what's wrong so what's wrong. And in democracy at the cities there is no attention at all on your morals. They are not bothered. Is there a science and no science then is amoral. It has nothing to do with morality. So who is going to do this part of morality? Who is going to work out this part of morality? This is what you Sahaja yogis have to do it. Jointly understandingly you all have to do it and this moral standard has to be set. This moral standard you have to settle so that the people should see that as a group we are really moralic very strong. We know who \_17:38\_. Normally you don't once you have got a realization of course you don't drink, you don't smoke, you don't tell lies. I know people are very honest in Sahaja Yoga, individually. But when it comes to prove, then there are problems. Another thing which I have to tell you is to find out all the good books, written by different people. Marathi language itself you see, what books we have read, I have not even seen them very surprising. There was one hari narayan apte. \_18:26\_\_\_\_\_so many people we had, and I have read all these books, because in those days we did not have cinemas so much, I mean not allowed also. So what we did was to read \_18:40\_\_\_\_\_

(In Marathi 18:42)

Did you read this book did you read that book this I used to ask them. Now women have only the question of sari and that will not be possible \_18:50\_ which book did you read, you yourself should read.

English

Mother's have to read those books see for themselves if these books are good and should ask the children to read. Because of this, what we call in Marathi vhyasang. You see I have never studied English, never studied Hindi, nothing. Marathi also I did it till My school age. But because of Hindi only you can learn so many things. So we should have a library in Sahaja yoga, and this library should try to procure all the good books in every language. There are many are translated also, this will definitely change your attitude. Now Mr. Khote is sitting here and you know he is a great poet. We have another one recently who has come to us Mr. \_19:58\_ he is another great poet today I met him I was very happy. So with Sahaja Yoga you will get more poetry than \_20:07\_ in your heads. So we have to put our mind towards poetry. Poetry is very little for Sahaja yogis. But you have to little bit become more of a subtler personality. There are so many subjects in which you have to write. We talk of this problem that problem, now bhrashtachar (corruption) problem, and then they say another problem, children education and this and that. All these things can be written with poetry. And if you write it in poetry it is easy to digest, \_20:49\_ can be boring. In a very humorous way also you can bring in, in a very deep understanding also bring it. So you should encourage people to make beautiful poetry, listen to them, and that you should know, I mean when we do poetry by heart. In those days, it was craze. The craze was very different. Nobody used to go to the disco or anything in those days. So supposing I know some poetry or I made some poetry then I would tell my friends and the friends will tell us. Or My father would recite some good poems. It was sort of a like a as if he has found out something nice and he is showing us this is it. Then we will find out something. So the whole atmosphere the ambience was above such a beautiful, soothing higher level that one would not look at all low things. Human beings are not born to live in hell. They are born to be very happy. So all such heavenly poems are to be brought into the attention of all the Sahaja yogis especially Me. You see I have not read many modern, Kusumagraj of course I have read. In Marathi, there is a modern poet there is one Kavi (Poet), in the south so many. But also there is a trend to produce some sort of a very absurd poetries which I have read recently some girl writing about our old style of sari, against it and comparing with men why if they

can go to prostitutes why can't we go, sort of nonsense. Such poetry can also come, I mean it is regarded as very modern, it is regarded as something very different something very new. So the modern poetry the trend is towards real vulgarity. I think because there is no poetry so they have taken to vulgarity. Even in art, art also same thing. They will paint you some vulgar nonsense. Because they do not have real art. Now see people like \_\_23:42\_\_ now his paintings are in Hamitet in Russia and thousands and thousands of people come there just to see these paintings. But we can't \_\_23:53\_\_ now because we haven't got like that \_\_23:57\_\_ what we are doing is to roll on a sheet of a paper some sort of a color and say this is an art, something new. This nonsense has to go away. Everything new is not good in the same way everything old may not be good. So we have to choose. Like I met once an ambassador of Mexico and we were eating together and he said why don't you like Freud, \_\_\_\_24:33 \_\_ I said like you, I said I like you. He said I don't like him because he does not give much new things to us, but Freud has given us something new. So I said alright we have eaten all these fruits before, we have not eaten this table should we have it because we have never eaten it, it is a new thing why not taste it. So everything new need not be good. We have to think of nourishment of our society \_\_25:10\_ so all these self-destructive things should be find out, I mean we should be very particular at what do we choose in poetry, in art where we have to express our inner beauty. Because you won't be able to digest, you are Sahaja yogis now, you are now saints. You won't be able to digest.

So I am just thinking about having a big library in Vashi to begin with, but here also thank god now we are getting a nice flat in Puna where I am going to built, I hope so with the help of all of you, we will built a nice library plus other places where we can have meditation and this that. Also videos with audios of some good films and poetry. So on the cultural side we have to work out, the culture is very important. Because the government is not bothered about your morality, science is not bothered about your morality who is bothered about your morality then, is the culture. I don't believe in Hindu culture, and Muslim culture or anything but Sahaja culture as it is, that we have to take to. Without that you can never be happy. Now the trend is so much \_\_26:56\_\_ the people to dress up the way they want, they expose their body and try to attract men, I mean it is going on nonsensical, men attracting women, what I mean is a fruitless pursuit and joyless pursuit. So we should try to discourage our children and ask them to \_\_\_\_27:23\_\_\_\_ it is very important. This trend is crawling up crawling. But once they get it Sahaja in them they will just not do it. Example is \_\_2742\_\_once My husband was in London, and there was one gentleman who said that why don't you come for a ball room dance. He said no I don't dance because my wife doesn't dance. He said bring her to London, she will start dancing. He said you take her even to moon she will not do this. So the same gentleman told Me that Your husband was so confident that you would not do such a thing. So one should not get upset when we talk that we should be descent because Sahaja yogis must respect themselves must respect. You are saints again and again I will say you are saints and you have to respect yourselves. You should not get into some sort of a mad fashion that comes in, what is fashion nothing but entrepreneurs they are making fool of everyone. Today they will say alright you may have a dress like this, tomorrow they will say wear a dress like that, because they have to make their machinery run and their business run. So you will have a pile of dresses and by the time you have to go out, you will have no dress to wear. So once you decide, this is the kind of the clothes I am going to wear, I am not going to pay too much attention to this. Alright there is something artistic something ethnic, the young people should wear because they should also support the art and even sari is very artistic thing I think because we support our villagers. 80 % of villagers depend on what they make out of their spare time. Because you know the rain is so hardly for 3-4 months 5 months at the most, the rest of the time, they have so much of empty time that they can do something with handy work and all. So for this also we should try, I don't know how but we can try to make some sort of a model, I don't want you to be regimental or wearing everybody the same type of dress or anything. You must wear variety, because variety makes you look beautiful. And there is so much of a beauty. But in that one thing should be there that we should be decently dressed. There should not be any indecency about it. It is very important. Because you are a saint now and imagine a saint going with small short skirt and say I am a saint, is that alright? Actually these false gurus, they might be thieves or anything in India, they wear big-big jogas you see and went abroad and became so popular only with this dress. And if the Sahaja yogi starts wearing dresses which are indecent who will believe that you are saints. I mean I am not saying that we should try to be fool but it is a fact, you are saints. And you should not behave in a manner that shows that you are indecent or you are trying to attract the attention of others. You must stand on your self respect. So how to, that you respect yourself. Respect your body, once you start respecting you will know how to behave. Discipline comes to you from self. Immediately you will know I should not have done this wrong or I should not have done this. This is not proper. So respecting yourself is one of the most important things in Sahaja yoga and in public when you go, now there are people who are going all over the Maharashtra to talk about Sahaja yoga to spread Sahaja yoga but in their own language in their own behavior, are they descent are they sensible? \_\_32:09\_\_ I have seen

ladies and men also talking to Me like this like that. A Sahaja yogi should talk like this. It is like a lady on a some sort of a political things talking, sometimes I feel they are sometimes worse than that, because you have to be humble. You have to be compassionate and humble. There should be no arrogance. So this kind of behavior all this I was wanting that we should find out people who should be able to talk on these things and tell people.

(In Marathi 32:58) understood.

What sort of dress we should wear? what sort of clothes we should wear, especially for our children? It should not be by any chance indecent, exposing your body. Now this is a new trend that has started. For this also you people will have to put your \_33:30\_\_\_ what can we do to stop this act? Supposing there some sahajayogini or some sahajayogi who wears funny dresses like a clown for example you have to correct him. You should be normal people, no doubt. But not abnormally funny because it is a fashionable everybody is wearing like that so we are also wearing like that. We are sahajayogis we stand on our own faith and on our own understanding. We are not going to bow to these entrepreneurs \_34:08\_\_\_ some new things just to befool us. Our Indian dresses are beautiful very beautiful. We should take to Indian dresses there is no harm in it. So for this also, for consideration of this we should have some committee. We should see that there are no people who are doing like this, because this brings bad name to Sahaja Yoga. I mean you should see the foreigners again and again nice, they have come from hell. They themselves tell Me, what they have been doing, taking drugs, alcoholism, this that womanizing everything they have done and suddenly they have become like lotuses. And we who are in heaven, I must say Maharashtra is a heaven as far as adhyatma is concerned. But now you can see, we have no faith in our sanscrit (Culture) we have no faith in our Sahaja culture. This is the side of our culture but it cannot be completed unless and until you know how to talk to people. How to behave with ourselves? Now there is one thing about Maharashtrians that they must fight, next to Muslims are maharashtrians. They must pull each others legs, I am sorry to say but now in Delhi I am working, I am working in Noida everywhere Sahaja Yoga is working and you do not find even once I have got anybody fighting, but here I don't know why pulling each others legs all the time fighting fighting and complaining to Me. I don't know if sahajayogis fight then what is left I mean I am thinking of the whole world being one and if the sahajayogis fight means what. I can understand false gurus people fight, of course this is false but you are standing on truth and truth is the same then why should we fight. I do not like a person who talks ill of others or tells Me something against, I know everyone. So they will say Mother he told you this, nobody can tell Me anything, I know everything. And nobody can spoil My Mind against anyone I know that. So this is it, this is it, and morning till evening you know some of them are so horribly against each other. Then the only thing I am pleased to say is that fellow was praising you why are you not praising that person. Last but not the least is moneywise. Maharashtrians have a special sense of saving money at wrong places, like the other day somebody says that why are you charging 55 for this tape. I mean you know that, most of the things that we have in Sahaja Yoga are organized by Me. Otherwise you don't pay anything anywhere whatsoever. But Rs. 55 for a tape is justifiable. Because Rs. 30 it costs and Rs. 5 for the institution and Rs. 10 they think they should give it to Mother. I don't want it, \_\_\_38:24\_\_\_ I told it 100 times that I don't want. But he says we must give you. Because I am making so many things, doing so many things so Rs. 10 they wanted to give Me. Now, even if I say don't give Me because it is My own will, but still it is not proper. If you give Rs. 10 do you think it is going to make any difference to Me, by any chance? The amount of money we are spending even My husband compared to that what is Rs. 10. But even to give Rs. 10 that fellow had objection absolutely. Now I said alright. Then he says, what about poor people, if you are so much convinced about poor people then you buy 2 tapes give him one take yourself one and help Sahaja Yoga and help the poor. Because this money goes for Sahaja Yoga, I don't need your money. It is so important. I mean if you are so much worried about poor you can do this way .but in any case god is free, vibrations are free everything is free. But if you have to publish a book you have to spend money. Then Mataji should do it can you get it. Now My husband is retired unluckily. By god's grace I never have troubles with money but this is the attitude. Now they go for food, maharashtrians especially

(in Marathi 40:08) if I tell in Marathi is better, not to tell in front of others. They will take a plate to eat and four people should eat in it. Wow very nice. How much money did you save in that? This type of intelligence is a lot here in Maharashtra. And the other way they will spend it, I do not have to say anything to it because god doesn't understand money god does not want your money. But at least spend your money for your own food. In Ganapatipule is also the same, everyone come to Ganapatipule saying that we are coming for the puja and they will watch the whole program. Do you know how much money we give to the musicians in 100 thousands for you? Who will pay them then they say Mataji will give. Now this has become a trend. What I want to say is if

you give or you don't there will never be less but you become intelligent. What does our Saheb (Sir C.P.) say, it is the work of Punya so you put money, like an investment by the God, this kind of intelligence we do not have, the north Indians have this but the maharashtrians absolutely don't have it, north Indians do have this. And you will save your money in that, I said you don't give Me anything just give me one \_41:36\_ there they will give the money, Mataji is coming we must give, but not to Sahaja Yoga. They have love for Me but not for Sahaja Yoga \_\_41:46\_\_. What is the use of loving just Me, does it anyway help the people. You should love Sahaja Yoga, what did we do for Sahaja Yoga? Whatever you have received is not because of Me, you have received because of Sahaja Yoga, remember this.

English 42:09

Whatever you have got it is because you are sahajayogis. So you have to love Sahaja Yoga.

In Marathi 42:25

They will try to save money in that also. They will get sari for Me, why do I need sari, I have so many saris that I am bored of this, I don't know what I have to do with it. But here they will refuse to give Rs. 10. I think like this that they have such a thought in head that the sahajayogis are eating this money. Nobody is eating your money in Sahaja Yoga. All are working nobody takes a cent. Especially I must say this, My brother is chartered accountant, he says he has never seen such kind of trustees and have never seen such kind of a trust and not seen such kind of people, not taking any money even a cent in Sahaja Yoga. Whatever you give, it is of use for Sahaja Yoga. Now I should not say anything about money, because I don't have the knowledge for that but it is the Laxmitattwa of yours. If you do miserliness then your Laxmitattwa will never come up. This Sahaja yoga has given you everything, I am anadi (Ancient), and then what should I give you? Did you understand, be thankful to Sahaja Yoga and not to Me. If today, Sahaja Yoga would not have been here, you would not have been here, and would not have had your self-realization, is a straight thing. There are plenty of Devi temples, they are Swayambhu, and especially I am telling this for the maharashtrians. Even If you go for the Kuludevata, \_\_44:00\_ what has the Kuludevata given you, your father and father of your father? Sahaja Yoga has given you, tell Me the truth hasn't Sahaja Yoga given you or not? If Sahaja Yoga would not have come in this world, would you have received anything? Leave about Me. That means Sahaja Yoga should receive your love. What have I done for Sahaja Yoga? Do nothing for Mataji, everything is useless, I don't have knowledge of it, but for Sahaja Yoga you should do it. Everyone has to write everyday, what have I done today for Sahaja Yoga? If you fell ill only Sahaja Yoga can heal you. All the benefits that you have achieved till today are completely due to Sahaja Yoga. Therefore you should love Sahaja Yoga. And for that put \_44:55\_ for god.

English 45:00

You have to understand that there is a very big revolution, spiritual revolution that is going on. There are 55 nations who are doing Sahaja Yoga. There are some people in some places like Togliatti I will tell you 22,000 sahajayogis are there. I meet them only once a year, \_45:20\_\_ after they have learnt from Me also. But for Sahaja Yoga also up to Siberia they have gone up to Siberia. Can you believe it? They have taken it up to Siberia. People came all the way from Siberia.

(In Marathi 45:40) Give Me some water.

So one has to learn that I have to do something for Sahaja Yoga. Maybe you may not like some of these dramas for the time being. But once you start seeing them you will like it. I will say that you all Indians have to know Hindi language must know. Minimum that I tell you this is our national language. You must know Hindi language. All the sahajayogis must know Hindi language. And those of you who live here should know Marathi. It is very important, very important. See people come and do business here; we had a problem like that. One Gujarati gentleman had a big strike in his factory for one year. Sahaja yogi, a very good sahajayogi, he said Mother I don't know what to do? I said see, you are living in Maharashtra, you don't know what maharashtrians are? You don't know what they want? What do they respect? You don't know Marathi. You want to just make money and go away. He said that no I don't make so much money, but even if you give them money, they do not feel nearness to you, they do not feel that you are the part and parcel of this family. So you have to establish. Marathi is tremendous I tell you and

a very difficult also I mean even if you speak it you may not speak that correctly. But whatever you say in Marathi, they will appreciate every bit of it. So you learn Marathi. I said now you make a big temple of Ganesha, because for maharashtrians Shri Ganesha is the \_\_\_47:50\_\_\_. So he made a temple of Ganesha and he said that we are going to have the inauguration. I mean they said we are going to have the inauguration. The whole strike was finished. They all came for the Ganesha puja.

(In Marathi 48:09)

Now they are coming for Ganapati, their wives brought them; the men had been drinking alcohol.

English 48:18

So I am going to make a request to all the non-Marathi people who are here, try to learn Marathi try to understand. And I must say the quality of the Marathi literature is very high. That is how I know all kind of literature. It is not Bengali style where it is very emotional side, no; it is very balanced, very deep and very good for Sahaja Yoga. Because Sahaja yoga was practiced since ancient times by \_\_\_48:53\_\_\_\_\_ who lived in Maharashtra. So Sahaja Yoga is actually still very much easy to understand if you know certain words of Marathi. English language the less is the better. For example spirit, I find it so impossible, I mean difficult. Spirit means Atma, spirit means alcohol, spirit means dead spirit, now which spirit am I talking about? You couldn't know which spirit I am talking about. So there is no harm in learning these three languages in any case. So many sahajayogis abroad are learning Marathi or Hindi and I tell you they are progressing very well. We have many beautiful books in all these languages, translated also. But for spiritual, you can say spiritual thought, you see Dyneshwara, I have not seen anyone higher than that, not because I was born in Maharashtra. But nobody, Amrutanubhav if you can read, I mean it is like bible, so beautiful. So under these circumstances, we should not stick on to one side but we should progress and we should expand. Very easy, you just mix up with other people with other sahajayogis, we at first had a center and we had Marathi, so all the Hindi people said Mother we don't understand Marathi, they speak in Marathi this thing and that thing. I said alright you start other center in Hindi, but they started another centre here, but I said once a month you should meet all of you. So now we have a nice place in Pune you are lucky people. You can meet in a place called Shere, all of you can go and have a nice picnic there and talk to each other. A maharashtrian must talk to the Hindi people with whatever type of Hindi, I am going to \_\_\_51:28\_\_\_. A Marathi Hindi is another quite a shocking thing it doesn't matter, same way and the Hindi people should talk in Marathi. Highly important see now if you can talk, you can talk. So a \_51:46\_ will start. It is very interesting you know, and I think it is more congenial more helpful. If you can speak in whatever way you know own broken language, doesn't matter people will like that. They will tell you 10 times, see he said this in Marathi. Though you make a mess out of it, doesn't matter. But same with the maharashtrians you see you must make sure you learn, while Hindi is also not easy to take out after Marathi. Like that you establish a bond with this language it is very important for Sahaja Yoga. These three languages at least you should try to know because we are international people. Not only that at least Hindi, Marathi and English, these three languages are to be used in our literature. I am not saying if you take to some sort of a course or something but at least talking. In Sahaja Yoga, everything will \_53:03\_ otherwise you talk to somebody else then people will laugh at you but in Sahaja Yoga nobody will laugh at you. So all the people whether you are maharashtrian or you are from north or anywhere should start talk to each other in somebody else's language. Very easy to learn.

Now another language that we know is our Sahaja language. In Sahaja language, we talk on chakras, we don't talk that person who is good looking who is bad looking who is dressed up like, not superficial. We talk about chakras, this is the chakra is not alright that is the chakra not alright. But we say is that this chakra within me is not alright. But for others we need not talk.

(In Marathi 54:11) this is a lot stupidity, you have a bhoot they will say like that, the one who has a bhoot will say that is he has bhoot. This is very \_54:22\_, you have a badha, you have a bhoot, you have this, and will say like this.

English 54:30

It is very easy for the sahajayogis to go on telling everything. All the newcomers will come first of all they are to have bhoots for some people, according to sahajayogis. That is what the people have told Me. Anybody who come to Me they will say you have got this bhoot you have got that bhoot.

So now let us have one committee which will have people who would sell these books means methods how to learn other languages. I learnt good Hindi through \_\_\_55:13\_\_\_ he is the greatest greatest novelist in the whole world, much better than Tolstoy or anyone. For Indian life, he is so delicate, of course he will take out your eyes wash them and put them back then you will cry no doubt, after all you are 55:34 \_\_ but you will learn Hindi very very quickly if you can read Sharadchandra. There are 26 books that are written. All translated in Hindi, I don't know.

Marathi 55:49

I don't know if in Marathi, do we have in Marathi.

Yogi/nis: Yes, we have in Marathi.

Shri Mataji: Also in Hindi.

English

It is a translation, it is not the originally Bengali (in Marathi; what I want to say) but it is so interesting, (In Marathi; that man is very deep). So you will pick up that language so fast so fast. Like Hindi I learnt from him only, his translated books. I never studied Hindi in My life. Sharadchandra you all must read it is very important. He is a realized soul. There are so many realized souls we have had. So we come to this point that those who are realized souls, had been realized souls, who have written books and things even novels, poetry, everything we should note it down, find them out, abroad and here, read their literature. So we have to be literary people. I am not saying that everybody will be, but those who are here supposed to be class people at least you all should be literary. The whole atmosphere has become so materialistic so materialistic that we cannot talk about literature. Sahaja Yoga is not only for your individual growth, it is for the masses, it is for the whole world. Now how will you transfer it unless and until you have that medium of very very balanced thoughts? Especially maharashtrians must know that Marathi language has got words from Farsi, from Arabic, from everywhere \_\_\_58:16\_\_\_ everybody says Ida nadi, every person can say Ida nadi, do you know \_58:22\_\_\_ nadi means what, immediately (in Marathi) all these are Arabic and Farsi words. Urdu words also I have read the other day Guftagu I mean guftagu is an Urdu word I mean I don't knew that it was not Marathi.

Hindi 58:40

I mean in Marathi we have many Urdu words. Guftagu le aye, one thing is very good in Maharashtra that they take every word from other language not like in Hindi \_58:51\_\_\_ is not like this. They will use their lips and they will say aaggadi (Steam engine) means they will take the thing as it is. \_\_\_59:05\_\_\_ let it be anything. In the same way, in Sahaja we should also mix everything.

English 59:19

So we can have some people who will encourage this kind of writings and things. You know there are so many Sahaja yogis who are having beautiful poetry. Say in English may be in Marathi, maybe in Hindi also many beautiful things about Sahaja Yoga, we have to get them combine them, they are not put together, many people don't know even, so it should be all brought together and you should all read it out to your children, read it out on yourselves and enjoy them. So we have to be \_1:00:10\_\_\_ we have to be peaceful and enjoy the beautiful thoughts of other people. It is very important, once you start doing it even the masses will do it. Even they will take it because it is just the matter of taste. Once we develop taste for these things we will all come. But these days people don't read anything, I don't know where they spend their time? and what they do? But now for Sahaja yogis, it is very important. The personality that comes is much better, in everything. So now for this for growing people into literary atmosphere, we have of course a libraries no doubt at all but then our Indian conditions are such that you borrow a book, never give it back.

In Marathi 1:01:25

Many complaints I have checked, one of them, did you bring back the book? They will hide it. It is like this. If something from other comes in, they will keep it and not return. This should not be in Sahaja yoga. This is not in Sahaja Yoga. Give a bit more money.

English 1:01:52

Never try to take the advantage of another person don't try to exploit another person. In Sahaja yoga, if you start exploiting, you will be exploited because now you are in the kingdom of god. So this is something very much characteristic in us. That if we can some or other manage, we are very clever people we are very cunning, very clever. Only people who can beat us are Italians. But you see what has happened to them most of them are in jail. And if you start practicing these habits of cheating others, not cheating you see, (In marathi 1:02:38 we just got it, took it and will keep it.

English

Again \_1:02:42\_. It was not so before I will tell you even one little spoon was left of somebody in house everyone will ask have you returned that spoon or not, have you returned that spoon or not. We have \_1:02:58\_ that should be sahajayogis. Now for this kind of thing I do not want to have a competition and present to somebody who has done all such good deeds that we don't want to have. We don't want to have any competition. But we can tell each other about it, how generous another person is. Instead of talking ill of others we can say now how generous this person was imagine. The another day I must say \_1\_02:43\_ something about Me which I forgot to talk with him. He said when he wanted to sell Me this land I said that I will not buy it from you because you have \_1:03:53\_ so I do not want to. So he said alright give me, \_1:03:58\_ he said alright for 1 acre give me 75000. I said no I will not I will fight and I brought My price to 1 Lac. I said you have to take 1 Lac nothing doing. \_1:04:11\_ but it comes automatically.

In Marathi 1:04:26

But here it is different thing, I will again tell in Marathi only. Now everyone of them has come that is why I am telling. They have stolen the peddhas also; laddus also, if you want to run away with them then do it. What foolishness is it? The women came to do luggage and what they did they did the luggage of the laddus and took with them. Then they took also the stainless steel utensils. Our \_1:04:56\_ is very particular, he said now you pay money for that. The puneties must pay the money, I said why just leave it. What is gone is gone. \_1:05:10\_ Mataji do not anything in the hall, they will again steal something from here. I said My things they will not but of Sahaja yoga they will. Not Mine but of Sahaja yoga they will. What is our ability, who we are, we are saints says Shri Mataji, but these are not saints they are beyond. Who gave you self-realization till today that you can give. Like the radio plays beautiful music but doesn't understand music, such is the case in Sahaja yoga.

In Hindi 1:05:52

From the radio is coming good music but the radio doesn't understand the music such is the case of Sahaja yogis. That here we are doing self-realization; everyone is getting beyond, this and that and then they run away with the laddus (Indian Sweets). I was saying bring the laddus there were so many laddus and where are they now. And they ran away with them.

In Marathi 1:06:18

\_\_\_\_\_ we can't have any competition that this woman is more \_1:06:29\_

In Hindi 1:06:31



We don't want to have any competition in Sahaja yoga that you will get a medal for that, that you have done a work of generosity so you get the medal of generosity. This will not happen in Sahaja Yoga. In Sahaja Yoga, there should be faith, ours in you and yours on yourself. Here we should not do any kind of stealing. We don't take from others but the other we whatever we manage we give to others. All these character that I have described earlier, others should be able to see them within us. These must be enlightened. If tomorrow these are not enlightened, then what is the use of doing Sahaja Yoga? In this the disparity is this that we love Shri Mataji a lot.

(audio stops abruptly)

## 1990-0101, New Year Puja: Mother depends on us

View [online](#).

1 January 1990

Mother Depends On Us

New Year Puja

Sangli (India)

Talk Language: English | Transcript (English) – VERIFIED

New Year Puja, Sangli (India), January 1st, 1990

Yesterday's experience was that the whole day I had to spend it with police people explaining to them. And now I feel that in Maharashtra, there is a rule of Mafia. And that, it is for us to face it and we have to prove it.

I am sorry some people were hurt so badly and I'll think after Puja they'll take you to the hospital. Here there is a very nice hospital where we have very good doctors. And then I would request you to know that, the evil and the good, always has to struggle and fight.

Formerly in this great country of Maharashtra all the saints were tortured to such an extent that it is amazing how despite all that they kept the banner of spirituality so high.

They are still existing, the same people, who have tortured the saints and I think they are the same people who have behaved in such a bad manner towards you all. This kind of ego-trip builds up in everyone – even in among sahaja yogis, it does build up. And they (the evil ones) are all the time on a different scene.

This is like Hitler's style of behavior that you pick up some sort of an issue. An issue could be anything, like they are saying that "we are trying to remove all the blind faiths".

I mean, I've done this for eighteen years, what can they do more than that? And I have removed all your blind faiths in all kinds of stupid things that the religion, so-called, was teaching you. In every religion, there is no question of only Hindu religion.

But here they dare not say anything about the Muslims because the Hindus are very mild people. They (the muslims) want that all the temples must be removed, all the deities must be thrown away. This is all I think Rajneesh is their guru because he made a... he made an exhibition where he tried to show that Ganapati was something very funny and all that. Now medically you know in Sahaja Yoga, that without Ganesha we cannot cure many diseases. Is a fact.

So a stupid fellow talking like that, has become now the guru of these people who are discarded all over the world and who have been insulted. So these few newspapers have made him as a guru, perhaps that they are following his methods of saying that we should be, we should be rid of all these ideas and this and that. But they have gone to the extent that all the spirituality is an illusion. It's such a joke (laughs). And that we should give up all the, all readings and all understanding about spirituality.

But they do not know that their heritage is spirituality. And the whole world depends on that. The whole world, because when the people took to industrial development, you know how far they have gone and how much they are lost. And how far you were in that mess. And how you came back because of Sahaja Yoga's spirituality.

Now if this nourishment from the roots of spirituality does not reach the West, the real knowledge, as it is in Sahaja Yoga, the West will be finished. West will be finished, you know that very well. There is no joy, there is no love, there is no poetry, there is no music, there is no culture.

But as you have understood that now these people have now started talking about “no religion”, “no religion”, like many of your western countries have also done, specially Russia has done that way, (saying) that there is nothing like God, there is nothing like this and that. And now after all that now they are coming to God. So now we’ll have to go through another circle.

But they are only hardly twenty people. So even one fellow who is like Hitler, can destroy the whole thing. This is a very important thing – to destroy something you need only one person. But to sustain and to construct you need many people. To drown a ship, you need only one hole in it. But to build the ship, you take months together.

So the work that is done for these last eighteen years of Sahaja Yoga, is really tremendous. And the truth about it, you know for definite, that it has helped so many people.

Though we have been going from ups and downs and all that, we’ve been doing wrong things, no doubt about it, but still, now we are quite established and we know what Sahaja Yoga is. The experience of Sahaja Yoga you all have had. You have seen so many, (towards someone...) “What is she doing? Please be seated”.) Miraculous photographs you have seen, so many miracles in your life day to day. Every day there are miracles.

Now to say there is no God is impossible for you because you have felt the miracles of this All-pervading Power, the Paramchaitanya.

And also all the religions are explained and the complete integration of them has been brought in. But for that we have to know, as I told you in Brahmapuri, that the sahaja yogis have to know that they have to become dynamic.

Whatever energies you have got, whatever (energy) you have achieved within yourselves, is not sufficient enough. You have to manifest. And in that dynamism, I think people get lost.

I have seen that some leaders become horrid. I mean, sometimes their Vishuddhis could be horrible, then their heart goes out. So you should not allow anybody (to be) a leader for more than one month.

It (the ego) goes off. I have seen it. Because your balloon has been already bloated and again it gets re-bloated in no time. (Speaking in Marathi). They have religiously kept all the Indians outside, I think. (Speaking in Marathi). I mean, he is the organizer here. (Speaking in Marathi).

So the heritage of our country is spirituality. And this is the nourishment. Only the one-sided growth in the West, due to machinery or whatever you may call it, has ruined it completely. And one-sided growth in this country, and all such countries, where religion has become a blind faith, has also ruined it.

But in the center lies Sahaja Yoga. Now your wisdom, your sense, is so apparent. I mean, people have been to all kinds of gurus here and have been to everyone, but they don’t know anything about anything. Except for remembering by heart - some these Hare Ramas, talk about, “Rama” “Rama” – like that. While you know everything about Kundalini. You know how to raise it. You know how to give Realization. You know what are the diseases are caused, how to cure it and everything and everything and everything. I mean, it has come to such a stage that nobody asks Me any questions. (Laughter)

Otherwise, in the beginning in London, My lecture was for five minutes and the questions were for the rest of the time. So now you know so much. And you accept which cannot be explained also, because you know that. For example, somebody will ask Me, “Mother, how do you get these photographs?” Why are we talking about it? I know how it happens, who is doing this trick. But I don’t want to tell you (laughter). Moreover, if you demand something, I’ll never tell you.

That’s one of the characters I have. Ah, if you come with humble thing and honest desire to know, then I can tell you about everything, that you want to know. But if you just want to force Me and say that, “I challenge you”, I said, “I also challenge you.

Get out of here". Like that. You see, it doesn't react, that way.

So it is just the temperament of the Divine that if you are convex, the Divine becomes convex also, and fights and says, "No, get out". If you become concave, then it emits and gives knowledge, or receives knowledge. So one has to be humble. That's very important part of it. One has to be humble.

So the awareness, again I talk about awareness, within you should be that, how much we have come to know about ourselves. How much we have to come to know about others? How much we know about our own being? How much we know about chakras? In such a short time, how did we come to know about it?

Like we should know, if you are dealing with a computer, and you know how computer works, how it acts, how it is programmed, everything without programming it, without working it out, without building it up. I mean, if you build it up, you know how it works. But without doing that just to know a computer how it works, and all the machinery about it, is a tremendous knowledge.

And this is what has to be there for all of us to know what we are there as human beings, and what we have to do to emancipate the other human beings. Of course, I shouldn't say that every sahaja yogi is of that level, no. Or comes up, but everybody is trying.

Nobody has denied Sahaja Yoga. Nobody has said it's not true. Everybody is trying to get higher and higher in his state of spirituality which doesn't speak. It acts. It doesn't manipulate. It acts. And we've seen it acts in so many miraculous ways.

So first to know about all these things, after feeling that Paramchaitanya, is different from just to talk about it. Many have talked about it, but you have never felt it. Now you have felt it, you have verified it, you have experimented it. And you have found it that, this is something absolutely real.

In science, as Dr. Khan was telling Me, that in science, the one theory which is established today might be refuted tomorrow. Another theory that is established, may be refuted. It goes on. So that no theory is an absolute theory. But in Sahaja Yoga for the last eighteen years, whatever I have been saying is the truth. And is absolute. It cannot be challenged again. Nobody can say, "No, Mother, it is not so".

A simple thing is, somebody comes to you and you say, the other day it happened, one doctor was there in Aurangabad, and he said that, "I have never had any guru". But his left Swadishthana... and he was looking very disturbed. He was a sahaja yogi in a way, not looking normal. "I have pain in the stomach," and this and that. I asked him, "You had no guru?", he said, "No". (speaking Marathi).

So now as science has progressed we can see clearly that it has not got the theory which is absolute. But in Sahaja Yoga, as I told you, there was a gentleman, a doctor, who was denying, he said, "I had no guru". I asked him, "Do you read books?", "Yes – he said - I read Vivekananda". I said, "That's it". He said he was reading the book of a particular guru. We gave a bandhan to that guru and this fellow felt alright.

There are so many things one has to know about. Little, little things are there, which must be understood in Sahaja Yoga. And one should do it according to them, because it is for your benevolence. Now supposing I say, "Just do these things". If you don't accept Me, why am I telling you? I am not telling you because I have to gain anything. But is for your good. Now if you don't want to accept me or if you react, is not going to help you. Sahaja Yoga is not for Me, is for you. Now if you are, truthfully, honestly, if you are seekers, then you must know that "My aim is to rise spiritually".

Now in science you have risen quite a lot, you are fed up with it. Now you're back into spirituality and for spirituality you have to be a subtler person. And for these subtleties you have to give up all your conditionings. All funny conditionings are to be given and the worst that you have, is the ego part. It just jumps up.

I have seen that appointing people leaders has been the greatest harmful thing I have done to them. So many of them just got

lost, because they became leaders. I mean, a kind of a Hitler, enters into them. So this is one of the worst conditionings we have.

We have to be very careful that we don't try to assert our ego on others. When we become leaders or a some position is given to us, or ask something is to be achieved through your authority. Only we have the authority of God. Unless and until we become humble like that, nothing is going to flow.

You can see that, that the sea lies the lowest in height. And all the rivers and everything flows to the sea. And from the sea only rises the rain. Supposing sea was somewhere on top of Himalayas, we would have been all living in the Sahara desert.

Is a very simple thing, is to be humble - that's first sign - is to be humble, is to be non-violent, because we depend on the All-pervading Power. It is a power which is completely integrated within us. Only we are not the ones, we want to be aware of it.

So this ignorance, this blindness, if it disappears from us, that Divine Power will manifest. But our styles are so complicated. Sometimes I just don't understand, why we have complicated ourselves so much. I mean, look at the flowers, look at the leaves; they are on a tree, supposing. Automatically they will open out to the sun. Automatically. You don't have to take a leaf towards the sun, not at all. Automatically it opens out. You have seen it every day. Automatically. Because it requires sun. Now you want to have spirit in yourself. You want to get to spirit. So automatically you should, really automatically, if that is your desire, you should, with your own desire only, should get to the light of the spirit. And should grow in that spirit to know that this is what you have to achieve.

But small things disturb you, like somebody doesn't get married. Next day you see the face of that person, as if somebody has died in the family he is sitting there. (Laughter) Really, I have seen it. Immediately I make out who has not been yet engaged (laughter). Then after marriage I find again the same sort of nonsense. Because they are analyzing, "I want this kind, I want that kind. I want". I mean, whatever is available here is available (laughter). Like on the ship, you don't have any problems, because you have no solutions. If you are moving on a ship and you just ask for something, "Oh no, not available here," finished (laughter).

But then you lose all the fun of Sahaja Yoga for a small little nonsensical thing. If not this, next year. What's so important? I mean, certain there are limitations of age, height, this, that. Then even if you arrange their marriages, is very interesting, then they come and tell you, "No, no, I would not like to marry this girl". Why? "Because I want such and such". All right, then we find. "No, no, no, she is no good. She has these things," so move that.

I mean this is not the way. You are not here to choose a girl for yourself. Then there is another one who can say, "All right, I came down, I saw one girl and fell in love". So you fall in love and get out. This nonsense going on. See, you must have certain amount of dignity. You are all sahaja yogis. And when I see all this kind of stupid attitude, I say these people can never gain in Sahaja Yoga.

In India you will be surprised. I mean, even I was married to a man who was from another, another place. Absolutely different (indian) country, different religion, different everything. And a different person. So one can say that it was a very unconventional marriage, one can say. But I would never touch this man or he would never touch me. And if he would talk to me, in the presence of others only. And despite that, our marriage is very strong and we are very happy couple.

With all these nonsense you go on doing, bringing it to the level of physical appearances, physical understanding, your ego, "I want this, I want that", you find that just after the marriage you (your ego) get off. You start analyzing. That's why I am telling you today. I may not be able to talk to you about marriages later on. That be careful.

And that's how you have brought problems to Me. You see, once you accept that in Sahaja Yoga you are going to marry, then you must accept that Sahaja Yoga has its own norms and styles by which it will marry you and will look after your marriage and will bless you. But if you start analyzing and misbehaving, it's not going to work out, and you will have lots of problems. Either you believe in the All-pervading Power and surrender your ego to it, or else you have your ego.

Sahaja Yoga is decided by Me, by Paramchaitanya. Now sometimes in Sahaja Yoga it may happen that, maybe, it may not work out. But invariably I have seen, invariably, is none of My faults. None of My faults.

Mostly the leaders have given wrong information, mostly the leaders didn't talk about the, about the background. Or maybe that there has been some sort of an ego-trip with the people, and they are the ones who are creating problems for us. But things work out. Slowly, gradually we can improve. We must have patience.

If only on first day you start demanding something doing that, it's not going to work out. We must learn to give, in marriage it's an adjustment of giving. It is no adjustment of demand. We have to give. We have to sacrifice. What is there with you to sacrifice is all these rubbish things.

Your spirit you cannot sacrifice, so you keep to your spirit. And live with it. What is you going to sacrifice? I mean, what do you have to give? And then only you will enjoy. Then only you will enjoy the spirit. I am getting cool breeze from you.

So I want you to be very great sahaja yogis, very great. And you should really manifest your powers of wisdom. Now men have ego part and women have another side, is that they are very dull sometimes. Extremely dull. They don't think they have to play a very dynamic role, while they are the shaktis.

Like they will not even clap hands, they will not even have their torches to see what's happening. Nothing. They just think they are just a, sort of parasites. Just coming here as wives or sisters, or whatever it is, wearing saris. No, you have to be extremely dynamic. You must know all about Sahaja Yoga. You must know all about chakras. You should know everything.

In India, when in the ancient times, they used to teach them about God, religion and all that. So many great ladies we had, Gargi and Maitreyi and all those, who were very learned women. So in no way you should be just women who do not know anything of Sahaja Yoga. Sahaja Yoga is not only meant for men; it's meant for you, much more for you. Because you are shakti and I am your Mother.

So I find the women lack that. They are more worried about the saris, the this and that, and I mean, now from the hair-dressing they have come to saris. That's what I feel. Well, it's just the same.

Of course sari is a very good dress. It's nice to wear. By that we give lot of encouragement to our weavers in India. It's very artistic, and good that represents also a very ladylike feminine thing. But that doesn't mean you should become so feminine that you don't understand Sahaja Yoga.

I have seen women don't know where the centers are of the feet. Indian women know. Men do know.... (corrects) Indian women know, but the Western women don't know, so many of them. They don't know about chakras. They don't know how to raise the Kundalini. They don't know what's the problem is. So once you have left that life, where you are wearing a sari, doesn't mean now that you have become a woman in the gosha. Gosha is the one where they have to wear chadar; chadar, they call it. No, sari means you can also be very dynamic.

The same sari that you are wearing, even the saris of the nine yards, we have had queens who fought the English. You have must heard about Jahnsi Ki Rani. She was hardly of any age. She jumped from eighty feet height with her child (tied) behind her. She was a widow. And she fought the English. Left and right. And when she was killed, the person who was here, the Englishman, he said, the governor, he said, "We have won the war but the glory goes to Jhansi ki Rani."

Then we had another one, Chand-bibi, another lady, in Ahmednagar; she fought. We had so many women like that. Tremendous type of women we had, though they lived like women. We had Padmini, we had Noorjahan, we had Ahilyabai, so many women. They were not manly at all. Very woman-like.

There was the last one was Shivaji's, Shivaji's daughter-in-law. She was only seventeen years of age, seventeen years. And she fought this Aurangzeb and she is the one who defeated him. Nobody could manage this Aurangzeb horrible fellow, she defeated him. So though, you see, the Indian women look so docile and simple, but when it comes to their personality, they are capable of tremendous things.

So this character when you are wearing the saris you must also know how to tie up the backside and to fight. Otherwise you have not got the Sahaj culture in you. Either you are very dominating or you are so docile like cabbages.

You must understand that we have to be alert, very alert. And Mother depends on us. On our own personalities, that the way we are going to develop ourselves, our children, our husbands, our society of Sahaja Yoga, the whole of Vishwa Nirmal Dharma.

Is the woman who makes the society. The whole universe is in the hands of a woman who creates children. So the stupid ideas of romanticism and all this nonsense, has to be finished.

The possession of husband – "What time you came," "When did you go," "Where did you go," and here (in India) the women when Shivaji started his fight they used to cut their finger, thumb, and used to put the tika (sign) on the forehead of the husbands who were going in the war and they said, "Don't come showing your back".

Such great women we have had in this Maharashtra, where you find them to be so mild. If it comes to their country, if it comes to their own personality, to their own chastity or anything, they are tremendous. Just like lionesses. So with this sari lots of things go hand in hand. Is not only the sari you are wearing, but you are representing something very dynamic within yourself.

Now when we talk about our further programs people are insisting that we should have a program in any case in Kolhapur. But I told them I'll not allow Sahaja Yogis to go there because they were hurt so badly. But some of you can come, not all of you. I would be rather worried. I don't think anybody will hurt you and they are saying they will make arrangements. So if you want to come, if you are not afraid...(Applauses).

But on one promise. That nobody is going to beat anyone. I am saying, "Don't beat. Don't beat" and somebody heard, "Beat". I mean, I mean, I have never heard such sort of thing, when I am saying on the thing that, "Don't beat. Don't beat," then somebody hears that, "Beat them. Beat them". (Laughter) I just don't understand how can (that be). So you don't have to, really, you don't have to beat anyone. There is no need. You know that there is Paramchaitanya working. All this is also the work of Paramchaitanya.

In the afternoon, Yogi Mahajan was discussing with Me very seriously like a lawyer, saying that, "Mother we cannot form a criminal case on them, because there is no evidence". Afternoon. And in the evening we have evidence now (Applauses). And then they are writing in the other way round, that they were beaten up and that you threw stones at them. And none of them were injured. They must have been vibrated stones, I think (laughter and applauses).

How can you? They had no injuries. They wrote it down they've no injuries. So there is no need for you to bother about it. With all that there were at least more than four hundred stones that came and only eighteen people got hurt. And really seriously, I think, one or two. So there is nothing and I can cure all of you, [you] know that very well (laughter and applauses).

On the whole, you see this country, especially Maharashtra, is so full of devotion to God. Like these things are not going to work out. But they are very dangerous people like Hitler, you see, they start moving about and giving some ideas and all that. So it is better to finish them at the time when they are just prospering, as they call themselves Nirmulan, is to remove the roots. So we have to do the Nirmulan of Nirmulan.

All right. So now today we'll have the puja. Then after that if you want you can go to Kolhapur for your purchase. But it starts, the shops starts quite late and will keep quite late till eight and tomorrow the whole day is available for you. So you can take your

buses. You can go down there, and you can have your purchase and all that, then come back here. Tomorrow also you can do the same.

Day after tomorrow, our Mr. Govind has very kindly invited you all to his place, as it is he is an extremely generous man. So, ... (Applauses). and when I told him that, "You must take money from Me", he was just fighting with Me, "Mother, give me this first chance. This is my great honor that...(speaking Marathi and Hindi to someone) So... (speaking to someone). Let them come, if they want to come."

So then the program is that day after tomorrow, after this thing he says it will be over by 12:30 or one'o clock. So you will have tonight and tomorrow full day for your shopping. But I think then you should not bother more about shopping. Whatever you have to do, better finish tomorrow. And then you have to come to the program also.

Day after if you linger on then it will be very difficult. So all of you should go there, have your food, and then go to Ganapatipule. This is the program. So you reach Ganapatipule in the evening. I hope it's all clear to you. And whatever you want to buy, you have to buy here. But I would say that some of you are really, really do not know what is real silk is.

And I've seen some people buying something horrid. And very thin silk you should not buy because it will last only for eight days. And then it will be finished. So don't go for cheap things. One sari which is good sari, silk sari, is better than ten bad saris.

Luckily now we have some saris that you wanted for, the printed saris which I can give you in Ganapatipule. Nice printed saris, of the tassar and also silk. We'll have them there. You can all buy, there. Anything else? Because I don't think I'll meet you any more perhaps till we go to Ganapatipule.

Now also if you could get those bhajan things, please buy. I have given you presents twice. But you never bring them on your tour and this time again, I don't want to get this kind of a thing. (Hindi). Just show them. Anything of this kind, please get it. Is very important. I have given you twice as presents but it's very difficult every time to go to the shop and get it for you. If you can get them please buy. Some of you should at least have them (speaking marathi to someone. He will organize, you better purchase.

Now all the marriages practically have been decided. One or two are left, which he has also adjusted. Now those who were over age or something like that, we could not arrange their marriages. Doesn't matter. It may work out, may not work out. Doesn't matter. After all, you are in Sahaja Yoga. I mean, you are really married to Sahaja Yoga, that's all.

This is something sideways, you see. So don't make very, your life miserable, so all the way you have come, to know that you are not ... we have not been able to arrange your marriage. It's not proper. Just enjoy. Don't miss the point.

May God bless you.



## 1990-0106, Talk: Learn from Your Guru and Evening Program, eve of Devi Puja

View [online](#).

6 January 1990

Evening Program Devi Puja

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

I was ready at six o'clock when Babamama came and brought some very important people to meet me and I was just ready but so happens doesn't matter, and I am anxious to see the little ballet these people from Delhi have arranged and the little children are going to now do it for you.

I hope you all are meditating every morning and talking Sahaja Yoga, meeting each other. And this is more to get together, that we should all discuss about Sahaja Yoga, and find out what is the way we can do it better.

Morning time, I was thinking that, we can allot it, now, to people who would like to have a, they call it a 'brain trust', sort of a thing, a conference. You could have it. Tomorrow is the puja but day after tomorrow we are free in the morning time and also 9th [January] we are free. So you all could discuss and talk about things and about what has happened in Satara district. And all those things can be discussed among all of you. And it can be established that we understand Sahaja Yoga properly among ourselves.

Many people do not know much about Sahaja Yoga, especially ladies. I think they have to know quite a lot. They just think they are in Sahaja Yoga, so they are floating with the big flow of water. That's not the way to know about Sahaja Yoga. Sahaja Yoga you must know precisely. You must know what is there, what is not there. So I would say that, you could have a meeting day after tomorrow sometime and could discuss about, what is it and how it helps you, what are the chakras are, any problems, anything. We have all kinds of people here. So it should not be just entertainment but it should be more sort of a morning session for learning things.

Now, tomorrow is a very important day for puja. All of you are expected to come here for the puja. And I am sure that it will help you all to achieve something in that puja.

As it is, you know that you have to go beyond your thoughts to absorb the vibrations. In your thoughts you get lost. But once you are above the thoughts you get absorbed. Also most of the marriages have been fixed. But some people unnecessarily are giving way to their conditionings or maybe unnecessary thinking and all that, have tried to say 'no' to certain people, without any rhyme and reason. So it is nonsense. And such people, we would say that, should not apply anymore, because we have wasted so much time. Of course, if they had some rhyme and reason one can understand, but without rhyme and reason if you say, "We don't want to marry," that means it's quite insulting to the other party. So if you have just said 'no' because you feel from your heart and from your brain and from your these things, this is not the way to behave. And before saying 'no' you should see me. And I would request you, all of you, to meet your fiancés and see for yourself. Even now there is time. But if there is no reason for saying 'no'. If there is no understanding about any point, it is better to decide it now than to decide it later, and I have been telling you [this]. Of course, you have all the freedom to do it. But for no rhyme and reason you have no business to insult other people.

So, I would request you that even if you have any objection, even now, please write it down and give it to Yogi Mahajan. He has really worked very hard and you know we have no choices. You see, this is very funny how so many marriages have come up. I didn't expect even to fix ten marriages, because the age and the heights and everything was so much from one extreme to another extreme.

Moreover, those ladies who have got children and all that, it's rather difficult, because we find people who are not very happy about the situation. So they should not feel bad about it. We hope to see people who would love to have children. All such people

should come forward and they should marry women who have children and look after them. But it's difficult. In the same way, for men also, if they have some children or something, there is a problem. But one should not feel bad about it. One should know that we are here for our Sahaj Yog, for our ascent, and we have to rise higher.

As it is, you know, one or two marriages do fail in Sahaja Yoga and they create lot of problems for me. But is this the way are you helping me? I am helping you in so many ways. Which is the way are you going to help me, is to understand that, if we are married let us try to improve ourselves. Of course, I would say that certain problems come only from one side, not from both the sides. But, whatever it is, we have to understand that these marriages are not just for marriages but for something great, to create a new progeny of Realised-souls, to emancipate human beings. There are many saints who want to be born on this Earth. So it is important that, if you are married in that understanding then you will try to see to the good points of others and not the bad points, and should not see superficial things. If you are superficial it is better you don't marry. But if you have any depth then you should understand you are marrying for something that is the concern of God's work. I hope by this you will be able to sort out many of your problems.

And then some people when they get married they just get headlong (rush headlong). Absolutely get lost into it. This the another stupid conditioning of romanticism. You are marrying because you are in Sahaja Yoga, you want to help the Sahaja Yoga, you would like to have a companion who will be helpful in Sahaja Yoga. But they get so headlong into it that I have seen [that] many characters have been ruined, and people have been spoilt. But in a way it's good because this is Last Judgment. If by marriage, by temptations, by wrong doings, by conditionings, if you have to go out - you have to go out.

I must tell you that also there's very little place in the Kingdom of God. Unless and until you prove to be good Sahaja Yogis there is no place for you. For mediocres there is no place. You have to be serious, deep, seeking, dedicated Sahaja Yogis, otherwise you have no place. If you are playing around only with your children, with your wife, then alright, go ahead with it. You have to get out of that and you must know that my first and foremost attention should be on Sahaja Yoga. That is so very important today. Formerly, that's why people used to give sanyasa to their disciples: no marriage, no children, no household - just be sanyasis. So complete dedication to the guru, complete dedication to the work. But in Sahaja Yoga it is not so. Because also I have given you Realisation so you can feel it, within yourselves, what is important. If something goes wrong with you then the vibrations also go down.

Then also I have reports from many countries that people are very miserly - they do not donate for daily work. Of course, you don't have to pay me, but you must know that without donation we cannot do anything. You cannot even buy a little thing like that. And from where it has to come? Of course, as far as possible I have tried to compensate, but also you must know my husband is now retiring. So I hope, with his retirement, the whole of Sahaja Yoga will not collapse. If you are such miserly people, only worried about your money, you want to extract each and every pie you spend, each and every little money you have given, then I must say - such people are no good for Sahaja Yoga. Such calculating people! Nobody wants to shell out! I mean, I have seen people, even if they give a little bottle of Limca to someone, they want to charge [for] it. If you are that miserly, there is no place for miserly people in the kingdom of God. You have to be generous. You have to look after people. You have to love each other. You have to give presents to others and you have to be very much giving.

And in this I find that people will live in a good house, they will have a good family, they will spend on their children, for their holidays, for their education, for everything. But Sahaja Yoga, they become very miserly. So they are still so conditioned. So this is the Last Judgment. And you will be judged for everything that you do for Sahaja Yoga. One has to be very careful as to how you behave, what is your attitude is and how you should change.

Your attention is also very important, if your attention is not there. I have seen some people still sitting outside, talking to people, doing this. In between the programme they just get up and walk off. When there's some artist is sitting you are not to go like that. It's an insult to the artist. I just sit for hours together. And if I am supposed to be your guru, you must learn at least that much from me: how to respect and where to respect. So I have seen many people just getting up, walking, sleeping down, this, that. If you are that kind then you should sit on the corner and just disappear. Nobody should walk this way back and this way. It's not proper. There should be, if you go to your church, do you do like that? Church which is based on falsehood? While this is the

church of Truth. And the way people take things without any discipline looks very funny. People start walking up and down, sitting the way they like. There's no alertness about them.

You must know when the music is on, I am trying to spread vibrations through that music. But some people are dosing off, some people are walking about. That is not a Sahaja Yogi! You have to be just spartan and smart! If you see a saint, if you see old saints we had, their disciples used to be sitting straight before him for hours together. Of course, I don't say that you should sit here hours together, but if I am sitting here you have no business to behave like this dog that runs about without knowing what he is doing. We are all human beings and there's no reasoning behind it, I don't understand. And there's no explanation needed! It's the behaviour itself [that] is wrong.

Now anybody who has children and all that should sit on the other side. I would not like you to carry your children here and there when there some programme is going on. We have to show at least this much of discipline.

So yesterday's programme was a little bit a farce, perhaps, maybe, because some people really behaved in a manner that they should not have behaved. All such people who want to go like that should wait because in between the programme we'll give you some interval when you can go out. So let us have a society, a proper, beautifully built-up collectivity, which shows that we are very saintly people: we have poise, we have adjustments, we have understanding, we are doing everything in such a manner that it is all dignified.

Now, also, some people have a bad habit of raising their Kundalini in the programme suddenly: giving bandhans, giving bandhans to themselves, bandhans to others. It's nonsense! Just now I am there. You don't have to. Just you desire. You just try to develop your desire power and just desire. You desire something - it will work out. I mean, I work like that and you should learn this trick - how to desire. But desire should be pure desire, then Kundalini works it out.

I was in Kolhapur and I was telling him, Yogi Mahajan [that] I want to buy those chimtas for all the countries, Western countries and also the leaders. And just imagine, they said that you can't get them in Kolhapur, and there they are! They have bought it and brought it. I mean, it's a small incident but there are thousand one I can tell you. I have to just desire! I desired that the Eastern bloc must be cleared out, must be freed. So a programme a yoga seminar, was held in Russia. And I told My husband and I told everyone, "I am going there to break the Eastern bloc!" I just told. When I went there they gave me hardly any time. But I broke it because the people who got Realisation, they were from all these countries, and they just went and triggered it. So I had told beforehand that this is my purpose. But I am so intensely desiring anything.

In the same way if you have a pure desire about it, not from any malicious or some sort of a selfish attitude. Like, "My brother, my sister, my..." This is Indians have this greater problem "my wife," this, that. The wife will support the husband, the husband will support the wife - nonsensical things will go on. But by this they are really taking them down! And you people also should not have [attachments] because somebody is from, say, Switzerland: Swiss people will sit together. It's a very wrong thing to do. I have told a hundred times: nobody from the same [country to sit together]. Now I can see it's even the same thing happening here! English must sit together. And English have the worst habit in this, that they must form a group. That's their style, is to have their group. So this is all, is our conditioning. Why I am telling you [is] that, Sahaja Yoga is not going to benefit by you but you have to be benefitted! So all these little, little conditionings that you have, you just judge yourself: "Are we doing like that?" "Are we sitting?" "Am I sitting next to a Swiss?" "Am I sitting next to an English?". Run away. And then maybe that you think you can speak in the same language or whatever it is. No! Let us sit away. Then Delhi people will sit together, Bombay people will sit together. And you ask them, "Do you know this lady?" "No, who was she?" "I mean, she was there." "No, I never met her." Because nobody wants to meet, nobody wants to talk, nobody wants to do.

And it is to be understood that this is a place of pilgrimage. There's no fashion to show on. And one should not go about putting fashionable clothes and fashionable dresses. Be humble about it. Sometimes I am really shocked the way people are dressing up. It's all right for pujas and all that, you can come, but the way people are dressed up sometimes it's surprising! You are coming here, for what? For your meditation. So be in a simpler dress, in a simpler attitude, in a simpler mind.

Today I had to tell you because I have been noticing a few things that you are missing the point. We are here for our ascent. You have come all the way, pilgrimage is there, for your ascent and for nothing else. We are here only for our ascent, for our joy, for opening out ourselves, and that is what we have to remember.

I am your Mother, I have to tell you the truth because it is your benevolence that I want: that you all should become great foundations of Sahaja Yoga, which is going to emancipate the whole world.

Moreover, anybody who is sick need not come to me. You can cure that person with you. You can yourself cure. The person who is a Realised-soul can cure himself or herself, or you can cure. What is the need to bring everybody to me? "This is sick, that is sick, that is there." No need! Among yourselves only you can have these things done. And I think the doctors and all these people can also have a little conference together and anybody who has problems can come and tell them what's the problem is, and can be done. There's no need, also, to have doctors. We have some people here, very simple people, who can help you a lot.

So among yourselves you should help and you should learn how to do it: how to raise the Kundalini, how to tie it up, how to clear the chakras, what's wrong with you.

Attention should be how I am going to achieve it, but the attention is not so high. So I would request you, today, that you please pay full attention to the programme and enjoy it and really try to develop that sensitivity of enjoyment.

This is just you are clinging onto something which is not going to take you to the Ocean of Joy.

Alright?

May God bless you.

## 1990-0107, Devi Puja: Who is the God and Who Is the Goddess

View [online](#).

7 January 1990

Who Is The God And Who Is The Goddess

Devi Puja

Ganapatipule (India)

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

Puja at Ganapatipule. Ganapatipule (India), 7 January 1990.

[Shri Mataji arrives and speaks aside:

Shri Mataji: (Marathi: "It's cool, not hot at all".) "You've got the sari with you?"

Yogi: "Yes, Shri Mataji".

Shri Mataji: "One sari". (The yogi says something) Eh?

Yogi: "... whichever one You would like".

Shri Mataji: "One. And another one belongs to Magdu". (Marathi: "Ask Magdu about the other sari. Check if he has a sari or not, otherwise we'll take their one.") "You might be having their sari maybe."

Yogi: "Yes, we've got one extra".

Shri Mataji: "Alright...".]

(One yogini performs Aarti to Shri Mataji.)

I'm sorry today for being late, but actually I was ready and all this police case, this, that, I tell you, unnecessary waste of time and it had to be this time.

In India, we believe that, that God Himself takes incarnations with His Vishnu principle whenever there is the decline of righteousness and tries to elevate. Every incarnation has done lot of work – [Marathi: "Who is speaking ?One should not speak so loudly."] – and have done also work within ourselves.

Now this is the knowledge we had in India, long time back, but when they talked about incarnations people started worshipping them as some statues or some sort of an images which were sold in the market and were made by people who had no right to do that. But it is described in the Puranas that we have got some of the places where many – [Marathi: "Who is it? Inform the police. What is going on? What are the drivers doing?"]

They have said that in many places in India, and all over the world, the Mother Earth has created beautiful deities to tell the - tell the people or to sort of tally with whatever described in those olden books. And all these are called as 'Swayambhu', they are created by themselves. Unless and until you are a realized soul you cannot make it out whether these are real or not. You have to have vibrations to see that they emit vibrations quite strongly. A stone starts emitting vibration, but it has a form, it has a coefficient, so how this has been created.

There have been quite lot of miracles in this country of these incarnations like Ramadasa who was the guru of Shivaji Maharaj. It

is said that he, in his own time the Mother Earth emitted out manifesting they say five hundred Hanumana. I don't know the number is correct or not, whatever it is. But the one – they found a statue in the waters of Angapur. It was Ramadasa who found it and was kept there and there was a statue of another goddess, Anglaidevi – must be meaning England I think (Shri Mataji laughs) goddess coming from England must be Anglaidevi.

Whatever it is. So they wanted to remove those statues from there and they said that the statues would not move, so they had to ask for forgiveness and with great difficulty they could remove those statues to one place called Chaphal, where they are kept. Now why they took it to Chaphal? Because there was one Hanumana created and this Hanumana, they wanted to change the face, the architects, so they went on deep down trying to find out what is the – how far does this stone go. So, it went on and on and on and on for, I don't know, thousands of feet they went down and they saw it was still standing on one rock straight forward, so they gave up and they kept as it is.

All such miracles have been here to show that these are swayambhus. But then people started making statues and started worshipping, then making more statues and worshipping. As a result, there were incarnations, other incarnations, as we think that Dattatreya, the primordial master, took incarnations on this Earth and most of them, then tried later on to say that we should not talk of the flower but we should talk about the honey and we have to get to the honey.

So they started talking about the Ruh, about the all-pervading power, about Brahmachaitanya, all of them practically talked like that. Not in the beginning, I would say, but later on when they found that the people were just busy worshipping any stone, get from there, put some – I mean they became just stone worshippers.

So another kind of religion just came in, which just said that we should believe in God Almighty and we should just worship Him as an abstract god.

So, this abstraction also turned out to be futile because when you talk about flower you worship the flower and when you talk about the abstract, you just talk. It's a talk, talk, talk, talk, talk. You cannot get to the honey.

So even if you talk of the honey what's the use of talking about it? You have to have it. For that, we have to become the bee and that is why it is important that you have to have your Self Realization.

And in every religion whatsoever, even in Islam it is said you have to become a wali. In Christianity it is said you have to be born again. In Buddhism it is said you have to become Buddha, means you should be knowledgeable. In Mahavira's things He has said you must get your Self Realization. Lao Tse has said it. Just you should start from Socrates onward. Of course, we should forget about Plato and these people because I don't think they had much sense of spirituality.

But most of these people have talked about Self Realization. And there's no religion in which they have not talked about Self Realization. Even in the Judaism or where they believe in the coming of the Saviour for their salvation, even they have talked about it.

So it is all described in Koran. There's a complete sura describing about the sent one, means the Avatara, means the incarnation. And also said that "you won't believe, you won't accept" and all those things.

So now, once you are realized souls, then only you start seeing that all this talk is futile.

You have to become a realized person. If you get your realization, then only you can get over the superficial illusions and you can go deep into it.

All these illusions are there in all the countries, in all the religions and that's why there is a problem and we have seen people suffering from the pangs of fundamentalism.

As I have given another lecture about para-modernism, in that I have talked about Russia, that Russia has now withdrawn. On one side has withdrawn, the rest of the people, now whom are they going to fight. If there's another side is not going to fight, this side is left out and they don't know what to do with their armaments and everything. So this was the great work of Gorbachev, I think, and he's a realized soul, so he could see the point, and the way he has managed is tremendous.

And now the main problem is fundamentalism and that comes out of ignorance – ignorance and also selfishness because people want to say that “This is my religion, this is my prophet, this is my guru, this is my reli... master” and all those things. But actually they don't belong to any party, to anyone - they belong to the whole world.

One can understand if you establish something for your protection from other parties, but to start yourself in a way to establish a falsehood surprisingly – very surprising, I don't understand human beings. For such falsehood, they are very happy to join and so many will join. Without even thinking, knowing, they'll all club together for a nonsense like that.

For a nonsense human beings always club together, but for a sensible thing they don't want to understand.

So now we are coming to the point of puja because there are so many new Sahaja Yogis who might not have known what is a puja is.

Now, as it is now, you all believe that I'm Adi Shakti and you have proof of it. Puja is one of the way you can have the proof of it much more. Because when you are doing the puja My deities, which are within My chakras, they get excited and they feel happy and they want to emit more vibrations. I mean they start emitting more vibrations... (Shri Mataji interrupts and while apparently massaging the lower part of Her left hip She says some words in a very low voice which sound “Left Swadishthana”) - when they start emitting more vibrations, then you are surprised that how after puja you get so drenched and you just feel elevated and at a much higher level.

Of course, it is true that during the puja time you feel very much elevated. For some time you can keep it up. Some people definitely retain it, but some people go up and down like a yo-yo.

They don't have that capacity to retain it.

That is why one has to meditate in thoughtless awareness to keep up that status, that higher status. But the puja of, only of the Goddess is allowed, puja of the God is allowed, but we must know who is the God or who is the Goddess. So doing the puja of every person blindly, anybody who comes forward, says this and that, should not be accepted.

You'll be surprised for the first four years I didn't even allow them to have any puja whatsoever.

Even they said, “You are our guru, so you should allow us to have guru puja.” I said, “Nothing doing. I will not.” Then first, after four years, on the Navaratri day they wanted to have one puja. I said, “All right. You can have it, but very few people.”

And then they found that that puja gave them so much of vibrations, so much of elated spirituality and they touched so many dimensions suddenly that then they started requesting Me, “Mother, you must give me a puja.”

Even in India where we have this system of puja, people have no idea how to really do it. It was very embarrassing, but I had to tell them each and everything, “Do like this, do like that, you must have like this”, it would work it out this way.

First time I went to Delhi, you'll be surprised. It was.. If somebody can get hold of that photograph I was just shrunk. I was just shrunk. The whole body had shrunk.

I'd become so thin and I was so shocked because they were using all plastics and things [from/for] used in the thing, all kinds of

things (were there?). "Oh God," I said, "Now what to do?"

So I never used to also allow them to give Me any money or anything before; then I said, "All right, start with one p". They started with one p. Gradually, they increased; because I thought that "They don't know that you have to use silver." And then, out of that money, I said, "All right, I'll buy silver. I'll put my name on that, so it's My property, so whatever you have given Me is mine, so-called, and is with you."

That is how we started this proper understanding of the thing, that we have to have a particular type of metal, particular type of styles.

Now these metals have an effect on us, very much effect on us and in what metal you do the puja also has an effect.

It's all a science of spirituality, which one must understand is very important and should be done in a proper way if you have to have the best results. It's like a science.

And so the pujas started and I think now people have got quite a good sense of it.

Now, it is – in Maharashtra specially they are experts and it's very difficult to argue with them, so they said that "Mother, You are supposed to - we are supposed to give You a sari." But they're such experts, they said, "No, we have to give You a sari." Then I said, "All right, give Me ordinary sari, I will not take expensive."

Then they argued with Me, this thing, that thing. It went on, on and on and on. (Shri Mataji laughs) And then it started onto, they said, "We cannot give you falsery."

I said, "All right, give Me anything." (Shri Mataji laughs)

Then it has become so expensive now.

See, so I've been requesting that now, for future, try to understand that now I'm old and to an old Goddess you can give something simple. There's... (Laughter. Shri Mataji laughs).

But nobody is willing to accept. "Now we are growing so much, this, that". All right, let us see how we reconcile each other.

So this is how it is, that it makes no difference, but it does in a way what importance you give to everything that you want to do.

It's very important, is the complete attention, dedication and the complete importance that you give to anything that you do; is very important. If you do not give it the highest priority, it doesn't work. If it is just by the way it doesn't work.

So it is important to understand that if you have to gain anything in this puja you have to give it the highest priority. And then just before puja, if your mind is telling you or doubting, just tell him to stop because that mind can act against you.

So for the puja, you should be all prepared in a way, in a receptive way and receive it.

[Marathi: "You all understand quite a bit English. Whatever I have said now, you already know that, whenever you perform a puja, it pleases very much the deities who are residing in Me. And they start emitting vibrations with full force, sometimes more than necessary - whether you absorb or even when you are not able to absorb those vibrations. When you all are not able to absorb the vibrations it causes lot of pain to Me. That is why you all should sit in puja with an open mind and heart and with full conviction. The more conviction you have, the more you will be able to take advantage from it.

You should have pure desire. You have sit with pure desire and you have to ask: "Mother, please colour my inner self in such



manner that those colour can never fade away. Colour me in a manner that it never goes away. Fill me up with such colour.”  
Desire in your heart in this manner before sitting (for puja).

Now it's quite late. Unnecessarily they have appointed policemen. Had to spend time also entertaining them.

And then this has happened, at the moment there is a nice cool breeze, so it's better the puja has started now.

(The ceremony part starts)

(Marathi: Now we are going to start the puja. As I have already told you, sit in puja tranquilly, with an open mind.

We are not able to call any children today for washing My feet as they are too many.

Someone will wash My feet while you may sing a bhajan of Ganesha.)

You can sing the song of Ganesha Atharva Sheersha. Atharva Sheersha...

(Hindi or Marathi)

Everybody must know it by heart; alright, in any case you can sing it.

(Hindi or Marathi)

Guido: Shri Ganesha's mantra.

(Then yogis recite Ganesha Atharva Sheersha. Children go on stage)

Shri Mataji: All the leaders have to be here.

Yogi: All the leaders. All the leaders have to be here.

[Bhajans: "Ganesh Sthuti". "Jai Ganaraya".]

Guido: Everybody should sing. Sanskrit 13.

(Leaders offer the Elements on Shri Mataji's Feet)

Shri Mataji: Just help him...

(Hindi or marathi).

Rajesh, Babamama... So now, seven ladies... ones, say, fourteen, fourteen...

Yogi: Seven unmarried ladies up to fourteen years.

Shri Mataji: ... fourteen to twenty-one.

Fourteen to twenty-one.

Guido: Seven...

Yogi: Fourteen to twenty-one.

Guido: Seven unmarried ladies from fourteen to twenty-one years.

Shri Mataji: (Hindi or marathi) ...“Ai Giri Nandini”...

Yogi: Sanskrit songs page 2.

[Yogis sing bhajan “Ai Giri Nandini”. In the end they end up singing, apart from “Jaya jaya hai Mahishasura Mardini”, also “Jaya jaya hai Ravana Mardini” and “Raktabija Mardini”]

Shri Mataji: We have the 108 names, would be better? Or the when the ladies coming out, they’re very few these, then later on.

Any other songs? I will need about 14 ladies who have not been here.

Yogi: Fourteen ladies who have not come...

Guido: Fourteen ladies who have not come yet for puja.

Some yogis: Deepa? Deepa?

Guido: Deepa Mahajan. Deepa Mahajan to the singers.

Yogi: Shringar... Shringar...

Shri Mataji: Have you asked for 14 ladies?

Yogi: Fourteen married ladies.

Yogi: Fourteen?

Guido: I don’t know. It’s alright.

Shri Mataji: See, more than twenty-one... they must be twenty-one.

Guido: Married ladies who have not been yet for puja.

Yogi: Hindi songs page 39.

[Bhajan: “Tere Charna de Heth”]

Guido: Hindi 5.

(Offer of jewels)

Shri Mataji: Foreigners... get the foreigners...

[Bhajan: “Hasat. Ali Nir.mal. Ai”. Then the ladies put the sari around the shoulders of Shri Mataji]

Shri Mataji: The sari... get the balance. You need more. On this side, on this side more.

On the right hand. Put some more.

Sides, on the sides. Sides... (the flowers which are being offered around Her Feet)

(To the ladies who have performed Puja and are now leaving) You see, decorating the Mother.

...Aarti...

(Three Great Mantras are sung)

Shri Mataji:... Aarti...

They are too close. They, one move that side there.

[Aarti is performed, then three great mantras are recited]

Yogi: Bolo Shri Bhagavati Mataji Shri Nirmala Devi Ki!

Yogis: Jai!

Yogi: Let's all bow down to our Mother.

## 1990-0108, Evening Program

View [online](#).

8 January 1990

Evening Program

Ganapatipule (India)

Talk Language: English | Transcript (English) - Reviewed

18th January 1990, Ganapatipule, India.

I am happy you have all been enjoying the music so much and enjoying your stay in Ganapatipule. This is the end of our tour where is a get together like a gathering as you call it and there has to be much less talking and much less worrying about things of less importance. We have to enjoy and we have to enjoy each other, to know each other and to understand what is this collectivity is. We are here of so many countries and is best is that we should talk to each other and find out their country, their styles and their names and their families and make very intimate relationships with them. So this is the idea of this Ganapatipule is that at the combination of it, we all meet together and that we have a very congenial enjoyable atmosphere. So I don't want to stand in the way of the music that was on. I would like Babamama to continue and also then we'll have other music.

We have to only see what we have gained, how much sensitive you have become to joy. How much conditionings we have dropped. How much we feel surrendered to the Divine and how our personalities have grown. It is more introspection that I was thinking about in the morning meditation and later on you should have tomorrow morning if you want some people can meet, as leaders can meet or talk to each other and can find out what they can do for the future. What should be the plans, what do you think is needed in Sahaja Yoga, all these things have to be discussed and to be understood. Because we are one family but still there is - everything works out just like one hand works out the other hand, it works out no doubt. It is we are part and parcel of the whole, no doubt. But still there is another communication which is also of your experiences, of how to develop better, how to work out better. How to spread it better? What thing will help, in what country? All these things are - can be discussed tomorrow, if you want, whenever you want to meet. The leaders can come and meet in My room. Say after the program we have had or early in the morning. I would like to talk to them about it. Will be a better idea that I deal with them personally on all matters. Now anybody who has any other problem, individual problem, any other problem, should give them in writing so that they will bring it to Me and I'll see to it what we can do about it. Because every leader must be having some problems somewhere and it should be discussed. So tomorrow morning I think if you come quite early, I get up very early. So if you can come say about seven o'clock or eight o'clock will be all right, we'll talk about it. That ten o'clock will be here to continue we the same presentation business that we did today. So it is going to be a long session. May God bless you all.

## 1990-0109, Talk and Presents

View [online](#).

9 January 1990

Talk to Sahaja Yogis

Ganapatipule (India)

Talk Language: English, Marathi | Transcript (English) – NEEDED | Translation (Marathi to English) - NEEDED

## 1990-0109, Interview

View [online](#).

9 January 1990

Interview

Ganapatipule (India)

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

Reporter – Shri Mataji, what is the ultimate truth of human life? What is God, and how can He be realized? Would you please share your thoughts on this?

Shri Mataji – The ultimate truth and goal of human life is one and the same: to realize the Truth. And what is that Truth? That we are the Spirit. We are not this body, mind, intellect, or ego – we are the Spirit, and we must attain that state of being. This alone is the Truth, and this alone is the goal of life. The Spirit is the foundation of collective consciousness. Moreover, it is the source of true joy, the source of Truth, and it is what enlightens our awareness. Therefore, we must realize the Spirit within us, and doing so is very easy.

Reporter: It has been observed earlier, and even written in the scriptures, that people used to wander from place to place in search of this truth. Even after years of penance or serving a guru, it was not guaranteed that one would attain this truth. But now, as I myself have received realization before you, and I've seen thousands of others receiving it so easily – how has this become possible?

Shri Mataji: This had to happen. Just like in nature, when a tree starts to grow, initially only a few leaves or flowers appear. But as the tree evolves and matures, it bears many flowers at once. In the same way, I call this the "Blossom Time" – the springtime of spirituality. Earlier, seekers would go into the caves and mountains searching for God, but now even simple householders are achieving it. These souls have already gone through all those past efforts and penances. If you look at any great discovery, initially it takes a lot of hard work, often over centuries, and only then does it become available for the benefit of the entire society. For example, look at electricity – how much effort went into discovering and harnessing it! But today, even remote villages have access to it. So, such a time must arrive.

Reporter: Now, one more question: what is Kundalini, and how does its awakening happen? From what I understand, Kundalini is the only path through which the Truth can be realized. How does this awakening occur?

Shri Mataji: Kundalini is a living energy within us – just like we have a heart and many active energies inside our body, similarly, the Kundalini is a dormant energy residing in a triangular bone at the base of the spine, called the sacrum (which itself means "sacred"). This energy is what we call the "pure desire." All other desires, as even economics suggests, are insatiable – you fulfill one, another arises, and even if fulfilled, they don't bring satisfaction. But this is a pure desire – and whether you're aware of it or not, this desire exists: the desire to unite with the all-pervading divine energy. This is the true desire.

Reporter: Is it necessary for every ordinary person to be a seeker in order to attain this?

Shri Mataji: In fact, it is the ordinary people who receive it the quickest. Those who think of themselves as extraordinary often become egoistic, and the Kundalini itself hesitates to rise. Every person has their own individual Kundalini – she is like a personal mother. Like a tape recorder, she has recorded everything in your being. She knows exactly where you stand and responds accordingly. She knows which of your chakras are blocked and how far she can rise safely. In some cases, due to antisocial behavior, selfishness, fanaticism, or even cruelty, the Kundalini becomes deeply wounded and lies dormant like a severely injured power. Awakening her in such cases is very difficult.

Reporter: I've seen cases like my friend in Dehradun, Sharing Rawal, who had blood cancer – and many others here with serious

illnesses — but now they're well. Medically, it didn't seem possible. How has this healing happened through Sahaja Yoga?

Shri Mataji: When the Kundalini is awakened, she rises through our six chakras, and as she passes through them, the presiding deities or divine energies within those chakras are awakened. They, in turn, bestow their healing power, and through this power, the person is healed. Now, in today's age, if someone talks about deities, people may find it difficult to understand. But what I am telling you is the Truth.

Reporter: In Sahaja Yoga, people talk about the experience of "Cool Breeze" or "Chaitanya (vibrations)". What is this exactly? And how can an ordinary person experience it?

Shri Mataji: In reality, all around us — in every particle, in all living and non-living things — this divine energy, known as Chaitanya, is present. This Param Chaitanya is the power of God, the energy of the Adi Shakti. It is an extremely subtle energy that governs everything. We tend to take many phenomena for granted — for instance, how a tiny seed, when placed in the mother's womb of the earth, gives rise to thousands of trees, or how any living process occurs. It is this same divine energy that performs all such living processes. Even the automatic functions within us — like our heartbeat, digestion, etc. — are all governed by this energy. We have merely accepted its existence without truly understanding it. Science only observes the external aspects, but to perceive this subtle force within, one must go inward — into the realm of subtlety.

Reporter: In spiritual scriptures, it is written that "Desire should be for Pure Desire." What does this mean? What is the difference between ordinary desire and pure desire?

Shri Mataji: As I mentioned, human desires are never truly fulfilled — how, then, can they be called pure? If they were pure, they would bring satisfaction. But they don't. One desire is followed by another, then another. But pure desire is that which, when fulfilled, connects you with the all-pervading divine power. For example, consider an electrical appliance. Until you plug it into the main power, no matter how much you try, it won't work. But once it's connected, it functions perfectly. In the same way, when you're connected to the Divine through your pure desire, you attain true satisfaction. Not only that, but your attention becomes so enlightened that you're amazed at your own transformation — you begin to wonder what special being you've become. Imagine taking a television to a remote village and telling someone it can show beautiful dances and scenes from around the world. They'd laugh at you — "What nonsense! This is just a box!" But once it's plugged in, they're astonished. Similarly, we are like the most sophisticated computers or televisions — far more advanced than anything man-made — and we must learn to use this inner instrument.

Reporter: One more thing — I've noticed that many people who used to drink alcohol or smoke before coming to Sahaja Yoga now have completely stopped. In a seminar with thousands of people, I haven't seen a single person smoking. How do you explain this?

Shri Mataji: Yes, many give it up overnight. The reason is that once your Spirit is awakened, light enters within you. Suppose we tell you that you're holding a snake in your hand in the dark — you might argue it's just a rope. But the moment the light is turned on, you drop it instantly, without needing persuasion. Similarly, when this inner light shines, you drop all that harms you. You become immensely powerful — but this power is filled with love. That's the special thing. You become very dynamic, yet at the same time, an immense flow of love starts from within you.

Reporter: One last question I really wish to ask — is it enough for someone to just live a good, moral life? Or is it still essential for even ordinary people to enter into spirituality, just like those who carry the pure desire?

Shri Mataji: People who believe they are leading good, moral lives often develop a subtle ego about their goodness. That's why Lord Krishna said, "Do your duties and surrender the results to Me," which means to go beyond action — to a state of non-action (akarma). This is only possible after Self-realization. Also, He used one specific word to define true devotion — Ananya, meaning without another. Such devotion is only possible after Self-realization. So, what we consider as good deeds in daily life are usually based on our limited intellectual understanding. But Truth can only be known through the Spirit — and that is the ultimate Truth.

That's why, in Sahaja Yoga, everyone speaks the same Truth. No one argues or debates. There's no room for disagreement — only the joy of sharing one another's experience.

Reporter: As you've said, it's essential now for everyone to turn towards spirituality. But how can a person maintain a balance between spiritual and worldly life?

Shri Mataji: That balance comes naturally because a transformation occurs. The ego within is reduced. The conditionings and false patterns fall away. The person becomes healthy, loving, and wise — someone truly evolved. Living with such a person is a joy. Even the children become better, and conflicts in relationships reduce significantly. Most conflicts arise from ignorance. In darkness, people sit confused — unaware of their relationship with each other. If they try to move in that darkness, they step on each other, hurt one another without knowing. But when the light comes, everyone can see their own place, and others' too — and no one violates another's space or freedom.

Reporter: Let us now assume that every ordinary person has understood the need to turn towards spirituality. For this, they might seek a guru. How can they differentiate between a false guru and a true one — a Sadguru?

Shri Mataji: There are many signs to identify a Sadguru, as described by all the great gurus themselves. But a common person should consider where the guru's attention (chitta) resides. If his attention is with the poor, the suffering, and those in distress — if his life from the beginning has been devoted to the service of such people — then that's a mark of a true guru. For example, during our country's struggle for independence, saints like Tukudon ji Maharaj and others such as Garge Maharaj dedicated themselves to helping the poor. Their attention always remained with the oppressed. They would stay away from the rich, powerful, or highly successful people — those in politics or positions of fame — having no interest in such individuals. Instead, they cared only for those at the lowest levels of society, deeply empathizing with their pain. That's one key sign.

Secondly, a true Sadguru has no interest whatsoever in your money or any material possessions. In fact, they don't even understand money, banking, or economics — it simply doesn't register for them. They are incredibly generous; whatever comes into their hands, they give away. In our own home, people are often afraid that I might one day give away the entire house! My family gets anxious because I've already donated so much and they wonder what might come next.

Reporter: We're currently seeing rapid political shifts in the West. Marxism seems to be collapsing, and countries like Czechoslovakia, Romania, and Russia are undergoing dramatic changes. Why is this happening so suddenly across the world?

Shri Mataji: You may not believe it, but there was a yoga seminar in Russia where I had been invited. I had already visited Russia before and some groundwork had been done. Many questioned why I was going. I said that people from the Eastern Bloc would attend the yoga seminar. And they did come. I was given only 45 minutes — I spoke about Sahaja Yoga for 30 minutes, and in the remaining 15 minutes, those people attained Self-realization. As soon as I stepped out of the hall, they too left their seats and followed. Nobody remained inside. They gave their addresses — people from all those Eastern Bloc countries. These Sahaja Yogis acted like a trigger. I had said about Hungary, for example, that if even one Hungarian becomes a Sahaja Yogi, Hungary will attain independence. Amazingly, within eight days of one Hungarian attending Sahaja Yoga, a declaration of independence was made.

One must understand the mechanism of the "Self." To know this mechanism is true freedom. The Self means the Spirit. If you haven't realized the mechanism of your own Self, then everything else is meaningless. The difference between tantra and Sahaja Yoga is as vast as darkness and light. Those practicing false tantra don't know anything real — they do all sorts of wrong things, lie, create blind faith, instill fear, and speak of harmful, dark subjects. All this is nothing but black magic and spirit-calling. Even hypnosis falls under this — it's a demonic, dangerous act. A person who uses hypnosis often dies a horrible death, and the one hypnotized also ends up with a ruined life.

Reporter: Isn't it possible that the world is now moving back toward capitalism since Marxism has ended? These are two extremes: Marxism and capitalism.



Shri Mataji: Going to any extreme means losing your balance. Our brain itself has two lobes, not one — one on the left and one on the right. A person who becomes overly outward and extroverted develops only one lobe, usually the left. The right lobe remains undeveloped, leading to imbalance. That's why, in Western countries — and you won't truly understand this until you live there — people have become extremely dry, emotionally desolate. They have fallen from humanity itself. Violence is rampant. There's less corruption because of fear, but it still exists. Democracy seems impossible without corruption. They've developed such harmful habits — turning to drugs and other vices to escape ego — and are caught in epidemics like AIDS.

In America, I see that most people are extremely nervous — their nervous systems are so deteriorated that they're almost shattered. Others suffer from disorders we don't even see in India, like schizophrenia. The problem is, they've lost all balance. People who chase only science must realize that science is merely a tool for human life — it cannot be everything. It has its limits. Most importantly, science cannot touch the humanity of a person. That's why people obsessed with science often become aggressive, self-centered, and disruptive to society. Their social structure is so fragmented that it's shocking.

In England, for example, parents kill at least two of their children every week. In some cases, grandchildren have killed their grandparents — and in the most bizarre, horrifying ways. And they enjoy it! On my last trip to Los Angeles, I was told that 11 people had been murdered the previous week on the road I was traveling — for no reason, just at the heck of it. People enjoy violence. This is what happens when human beings lose balance.

Those who believe that the West is in a great state are mistaken. Yes, they have money — but money isn't everything. Those leaning toward capitalism must understand that capital alone cannot achieve everything. Yes, in socialist or communist systems, there were also extremes — focus on power while ignoring essential human needs. Yet I still say that Russian people are wonderful. Despite all that their government did, they don't harbour religious fanaticism or blind faith. They aren't burdened by man-made religions. They are, in fact, very free thinkers, untouched by political entanglements.

When I visited, I was amazed — people there had even worked on Shri Chakra, studied our scriptures deeply, and had a surprising amount of spiritual knowledge. They're very evolved people. While the government may have faltered slightly, I believe Gorbachev — a realized soul and a highly evolved being — is a great man. People created problems just to bring his government down. In reality, there's plenty of food and housing for everyone in Russia. Public transport is nearly free, and their metro stations look like palaces. According to me, they have comfort and infrastructure. The only issue was their lack of freedom, which made it difficult for us to spread Sahaja Yoga there. But because of their disciplined nature, they've developed deep spiritual qualities — and they achieve Self-realization incredibly quickly, despite not having a deep religious heritage. In fact, the Russian government has officially recognized Sahaja Yoga.

Reporter: A new wave of disarmament has begun globally, especially after the political emergence of Mr. Gorbachev. What future do you foresee for this?

Shri Mataji: It's truly a remarkable thing. When there are two people, there is conflict—clapping can't happen with one hand. When one hand withdraws, the other doesn't know what to do. Mr. Gorbachev withdrew honestly and completely, which compels the other side to rethink its stance. Disarmament had to happen, and if it had happened earlier, it would have been even better. But everything comes at its destined time. He has acted with utmost sincerity regarding disarmament, and there is no doubt about his intentions. Some stubborn countries still want to keep weapons for their own security, but there's no need. When you are unarmed, you are safer. In Sahaja Yoga, we believe that a saint does not need to attack anyone—he carries divine powers, and no one can harm him. Even if something minor happens, it can be corrected.

Reporter: The United Nations was established to bring world peace. However, many times it seems ineffective in preventing wars or establishing harmony. The veto power held by some countries often neutralizes peace proposals from smaller nations. What is the future of the UN, and can it truly succeed in establishing global unity?

Shri Mataji: People must reflect—those who wish to establish peace, are they themselves peaceful? Have they attained inner peace? Most of them are restless inside. The UN is composed of many nations, each with its own ideologies and agendas. Everyone believes their approach is right; few actually consider peace the goal. This makes the organization inherently unstable. But if the people within the UN attain inner peace—through Sahaja Yoga meditation, for instance—a silent power will begin to work through them. It will influence others. Thankfully, a Sahaja Yoga meditation center has now been established at the UN. If officials meditate and experience peace within, they can become instruments of change. Currently, every UN Secretary-General must please all member countries, especially those funding the organization. For example, the US recently withdrew funding from UNESCO out of dissatisfaction. In such conditions, how can such institutions work independently? They can't. However, if the officials are self-realized and their appointments are free from political influence, then meaningful work can be done. Where Sahaja Yoga has spread, people are peaceful and joyful, and they genuinely want peace for others. Sadly, I have seen even those who receive peace awards are internally very disturbed. It's surprising they get such awards at all.

Reporter: In how many countries has Sahaja Yoga spread so far?

Shri Mataji: Excluding India, it has spread to around 36 countries. Including India and Russia, it's active in about 38 nations. Besides these, it has reached many small places as well. In South Africa alone, around 2,000 people are practicing it.

Reporter: That's quite surprising. Coming back to politics—India too has recently witnessed a major political shift. For the first time, people have clearly voted against ruling governments, both in the North and the South. A new political chapter has begun. What future do you see for this change?

Shri Mataji: Indian people are deeply troubled by corruption. However, even after voting out corrupt leaders, the new ones must realize their duty—to eradicate corruption completely. They must cut all ties with those involved in dishonest practices. If we can establish a clean and pure system, India, being a spiritual and sacred land, will flourish. This is a land of yoga. Even today, people hold deep reverence for Lal Bahadur Shastri. When he passed away, even military men cried as though they had lost their own father. He was a true patriot, deeply devoted to the nation, and utterly honest. The idea of stealing public money never even occurred to him. Such individuals may come rarely, but their legacy lives on, even abroad. No one has ever spoken a single word against him.

Reporter: It is said that you also participated in the freedom struggle and were even imprisoned. After independence, did you ever feel the need to enter politics?

Shri Mataji: From a young age, I was with Mahatma Gandhi, who affectionately called me "Nepali." He was deeply spiritual and pure, strict but very loving towards children, and he adored me. He believed we couldn't talk about the soul until India was free. He was convinced that once we gained independence, spiritual work could begin. If he were alive today, he would have surely supported Sahaja Yoga. But unfortunately, after independence, things changed—people came to power who had not participated in the freedom movement. Yes, I was deeply involved in the movement. Though I was never formally imprisoned—since I kept changing locations to avoid arrest—I was tortured by the police, given electric shocks, and even forced to lie on ice. My parents went to jail many times and made immense sacrifices for the nation. My mother never told a lie in her life. Despite having 11 children, she went to jail five times. My father too gave up everything for the country. We grew up around truly great people, and it saddens me that today's children don't get to witness what we did.

Reporter: It is said that heaven and hell exist here on earth itself. Is this a truth or just an illusion?

Shri Mataji: Heaven absolutely exists on earth. But our imagination of heaven is distorted—we often think it means feasting, luxuries, cars, comforts. True heaven is the state of the Self. When a person realizes the Self, they find joy and satisfaction within the spirit. For example, I was born in a royal household. Later, my father went to jail, and we lived in huts. Then I married into a prestigious family again. I have lived both kinds of lives. But I can sleep on the floor, live anywhere—it makes no difference to me. Similarly, look at Sahaja Yogis. They have homes, cars, comforts, yet they live simply. Once the joy of the spirit arises, all outer

pleasures become secondary. They live in bliss, unaffected by material conditions. That is true heaven.

Reporter: Environmental issues have become very important these days. The world is taking it seriously, yet the atmosphere is severely polluted. How can this be improved? What would you suggest?

Shri Mataji: The cause of environmental pollution is that we need to understand one truth—machines were made for us; we were not made for machines. There is no balance. Machines should only be made as much as needed. They can't function properly unless used judiciously. So, for that balance, first we must develop collectivity. Once collectivity sets in, a person will think: "How many machines should I produce? Only as many as needed." Like a housewife, she plans meals based on how much is needed. But if you hand that role to a man, he may say: "Let's cook more, sell the rest," and so on. A woman's tendency is to be balanced and produce only what's necessary. Similarly, we should handle machines with the same mindset. In Western countries, this is a major issue. But Sahaja Yoga can help a bit. For instance, Dr. Hameed from Austria, who is in agriculture, encountered a crisis where forests were dying due to polluted air and acid rain. He used what we call vibrated water (water infused with spiritual vibrations), and while trees over 60 years couldn't be saved, the younger ones revived and became lush green again.

Reporter: He showed me photographs comparing vibrated seeds and non-vibrated seeds. The production from vibrated seeds was 30% higher than the non-vibrated ones?

Shri Mataji: It's often much more than that.

Reporter: So, do the vibrations initiate a process in them?

Shri Mataji: Vibrations carry at least three types of powers. First, there's the electromagnetic energy, then pranic energy—both are right-sided energies. The third is mental energy, which fulfills the divine will of the all-pervading power (Param Chaitanya). Additionally, there's the power of evolution (utkranti). Think of it like a spacecraft: the initial modules lift the rocket slowly, then explode and detach, giving the next stage acceleration. Vibrations carry a similar evolutionary force that triggers continuous advancement. You'd be surprised—we sowed basmati rice on one acre that typically yields 60 kilos, but we harvested 1400 kilos! The quality was so excellent that people said they'd never seen such beautiful basmati. They used to say it couldn't even grow there. We've even grown olives and tulips with success. With vibrations, anything is possible—even what's considered impossible in India can become reality.

Reporter: May I ask a personal question? I've noticed during every meeting with you that you seem very fond of flowers, especially roses?

Shri Mataji: Not only roses—I like all flowers. I am particularly drawn to natural fragrances, as fragrance is the essence of Earth. It's what the Earth is made of, and since the earth element is very important, I enjoy any natural (not artificial) fragrance. I also adore children—give me a hundred children and I'll forget the whole world and just be with them. As for flowers, I don't demand them, but if you must give something, then give flowers. They make life fragrant. And we can learn a lot from flowers—they live just for a moment yet spread so much beauty and fragrance. A flower is the peak expression of a tree, and from it comes fruit. That's why it's symbolic. All spiritual people have loved flowers and nature. But the greatest love should be for human beings, because nature expresses itself most beautifully through them. If the clouds of ignorance are removed, humans are the most beautiful creation. God has made man the highest being. He just hasn't found his true place yet. Once he does, he becomes extraordinary. Just look at these Sahaja Yogis—people from 36 countries living in complete harmony, without conflict. When I see their love for each other, my heart fills with joy.

Reporter: You also have a deep interest in music?

Shri Mataji: Actually, I have a passion for all forms of art—music, sculpture, handicrafts, architecture, everything. Even medicine fascinates me. Knowledge already exists within us. Scientists discover what's outside, but if one has the light of the spirit, they can access knowledge in any field. Once someone came and asked me about genetics. I felt I must tell him, and shared a

lot—now he says research is being done on those points. But the person who asks must be deserving. If someone demands, like putting a gun to my head, I will go completely silent. Then I become like a fool and won't say a word.

Reporter: You're so busy, but whenever you get a moment of leisure, how do you like to spend it?

Shri Mataji: I'm happiest when alone—because everything I need is within me. I never feel alone. I honestly don't even know what boredom is.

Reporter: One final question: What is the future of the world? What do you see coming in the years ahead?

Shri Mataji: I believe Kaliyuga (the Age of Darkness) is over. In its place has come Kritayuga, a transitional age where the all-pervading divine power is now active. The Satya Yuga (Age of Truth) is at the doorstep. But to enter it, humans must attain self-realization. When I look at Sahaja Yogis, I feel they are already in Satya Yuga. This is like Vaikuntha or Dwarka—a divine realm. Inside, it feels perfect, but stepping outside, I see there's still a lot to be done. Many people need to be transformed. Many wrong forces are active that block the progress of humanity. But truth is always self-illuminating and can establish itself.

Reporter: You've given us so much of your time. I'm sure our viewers will greatly benefit. I would like to request a final message from you.

Shri Mataji: My only message is very simple: Know your Spirit. Realize your own power. It is your own. I have nothing to do with it. Just like one lit lamp can light another—if the second lamp is ready. Once lit, that lamp can light others. In this way, all the world's sorrows, struggles, and sufferings can end—if we establish that inner light within ourselves.

Reporter: Thank you very much, Shri Mataji.

## 1990-0110, The Weddings

View [online](#).

10 January 1990

Wedding

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

1990-01-10 Weddings Ceremony, Ganapatipule, India

Shri Mataji: Now those who are standing on this line, should, first of all, see that your number is all right. Please put your number all right. And stand facing this side, not facing me but this side ...Do it fast ...

Arriving ...

Now try to remember that there will be a piece of cloth and you have to walk very very slowly ...There are 7 stanzas that will be sung. And in the last stanza, that will be sung then you have to garland your fiancée's ...

When the cloth goes down then you have to garland and you have to put down your head, you have to put down your head when you are walking thinking that you are taking these few steps for your auspicious marriage. So you have to meditate on that point. And move very very slowly! Now you have to walk a very little distance if you see that ...Now they will be giving you garlands. Face this side. Now see that you stand in the line first of all...And you have to move in the line also...Hold it in both the hands put your head down as much as you can ...There is going to be the exchange of Garlands. You don't have to wear a Garlands, please! And the shining one should be behind and the flower one should be in front...So when you put it shining one comes up... Will you please do that, and stand by the number. These garlands are to be exchanged. Please keep the line straight ...It's rather ...Just move properly ...Keep the line.

Now put the shining one outside and the flower one inside ...And hold it in both the hands...Put shining one towards yourself. Please see that your numbers are correct. Don't be nervous. Keep the shining one towards yourself. He should follow. The best one must follow. The best one must follow the bridegroom. The flower girl should be in front. Those who haven't got a shining garland must hold on to them, We are sending them over ...

Alright, go to that side.

Now Please listen. Your flower garland should be outside and the shining one inside. Now brides will be walking towards you. But the bridegrooms have to stand on their own places. Now the bride should not spoil the line...They have little ... They have moved ...Be careful that you have to walk in the line. That's the only thing you have to see ...Will you please move a little bit ...

No, No little back ...What's so hurry ? Take it easy! It's only you have to walk a little few steps...Now ...so only the 7 stanzas will be sung and that is the time you will be throwing the last bit of these 'akshatha' meaning the rice which is red in colour. At that time then this cloth will go down. First, the bride's have to garland the boys and then the boys the bridegroom has to garland the girls. Before garlanding, you should see it's your fiancée. So put down your heads and once we start singing very slowly you should move And these flower girls will be moving in front of you.

Loud ...

So I congratulate you all for this auspicious time, that you all are married. I hope whatever you have promised, you will keep the promises and by your marriage, Sahaja Yoga will expand much more fast...faster way and deeper way. I hope you will bring the depth of your understanding into the working out of Sahaja yoga and the whole society of ours. Will show what Sahaja yoga can do for the family, children & to the large society of Sahaja yoga. May God bless you all...

## 1990-0113, Press Conference and scientific discussion

View [online](#).

13 January 1990

Interview

Mumbai (India)

Talk Language: English | Transcript (English) - Reviewed

Press Conference and scientific discussion, Mumbai (India), 13 January 1990.

Rajesh Shah:

So we invited you to come this afternoon - I recognize it's a Saturday afternoon but glad that you took the trouble to come over here today uh.. as Shri Mataji Nirmala Devi is here in Bombay and we thought it would be a good idea if there was an interaction with the Press.

All of us here, who have been followers of Shri Mataji, feel very strongly that uh.. the message of Shri Mataji, who was the founder of Sahaja Yoga, is a very important message not only for India but for the whole world as such and this is shown in practice. The persons you see over here, they are Scientists, Medical doctors, Psychiatric doctors, businessmen, lawyers, - diplomats - diplomats and who have achieved very considerably in their own lives. Now, the message of sahaja yoga has been going very far and deep in their own country. We have guests over here from the Soviet Union. and uh.. in the Soviet Union in very recent months, Shri Mataji has been there three times and Her meetings have been chaired by, attended by, very senior people in their government and thousands upon thousands of people. Over here, even as follow-up meetings after Shri Mataji has left the Soviet Union, uh.. some of our group members here, who have been there, even their, to their meetings thousands of people coming. So, it's a very important message that is going through. It's something which is very deep - we thought we would like to share it with you because we believe it's very important for India as well - it's important for our country. The times are such that uh.. sahaja yoga is very relevant and almost everybody here has something very special to relate. I don't think there's time for everybody but we do have a number of people who are uh.. sahaja yogis who are either scientists or others, who may talk to you for a few minutes and, come to, and, and give you their experiences.

In the Press we read all kinds of things, we, it's, we get news about so many things, that's the reason it's, it's one of the main means by which people, we communicate in the mass and if there's something good to communicate, if there's something positive, something that has a relevance, something that will have, has a future in which things are going to change, something which has very many interesting facets to it I, I believe it would be interesting to you as well and that's what uh.., why we requested you to come this afternoon. We have uh.. Shri Mataji's own work for the last twenty years, where as the handout might be there, but as you uh.., uh.., if I may please introduce this very briefly that Shri Mataji comes from, as was born in the Salve family in 1923. Shri Mataji has fought in the Independence struggle, She's been jailed as a student leader and thereafter uh..been married to Mr. C.P. Srivastava of the I.A.S. Mr. Srivastava's career's very well known here. He was uh... in the I.A.S., rose, he also became Chairman and Managing Director, Shipping Corporation. Just prior to that he was Special Secretary to Mr. Lal Bahadur Shastri when Mr. Shastri was Prime Minister, and in the last sixteen years he has been Secretary General of the United Nations Agency on Shipping and living in London - both he and Shri Mataji's their main residence has been in London and each four years - this is an elected post, it's not a post where you have uh.. India has any right on it. It could be anybody in the world could be elected to this post and each four years he's been elected unanimously. He's just completed sixteen years there and earned many trophies, many medals and recognition from more than thirty or forty countries. But in the last twenty years Shri Mataji has been coming out and talking about sahaja yoga and slowly the people have recognised around Her and today sahaja yoga has spread to more than thirty or forty countries.

Shri Mataji's message is about the recognition of one's own potential, one's own energy inside and it actually happens - it's not just the talk. It's also totally related to what has been written in our shastras from beforehand that there is a Primordial energy,

that there is its reflection within, within ourselves that's called the Kundalini. The Kundalini is of the form of the mother within one and in the presence of Shri Mataji, or Her photograph, the Kundalini rises and you have the actual experience yourself. You feel a silence within one, it's a complete sort of happiness, total awareness, you feel a cool breeze in your hands, the cool breeze on your heads and this is an actual experience of thousands and tens of thousands of people not only in India but all over. It's possible today, if you like and if you request Shri Mataji, maybe you could also have it but perhaps it might be good idea to invite some of our friends here to give a talk for a few minutes, if Shri Mataji if you permit.

Shri Mataji:

Now, I think, I will ask Dr. Rai because in, he went to - he actually uh.. was very successful in a Neurologist meeting there in Russia. Not only that but, I mean, he was amazed the way the Neurologist uh.. saw the point and understood the working of the Parasympathetic and all that so I would like him to say few words first of all. [HINDI - INKO WOH DE DO] Thank you. Now here, he was, he was head of that Physiology department Delhi University. [HINDI - PEHLE INHE BATA DIJIYE KI [UNCLEAR]] Haan,

Dr. Umesh C.Rai:

Ladies and gentleman - you see, first I would like to introduce myself.

I've been a Professor and Head of the Department of Physiology at Maulana Azad Medical College, then I was the Chief of the Physiology Department at JIPMER, Pondicherry and recently I was the Chief of the Department of Physiology and also Medical Supritendent of The Lady Hardinge Medical College and the Sucheta Kriplani Hospital. Now first I would like to tell you that how I came into sahaja yoga. Now, I listened to the talk of Shri Mataji in 1984 and, as Mr. Rajesh Shah has told you, that in the presence of Mother the Kundalini of a person awakens and he gets the experience of a cool breeze. Now all the persons present in the hall got the experience of the cool breeze but, unfortunately, I had a little doubt in my mind as many persons initially have, so I very humbly requested Shri Mataji that, "Mother, I would like to do some research work because I would like to find out whether actually one gets the feeling of the cool breeze or it is simply a subjective feeling or You told me earlier also it might be due to hypnosis or other thing." So I took the permission of Shri Mataji into my University faculty meeting and I told them that, "I want to work on sahaja yoga and to establish whether one gets the cool breeze or not." There was a little opposition in the faculty meeting because they wanted to work more on fundamental aspects but ultimately seeing that yoga is very important and one must know what happens, you see, when yoga is done in the body, the University agreed on it and got it recognised as a subject for research. Now, two of my students, you see, - I took one student, who did a Doctorate on sahaja yoga philosophy and he tried to find out that what are the physiological effects of the Kundalini awakening by sahaja yoga? That was the first thesis done. It was presented, scrutinised by the examiners foreign as well as outsiders and uh.. Dr. Sethi, who was the my student, got the degree of Doctorate uh.. in Physiology Medicine on this subject. Another student Dr. Chugh is here, uh.. he was the next my student, postgraduate student and he has also been given the degree of Doctor of Medicine on sahaja yoga.

His work was on the role of sahaja yoga in the treatment of psychosomatic diseases. So these were the two theses and they were very highly credited by the examiners and in Lady Hardinge Medical College we also started giving sahaja yoga to the patients, you see, for the treatment of psychosomatic diseases. Because of the first discovery, you see, of the physiological effects, we found that one is doing a sahaja yoga, you see, there is a change, a profound changes in the body which occur and which are very important, you see, uh.. for their utility for the human beings. Because in modern age, you see, we find what happens is that we are going into stress and strain of life. If you read, you see, the medical literature you find people say that it is the psychological stress which is responsible for increasing incidence of hypertension in most of the Western countries, developing countries as well as the developed countries. And we found by our first thesis, you see, which work was done, that this could be a very important, if a person practices sahaja yoga, the stress factor can be managed very nicely because all the parameters, you see, for testing whether person is in state of stress, tension or anxiety are his in a relaxed state were, are done, and we found that a person who did sahaja yoga only for twenty minutes a day, you see, in about three to four months time there were changes in blood, there were changes in the heart, there were changes in the electroencephalograph, there were changes in the muscle activity uh.. and the changes in the neurotransmitter. One of the very important neurotransmitter Adrenaline, you see, which is produced by the stimulation of the Sympathetic Nervous system when you are anxious, you see, you are in tension, what

happens is there is greater pouring of Adrenaline in the body and as a result of which your heartbeat increases, you see, and you find uh..there is a muscle, you see, blood Lactic acid increases and persons if they are having accumulated stress for years together, you develop various type of Cardio-Vascular disorders, like essential Hypertension is one, Ischemic heart disease is another and even Arrhythmia. So, we try to find out that how uh..we try to do it on the patients and that is how the work of Dr. Chugh started, you see, and we did the work on patients and we took two groups, you see, we took the patients of Hypertension as well as Bronchial Asthma. Bronchial Asthma also has got a psychological factor in it, stress factor. We took these two groups and, to our surprise, we found it gave a dramatic affect.

98%, if I am correct, you see, the patients of hypertension improved and then they were without drugs on follow-up and they had no [UNCLEAR]. The other group, which was simply on drugs, was not cured, you see, and they were getting, you see, their blood pressure very high uh.. and so we concluded that if a person is doing sahaja yoga regularly then you find the essential hypertension can be treated and the persons who are prone to essential hypertension, you see, they can be prevented and similarly in Bronchial Asthma, you see, we found that was very, very helpful. Now after this, you see, we uh.. recently went to Russia, you see, and in Russia, you see, we, I attended a conference in Yalta and the conference was very good because the, the role was there the uh.. it was on the yoga and self regulation and this was organized by the people of non-traditional medicine. In Russia also people want that, they are fed up with the drugs, and they want that there should be a system of medicine, you see, which may be non-traditional and they found that yoga is very good. So many types of yogic were there - you see, T.M. people were there, Rajnishites were there, you see, the Brahma kumaris were there, magneto therapy were there, so many were there. But in the end of the conference, you see, they found they were convinced that sahaja yoga is one of the best and it is a scientific work has been done, it has been proved statistically that, you see, the person who is doing sahaja yoga, is able to regulate his brain activity. You see, as Mother has told, you see, when one is doing sahaja yoga, you are in balance. The activity of the Sympathetic and Parasympathetic it is modulated and you are in a balance and that is how when a person is doing sahaja yoga your diseases are automatically cured. More so, they are prevented. If a normal person is doing you can prevent the occurrence of disease. So, in Yalta conference was very nice. Then in Moscow we had another conference and there too it was a conference on yoga and sports and I told them, if a person - you see, there what happens there in sports also they are in great tension because finding out that they should be able to keep the time, you see, and they should win in it and all those things so I told them, if a person is doing sahaja yoga, you see, they will be able to manage the stress factor which is there. And again, you see, it also because it acts at the level of the limbic system, you see, it might help in the efficiency as well. Then I, I gave a talk in the Institute of Neurology at Leningrad, you see, it is one of the very famous institute there - they do a lot of operations and they requested me to give a talk because they said they are also very much affected by uh.. the hypertension because what happened tension is there, many people develop hypertension so they said we want to do it and they took the realization and 90% people, doctors who were there, they got the realization. Now, another thing we are doing in Delhi nowadays, is the affect of sahaja yoga on Epilepsy. So they got very much interested to do work on Epilepsy because the granuloma epilepsy can have no treatment and the drugs which are given they are to be given for the whole life. So they said it would be very good idea if Dr. Rai you could get this thing done here and, and we are thinking, they have signed rather a project also where we will go and give them the initiation, sahaja yoga, the patients and they will try also to find out that what is the result. In Delhi we are doing it in collaboration with the Defence Institute of Physiology and Allied Sciences - the results are very good. We are finding that the attacks of epilepsy, you see, are decreasing when a person is doing sahaja yoga.

So and then you see, we had also did some public lectures and as Rajesh Shah told you just now you see, about 1500 to 2000 people were attending the lectures and there were requests from many places that many centers may be opened. We have already got a center at Leningrad, Moscow, Kiev and Sochi. They are the four places where the centers are there but they wanted center at Tashkent, Yalta, [UNCLEAR - NOGINSK?] and Siberia and so on. So there was a very good response and the people think there that this could be one of the non-traditional system of medicine uh.. in Russia. They are very much. You see, the Ministry of Education, we had a meeting with them and uh.. there, I think, the Deputy Minister was very much interested and he said, "Dr. Rai can it help it in the development of the children, can it help at the rehabilitation centers?" I said, "Certainly." Because, you see, as a physiologist I know that if the actualization of the Kundalini takes place at the level of the limbic system, which affects the behaviour of a person, naturally it is going to be a very successful because the behaviour of these children, you see, in the orphanages, you see, is a little different. So, if they do it and practise, it comes down to a little normal level.



So they are thinking of doing a research on this as well. Similarly, in other other schools also they wanted because it can also uh.. increase the creativity in children because of the connections of the limbic systems with the frontal lobe. You find the children who are doing sahaja yoga, they excel in their performance. This is our own experience, Mother. At Delhi we have seen, some of the children who were very poor and who were coming to the centers and doing this, they stood first in their classes - now remarkable! This is all because of the creative power, you see, when the children are doing it, you see, their Kundalini gets awakened, you see, your frontal lobe is also stimulated which they receive it for the higher intellectual activity. So we find that this is sahaja yoga, you see. Mother has discovered it, She is the founder of the science of sahaja yoga and I think, it is a unique yoga and the best yoga which the human mankind can have today. The drug problem, you see, which is there, can also be solved by this. You see the people are taking drug - why they take drug?

It is because of the tension, because of certain problems, emotional problem, other problems are there. So, if one starts doing it, all these things will improve. I know persons, you see, by my experience, you see that they have left smoking, they have left uh.. alcohol - persons who have been taking alcohol all their life, now they don't touch it. They say, "If I can't touch it," even if you offer them. So it's just, things can happen I think it is a wonderful thing and best for the mankind. Similarly, you see, so much as I told you earlier the Ischemic heart disease, the heart attacks - now the doctors all over the world know that it is the psychological stress which is responsible for increasing even the blood cholesterol level. Recently, you see, in the last two years people have found it out and that is the cause of the atherosclerosis. Another thing what they have found recently is that this psychological stress, emotional stress can cause spiro micro-coronary vessels and thereby can give rise to heart attack and sudden death, Mother. Now all these things can be prevented, you see, if a person is doing sahaja yoga everyday for say, about ten to fifteen minutes. So it is very nice, it is a life, I say sahaja yoga if you have a sahaja yoga lifestyle, I think you can prevent the heart diseases. So Mother, this is what I think they are. If any questions are there, more welcome to ask.

Shri Mataji:

Now, I would request Dr. Wells, who is in charge of seven hospitals in London, has, is luckily with us and he will tell you how he has cured patients with sahaja yoga, who suffered.

Brian Wells:

Shri Mataji - good afternoon ladies and gentleman, my name is Brian Wells. I'm a consultant psychiatrist in the Riverside Health Authority of London and I sub-specialize in the field of substance misuse which is problems with drugs and alcohol. I'm going to be very brief. My own experience in sahaja yoga began in 1982 and I was very skeptical, I was a very cautious Westerner who was very wary of things that were Indian and I have to say that since 1982 my own life is changed dramatically as a result of the albeit originally very gradual practice of sahaja yoga and my own health, my own career, my own well-being has improved enormously. Professionally, I work particularly with heroin addicts. I have to say that I have never seen heroin addicts improve, give up drugs and experience a well-being and a joyfulness like the people who we have in sahaja yoga, who come into sahaja yoga and they give up their drugs and experience a whole different way of living, a whole different attitude which is based on these very fundamental principles as taught by Shri Mataji.

It's not a form of treatment that is widely used in the West but it's beginning to spread. Similarly a number of people in sahaja yoga had very serious alcohol problems when they arrived. These people are now completely alcohol free, living very balanced, very normal and very spiritual lives. My own addiction to nicotine was terminated gradually as I came into sahaja yoga and I found that gradually it became unnecessary to smoke cigarettes and it became important to be healthy, to be the right weight, to be a balanced person, to be married, with children leading a normal, healthy life. My own interest in human well-being have moved beyond addiction and I've been very fortunate in being able to travel to Finland and to the United States this year largely to present the work of Dr. Deepa Chugh that has already been referred to by the professor. In Finland we presented his work at a Physiology conference which was full of very skeptical Western Scientists who were interested in atoms, molecules, enzymes and I stood up on stage and the audience thought I was a little bit crazy talking about sahaja yoga and it's affects on hypertension but as I talked it became clear that actually the results of sahaja yoga are very spectacular indeed. The people who

practice sahaja yoga, after sixteen weeks were on no medication at all and their blood pressure had come down from a very high and dangerous level to a very acceptable level and the people in the audience had to notice this and came up afterwards and were impressed and as a result of their suggestions, Dr. Chugh is now publishing his work in the international medical press. A few weeks ago, I was in Boston and I presented this work again at a huge conference of American Chest and Cardio-thoracic medicine and again we stimulated a great deal of interest because as Professor mentioned a lot of people are now interested in ways of treating blood pressure, treating chest diseases with methods that do not involve the use of medication and sahaja yoga is something that's considered unusual by many Western trained doctors but the results that Dr. Chugh has achieved are indeed very spectacular and we have now a number of very eminent researchers in United States and in Europe who are interested in comparing the effects of sahaja yoga against drug treatment and against other forms of realization therapy. So from my own standpoint, sahaja yoga is the best treatment I know for addiction of all kinds whether it is addiction to drugs, to alcohol, tobacco, to food or to other forms of behaviour. It's a system of becoming balanced, - becoming healthy and becoming whole. Thank you for your attention - Thank You Shri Mataji! -

Shri Mataji:

Thank you. Now, what should we have now? Uh.. we have so many doctors here, you see - Dr. Talwar is here - aayeaga. He is from Delhi, then we have Dr. Chugh uh... we have other doctors of scientist here and we have here on this side Dr. Nigam and Dr. Baghdan who's a Russian and Dr. Spiro from England. So please come - sab log khade ho jaayein to theek hai - it's better you all stand up here, just let us see. - Aap ek, thode mein keh dijiyega. - All the doctors - All the doctors should stand up together. We have minimised their number just to make you understand that is, this is Dr. Pepe from Spain, then we have Sarah Setchell from England - come along.

There are seven doctors in England who are doing this research there in England and also there is a research going on in the Cambridge University but, by doctor, Derek Lee - he's also here. Luckily they are here so that's why I wanted to have the meeting today.

Dr.Talwar:

Shri Mataji, we have so many illuminatory sort of individuals here but we are all at Your feet in collectivity. I just like to say a couple of things - of course we have all experiences to share otherwise we would not have been in sahaja yoga If you want to see an example of essential hypertension patient in a medical person, I'm an example standing in front of you. [SHRI MATAJI LAUGHS] It's five years ago since I gave up drugs and blood pressure is quite normal. I can tell you that because no doctor spares me to take my blood pressure from time to time because they're completely enamored with the factor as how could it occur - there's no answer for it. Sometimes, Shri Mataji, when we hear people talking about blind faith, I wonder, how people can talk about blind faith when they are blind themselves. To be able to understand subtlety of life one has to have the actual experience. Unless we get the actual experience of Self-realization on our own Central Nervous System, I don't think anybody has a right to ask for any proofs because no proof can be given on equipments which are not properly functioning. Now, for that purpose, with due apology, Shri Mataji, I would like to point out because it seems to be sensationalization when individuals want individual proofs from people who have gone through the experience.

I'd like them to come forth and take the experience of Self-realization, feel the whole process on their own Central Nervous System and then, I think, they would have a right to ask for proofs, if any, is required by them. My whole family, I may tell you, we were a, shall we say, a zoo of some sort of problems. My wife was with crippling arthritis and my son suffered from severe migraine and my daughter-in-law had problems with bronchial asthma and by the Grace of Shri Mataji by the introduction of these sahaja techniques, practices, in our daily life, we have all got rid of our problems. As a clinical practitioner in Medicine, as a medical specialist, I can say one thing, there are lots of things which cannot be proved in a laboratory but which is a better proof - the person who's ailment disappears or the, or the records of a laboratory - I leave it up to you gentleman. There are so many doctors who follow, I wouldn't like to say anything more but this is just to let you have a feel that there's much more to life than what is visible in the three dimensions that we are aware. Thank you - thank You Shri Mataji!

Shri Mataji:

You could say about the Parasympathetic Nervous system also - [UNCLEAR - YOU WANT TO SAY ABOUT WHAT YOU SAID?] because, you see, it's sounding like magic to them but if you tell them what works it out - isn't it? [UNCLEAR] - [UNCLEAR - TELL THEM?]] - About the Parasympathetic?

[UNCLEAR] - Yes, you see how the Kundalini works and how it supplies this thing. Of course, you'll get the little paper to see what is actually, how it works out. You see, also uh.. you should know because it may sound like a magic to you - it's not magic, it's no magic at all. This power is within us which rises, actually rises - in some people you can even see the pulsation of the triangular bone and you actually see it, rising in it - in some people, not all of us, some people. Where there's obstruction you can see it clearly but some people just it shoots off and then you can yourself feel the cool breeze on your head, you can feel the cool breeze on your hands but everybody doesn't get it. there could be some people who don't get it. There are some people who didn't get it for, I think, say about two months, three months - but they got it ultimately - but you have to keep your mind open as any scientist has to. Just to deny something, to say there is no God, is unscientific. You have not found it out where there is God or not so keep it as a hypothesis and see for yourself if it is not there, if you have found it out it's not there, it's alright but you have not yet found so just to deny something is not is not scientific at all. So these are all scientists we have here.

Dr. Nigam is here, all of them are here and you see, how sahaja yoga - [ASIDE - AAP TASHrIF RAKHIYE - [UNCLEAR]]. Now, you see, this is how I'm asking Dr. Spiro to just tell you how the Kundalini rises, passes through different centers and how it pierces through the last one here and what is the result, ultimate result of it which will tell you in short so you will know it's no magic, it's just like a sprouting of the seed - simple thing as that but as you cannot manifest that - you cannot manifest it normally unless and until you have the Mother Earth or you have the Holy Mother, I think, you can't do it - that's the only point is.

David Spiro:

[INAUDIBLE] So, in in brief the hypothesis that we have in sahaja yoga is that, at the base of the spine at the level of the Sacrum bone there is a vital energy which we call Kundalini and during the process of sahaja yoga this energy is awakened and rises. Now one doesn't have to have any special uh... depth or experience in order to know that something is happening because as Shri Mataji has just mentioned, in many cases one can actually see it with the naked eye so it's not, that's not something that one has to take on trust, is a very simple observation one can make for that for saying that something is happening which is outside of our normal physiology - it's not something that's explained by the usual physiology that we understand. Now the nervous system is divided, for the purposes of this, we can take three main divisions - the right and the left sympathetic and in the center is what, the Parasympathetic Nervous System and these three together form the Autonomic Nervous System and this Autonomic Nervous System is collected in, what in medicine we call plexuses, which in terms of yoga we call chakras which are arranged in the body and both the right and the left sympathetic contribute elements towards each of these plexuses so if, if I can just use my hands, it's like that, so the right and the left each form a plexus. Okay, thanks. So, in the normal course of, in the normal situation one is just using the two sympathetic sides, right and left, and so there's a tendency for that central part to be reduced because this activity on the left or the right and it pulls it a little bit. So in that way the plexus or the chakra, if you like, is being constricted and that means that there is less energy able to flow through the central channel. What happens in sahaja yoga is that, this process is reversed because the central channel becomes active for the first time - rather than being a potential source of energy it becomes actual and so there's the tendency is for the plexus to dilate. So, as Professor Rai has already said, through the practice of sahaja yoga the Nervous System achieves a balance allowing the vital energy of the body to express itself and in each at each level of each chakra this happens so the organs at that level are nourished and it's in this way that the diseases are cured - not that one necessarily needs to even try and cure the disease, it happens automatically. - Thank you! - Thank You, Shri Mataji!

Shri Mataji:

We have so many doctors here and now I would say that, you see this - I, I also had to study medicine to talk to them and I also

read a little bit of Psychology because to talk to them I must use their terminology but all this knowledge is within yourself. We know very little about it because a very little part, a wee part of our brain is really manifesting in a human awareness, you see. When the Kundalini rises - actually we have two lobes, we don't have one lobe so there are two sides to our personality. When the Kundalini rises She enlightens the brain and then you start knowing many more things which you have never known. For example, uh.. I'll ask Karan Khurana to come. He was a very ordinary student here who went down to America and one day he just asked Me a question on Genetics. So Genetics is a very modern science but he was amazed - [UNCLEAR] tum bata do.

Karan Khurana:

Uh.. I want to share just a small glimpse of Shri Mataji's brilliant knowledge because so many people have spoken about sahaja yoga and it's brilliant effects and during the past seven years I've been a student at the University of California in San Diego and I've had a chance to attend many lectures in Biochemistry and Genetics and Immunology and at the end of, all the knowledge that is to be shared by the Professors in these brilliant Universities, they all come to the same point and they say, we cannot play the role of God so we cannot give you all the knowledge. About one year ago I was with Shri Mataji at Her home and during that time She was explaining about how various, how the knowledge is revealed and I asked Her about a question on the genetic effects and how AIDS comes about, and how on the genetic level we can go about researching on AIDS. She spoke about how Copper has an effect on AIDS and how in the body due to accumulation of copper there is a mutagenic effect specially when it accumulates in certain specific parts of the body like liver and how if the replacement of Copper takes place with a higher element like Zinc, with Platinum and with gold then that mutagenic effect will not take place. Also She spoke about enzymology and how when an enzyme interacts with a substrate it can cleave, for example in a substrate the phosphate bond and reveals the iodine which then gives a colour effect and this is a tool that is used worldwide in diagnostic assays and diagnostic tests, is a clinical tool. She spoke about how this effect is enhanced and it is very necessary for a uh.. double positive metal ion to be present otherwise this reaction cannot take place. Scientifically we don't understand how this reaction take place by the enzymes but when she revealed this I went back to California and I had a discussion with one of the top scientists in enzymology, Dr. Muzaffar Iqbal. He is a Professor from Oxford University who has been there for twenty years and is the top authority on enzymology and when I spoke to him about this divalent cations that Shri Mataji had spoken about and how we can use this for enhancing the stability and interaction and reactions of these enzymes - he immediately did some experiments and he found that we could actually stabilize these enzymes by the effect of these divalent cations like Magnesium and Manganese and we found that at 50 degrees temperature these enzymes get stable for three days, which is an absolute revolution. These enzymes have to be stored at 2-8 degrees at all times for it to have any interaction or any stability.

Also ever since She spoke about the effects of Copper and how AIDS is related we have many scientists who have been doing research in this field and just three weeks ago I attended a lecture by Dr. Sochman, who is a leader in this field and he explained how these uh... metal ions have mutagenic effects and this is something Shri Mataji spoke about a year ago so this knowledge is definitely there with Shri Mataji and She chooses to speak about it very rarely but those moments are very uh.. very much cherished by us because this is knowledge of the future - this is Modern Science and She's had it for ever, I think.

Shri Mataji:

Thank you very much! Now, there's another, you see, now the point he has brought it that through Sahaja yoga I can give you a, a future plan as to how to make research in what direction so I would uh.. request Dr. Worlikar who came for your scientific research uh.. conference you had and he was one of the five speakers here and he'll tell you about what I told him about carbon atom and just how he have researched and found out. So I mean, I can give them a lead to find out what I am saying if it is true or not but one has to be - you see, these are scientists of a very high degree and high level and they have reached a point where they want to see what is beyond this and that should be there otherwise with mediocracy uh.. you cannot enter into this area, you see, you have to have that sharpness about it and this what Dr. Worlikar who has been [MARATHI]. He was one of the scientists who spoke here in your conference, one of the five scientist.

Dr.Worlikar:

Shri Mataji, ladies and gentleman – She has introduced me that I have been in United States for last eighteen years. I have done my Ph.D. from University of Bombay with a very eminent scientist called K. S. Nargun, who spent ten years while working with a Nobel Prize winner Thorpe, in London. After doing Medicinal Chemistry Ph.D in Anti-tuberculosis compounds I had an opportunity to go to United States where I did work with a scientist called Dr. H. Herbert Fox who invented Isoniazid as a drug for tuberculosis.

So having been exposed to good scientist and when you do Ph.D. in your life, more you study, more you realize how little you know and that's what I, I was all the time thinking in my life is, I wanted a direct connection with All-Pervading power.

So since my childhood I did Atharvasheesha to Lord Ganesha. All the Maharashtrians – I'm Maharashtrian – since my childhood I started worshipping Lord and Aaradhya devatva was Lord Ganesha. Every time I would do Atharvasheesha I would feel everyday there is something beyond this and I was looking for some guru, who could connect me to All-Pervading power.

In 1981, Shri Mataji came to United States and I was blessed by Her. She raised my Kundalini whereby all the Deities were invoked and a different, a different life started after having realized by Her Holiness Shri Mataji Nirmala Devi, my life took a different turn and then She has blessed me with a special blessing called enlightened attention.

When you raise your Kundalini, the Divine powers of Parvati, all the deities on our chakra – there are seven chakras in our body, the last chakra is Sahasrara chakra of which She is Swamini. By doing Lord Ganesha's worship, the chakras up to Hamsa chakra, get manifested. You get power of discretion but, once you get realized and the Kundalini is awakened, the power of Parvati awakened, integration of all the chakras takes place. They work very, very pronouncedly and the vibrations you feel in the form of cool breeze on your fontanel bone and on your hands, on your palm, indicate the existence of All- Pervading power. Now when you do meditation – a lot of doctors here mentioned to you about Sahaja yoga – what is Sahaja yoga is, is spontaneous union with All-Pervading power. Now once you raise your Kundalini to a point where my hand is up – is called Valaya – all the incarnations come up to Valaya. The human beings have to reach Incarnations at that point so there is a need for every human being to get realized, do meditations day in and day out, raise your Kundalini, get connected to All-pervading power, then you realize that guru is the pure source of knowledge.

I have read lots and lots of book in Chemistry. I was a professor of Organic Chemistry in University of Bombay, affiliated college Ramniranjan Jhunjhunwala College. I was teaching in Adarsh Science Institute, where I taught students who have failed at Inter-Science in those days and my students could become doctors and engineers after attending a one year course which were teaching in a private institution. I have taught in Agarwal's classes for I.I.T. entrance exam where students who have stood first in S.S.C., second, used to attend a lecture and eight hundred students used to come all over India and they used to stand from Agarwal's classes uh.. where the maximum high level education was imparted to them and from that institution thirty students, first thirty students used to be from Agarwal's classes.

What I'm trying to tell you is, before getting realized there was a particular shape of my life, but after meeting Her I went to completion. Once you are connected to All-Pervading power – why I taught, brought this subject, I was professor of Organic Chemistry – I had a habit of reading, most of the time, books written by Nobel Prize winners. From U.C. Berkeley, Mahan's book was, was good for Tacheometry. There's a chapter, one chapter and I would read ten different books from foreign authors who had, one time or other, acquired Nobel Prize. I used to get thrilled and I used to, as a magnanimity of scholarship, share everything with my students and with high level students my level used to go high and I studied at a very high level electronic theory of valency, which after getting realized from Mother, I found a different dimension, that you are given things if you are having enlightened attention.

What I thought, - I don't know, I don't see a picture which we call Virata where all the seven chakras are presented to the audience where you can clearly visualize the seven chakras in every human body starting with Mooladhara chakra. – Now the – yes, yes correct – you have a –

[Shri Mataji, MARATHI... Mooladhara chakra .. experiment ... Carbon.. ]

Dr Worlikar:

– Yeah, yeah –

[Shri Mataji, MARATHI... Chemistry.. ]

Dr Worlikar:

– So, I was attending a guru puja in Santa Cruz and was concentrating on the Mooladhara chakra where we have four plexus to Mooladhara chakra which is considered to be Lord Ganesha's chakra – seat for Lord Ganesha. Now what I did is, while doing meditation I was directly connected and I was given an inspiration that I should depict that chakra in three dimension. If you see the Mooladhara chakra in the, in the Virata there picture, it is only Swastika there – It is below the Kundalini – so what I did is – by the blessing of enlightened attention She had bestowed on me – we made a three dimensional structure of Carbon atom being an organic chemist and then used the electronic theory of valency to formulate the valencies of carbon atom on modern basis.

Just in one short sentence I could say that, the structure of atom was proposed by Danish Physicist Neil Bohr, who got a Nobel Prize for that. He discussed the movement of electrons which have speed of light around a nucleus and give a mathematical expression for Hydrogen spectrum as a proof, single electron atom and then he got a Nobel Prize. His theory of orbit became obsolete when we came into Heisenberg's uncertainty principle where you cannot predict the position of a moving body. So currently we consider orbital theory – the position of any moving body cannot be predicted therefore we consider a, a area in space – space where you can locate the electron – Now I have a article – Mother asked me to put the thoughts

–

Shri Mataji:

I think his article is there –

Dr. Worlikar:

Yeah – There is a article on cosmic relation of Swastika and Om-. Now what I did is, made a tetrahedral structure of Carbon atom, put Carbon in the center and considered the latest orbital theory of movement of electron in space and in that I considered Carbon has four electrons – one in a 2s orbital which is spherical and three electrons in the dumbbell shaped orbital which is in X, Y and Z axis The 2pZ-orbital is vacant. No electron there. But in the excited state one electron from 2s goes to 2pZ and then to an ordinary person when you think ordinarily, you will find three energy levels of those three electrons should be same and one in 2s in a lower energy is different. So it bothered me as a student of Organic Chemistry that Carbon should have three equal valencies and one weak valency. That is something we could discuss somewhere else, let me just concentrate on what I did.

So we made a actual tetrahedral structure and took the advantage of modern theory of electron valency and considered orbital theory. What I found when I was putting my enlightened attention – let me tell you the significance of enlightened attention. When you raise your Kundalini and put your attention on the Kundalini, your attention gets enlightened. If you put it on any unknown thing, that thing reveals it's true nature. So you are given things when you are connected to All-Pervading power. So I was putting my enlightened attention to this tetrahedral model of Carbon atom, just trying to see the four valencies of Carbon in space considering the orbital theory. I had a computer scientist help me, from Belgium, Johan and another Sahaja yogi from Chicago, Boston [should be Ohio, Dayton] and he made the tetrahedral structure and we, me and Johan used to sit at my house in Los Angeles and put our attention on that model trying to see Om. I would see 3 but I wouldn't see I could, I wouldn't see the

upper residual valency [draws Arda Bindu sign in the air] and we used to put lot of enlightened attention, meditation –

Sahaja yoga practices is nothing else but every day you do meditation. Now what we found, with the enlightened attention what I found, that one of the valency was not properly done by Jay because he just made all four dumbbell shaped orbitals.

He forgot to do sp<sup>3</sup> hybridisation where all the four uh.. sphere orbitals rearrange themselves – is called sp<sup>3</sup> hybridisation where we call one electron in s orbit and three in p orbital. After I did that sp<sup>3</sup> hybridisation I could clearly see the residual valency of the Om [draws Arda Bindu sign in the air] .

From the end, end view – see as a student of Technical School Robert Technical School so – I said, “Let me take a look at this model from – from the left –

Shri Mataji:

from the left – If you see from the left, right I told them you will see Aum and they saw it.

Dr.Worlikar:

– Yeah So from the left I saw Aum.

Now I said, “Let me see from the right what do I see,” and I saw Swastika. Same three dimensional figure you can see Aum from one side and Swastika from other side. – and was amazed to see that, the correlation, I call it cosmic correlation between Aum and Swastika –

Shri Mataji: [UNCLEAR – MARATHI]

Dr Worlikar:

and then I met Shri Mataji in Houston – She was visiting U.S.A. and She said, “Did you take a look at your tetrahedral model from the bottom,” and I said, “No Shri Mataji, I haven’t.” She said, “If you take a look to your tetrahedral model from the bottom, I’m sure you will see cross.” So I returned from Texas to my house in Los Angeles and to my surprise, when I took a look at the tetrahedral model, I had made, from the bottom, it, it gave cross sign – it depicted cross. So you see how they are, they are coordinated with each other.

This was possible because of enlightened attention that was bestowed on me by Shri Mataji. Now, what I have to say is Aum – as you know, Pranava, the sound of creation – is represented by, when we write it on two dimension, we write Aum. Actually, Aum is a three dimension, dimensional depiction of the sound of creation and Swastika is the two dimensional depiction of Aum. It is hard to see this difference when we write Aum and Swastika side by side on a blackboard, let us say, which we call two dimension.

So, I have been a student of science all throughout my life and I had kept open mind when She came to Los Angeles, in 1981. 1986 I was speaking on the event of Her birthday, I told everybody that you people are in India, you are lucky. You could get your realization and you will have a different dimension to your life. I had to go all the way to America to get realization.

Shri Mataji:

I would like Dr. Mishra to tell you something about the soul because there’s always a challenge about soul and dead soul and this and that and whatever I told long time back how now they have discovered that it exists. I’m just trying to show you because this is a unique thing and we, as he says, that he had to go to America but only in America they will understand it, not in India - I know this.

- Why, why not in India? - You see because you have to reach that state of, I should say, of search see they have reached the la.... You see here, our, our heritage is Spirituality not Science but in America it is Science. So they have reached to the end of it, you see, sort of they have reached to the end of everything - extremes - so scientists there start looking back while ours is, we can understand it much faster because our heritage is this. Our heritage is true Spirituality but as scientists, it's only in the West they will understand because they have reached to the end of it, you see, so they want to see it much faster. Like as he said it, in Russia - Russian scientists are of a very high level. You know they have - one fellow gave Me a book on the Mathematical Calculation of Shri Chakra and he came and asked Me, then I told him about Shri Chakra and all that. He was amazed, he said, "Nobody knows this in India, how's it?" I said, "We're still uh.. running after you scientist, you see, still we are trying to work," but, you see, Science itself you know, has to be balanced uh.. with uh.. other things like Humanity because Science itself is very dry. Now, the Science also can take advantage of sahaja yoga as doctor has told you. Now what sahaja yoga has done, is to abridge the gap between the Spirituality - of the true Spirituality, the knowledge of Spirituality and the Science as they have done it.

So I would like, one more doctor to tell you, Dr. Mishra. He's, he's, I asked him to write your degree so he wrote so many so now, I don't know, he he will tell you about the soul what I said. Whatever I have said they could prove it so this is, this is something, the way they have bridged it, you see, but the kind of patience they have, the kind of respect they have - we don't have that so much about scientifically. If there's a scientist in India, he wouldn't have that much of openness - is a fact, I tell you. But we have some scientist here from India also.

Dr. Ram Mishra:

Shri Mataji and fellow colleagues, my name is Ram Mishra and I did my undergraduate medical degree in New Orleans, Louisiana, followed by a doctorate in Biochemistry at Memorial University in Canada. Currently I'm Professor of Psychiatry, Director of Neuro-psyche [UNCLEAR] pharmacology laboratory and Consultant to mental NIMH - it's National Institute of Mental Health, United States, Medical Research Council of Canada, Ontario Mental Health foundation, National Council of Canada, NCIA of United States. Now, I have been heavily engaged in research activities relating to cell membranes and the different types of the interceptors and in last four or five years it became very clear that the variety of drugs, variety of medicines - the drugs is a bad name sometimes - uh.. interact with the specific types of the receptors on the cells. For example the antihypertensive drugs interact with the beta-receptors, sulphur receptors in heart cells, asthmatic drugs interact with the beta-receptors in the lungs, the antipsychotic drugs, antischizophrenic drugs, antiparkinsonian drugs, anti-anxiety drugs, anti-huntington's chorea drugs - they all interact with the set of the receptors and when we look at the structure of the receptors - now other scientist who already got the Nobel Prize, discovered the beta-receptors structure and I was working on the dopamine receptor which interacts with the uh... neurotransmitters and the antipsychotic drugs. Now what is common in all these receptors is that, they always make a seven member membrane loop. Now the words in the membranes they organized in such a way so you always have seven loops - not eight, not nine, not six, not twelve - always have seven.

- And when I was lecturing in the class that these receptors make seven loops. [Shri Mataji: Seven loops] They organize in such a fashion that they always make seven loops. Now there are different kinds, there are one thousand different kinds of receptors but each one make a seven loop and the, obviously the M.B.B.S. students asked me the question, "Why there is seven loops, why not nine, why not eight?" and I said that has I kept quiet actually and then there was another student who said, "It has something to do with the God." So, that was the actual answer and fortunately I met Shri Mataji in London one time and had a chance to to show the diagrams and the pictures of the different types of the receptors and you can also see yourself there are several types of the receptors on this sheet from human, from bovine, from red and if you look very carefully, they always make the seven loops. If you look at the three dimensional structures or the models of - you can also see the seven rings in these receptors. Now, what is the significance of these seven rings? I think to me they look like they represent the mini chakras in each cell and especially in the heart cells they represent the soul, so after a person passes away or dies or whatever happens, these souls who represents in seven rings are released in the atmosphere and it is possible for the sahaja yogis who practice sahaja yoga, to see the unsatisfied souls in the sky and in fact when we were having a meeting in New York, in July, Shri Mataji said that, "Look those unsatisfied souls in New York city are wandering around in the sky and in fact we were able to see those like loops there. By the



same token you can also see the Chaitanya, the satisfied souls - you see in the form of the Chaitanya.

Shri Mataji: Like, like uh ... you see them like commas, shining commas - Chaitanya - shining commas.

Dr. Mishra: So, that's the, that's the scientific proof. Uh.. the other thing I want to share with you is, is a follow-up experiment actually we did blindly. I didn't know Dr. Chugh before I came here and he described his M.D. thesis while I met Shri Mataji in Guru Puja in Italy and I took Her permission to do couple of experiments of my own in my own lab and didn't publish the study because it is still in the very preliminary state but I can assure you that it will be published in the - by blessings of Shri Mataji - in the first rate Scientific journal in United States. And the story is that we looked at the levels of the relaxing proteins called beta endorphins and enkephalins. Now these are the proteins which try to take your pain away, try to make you relax and do a lot of other things in the human system. And when the levels of these proteins goes down you suffer from many, many things - your blood pressure, your pain levels, your arthritis and so on so forth. Now, if you practice sahaja yogas, the levels of these Beta Endorphins and Enkephalins actually goes up. They goes up significantly compared to the other types of meditations like T.M. or Hatha yoga or whatever. Now the same question was asked to Dr. Chugh in his Ph.D. thesis by the examiners that, "Have you looked at the levels of the Beta Endorphins?" and what was your, I don't know what you replied to them that, "You haven't done it," but the, the answer was already there in our lab - see how the connections are made to find out, find out the answer for the same question! Now, we have agreed that we will measure the levels of these proteins and see ourself from Indian sahaja yogis, from European sahaja yogis, from American and Canadian and we will see in worldwide geographical distribution in all sahaja yogis the levels of these proteins goes up. I think I should stop at this point.

Shri Mataji:

Uh.. I would also request a diplomat from U.N. to talk what U.N. has to say about it because is important. We in uh.. in our country do not know what we have but the UN system itself has now accepted that Spirituality is a part and parcel of a human-being and it must be looked after and he will now tell you. This is Mr. Gregoire de Kalbermatten from - he is a Swiss diplomat. We have another Swiss diplomat here - where is she - Ruth [Flint] - just she's there sitting.

Gregoire de Kalbermatten:

Thank you very much, Shri Mataji. After all the previous speakers, I hesitate a little bit umm, I hesitate to talk because I have no expertise neither scientific nor as a matter of fact in sahaja yoga but I have been fortunate to practice sahaja yoga for about 15 years now and what Shri Mataji just mentioned is that indeed sahaja yoga has been recognized by the [UNCLEAR - staff recreational] council of the United Nation has a comprehensive meditation system which brings physical, emotional, mental benefits to staff members and is sahaja. This society is encouraging staff members to meditate according to sahaja yoga's technique but if I might be a little bit more global and more general than the conversation, the very high level presentation we have just heard now uh.. I would just like to stress that at the United Nation we are very, very concerned about the issues of global management or of Mother Earth resources and in the nineties one of the very rising issues is going to keep a balance between development and ecology between human activities and the resources which allow these activities to be sustained. You know that water is going to be a very big problem - just drinking water for the billions of people and in this respect there was a World Bank paper which was saying that, "A long term solution for mankind is only a change in consciousness so that the human-beings do not have any more the same material demand.

Shri Mataji: change in consciousness, change in awareness - they hit at that point.

Gregoire: This was a paper of the World Bank on Ecology, on the model of development which long term can allow all these human beings to survive on this planet - it's a very serious issue because if you look at the projection uh.. nobody really knows how to take care of these billions of people who are being born and the, the solution was a change in consciousness. If people can be in a state of peace, can be in a state of satisfaction their demand on the material environment automatically is going to drop because a lot of what we produce is to meet artificial need, culturally created artificial needs and the only solution to get into this condition of contented peace can be brought by a inner transformation. Now the World Bank doesn't know about sahaja

yoga yet and that's why they said, "This is the only way to get out but we don't know how to bring about this transformation." So as a, as a staff member of the United Nation, I can see a very direct relevance of uh.. sahaja yoga to help us changing our attitudes if, if we are to leave our children and grandchildren a place we are to live in.

Shri Mataji:

You have also got the, you have also got meditation center for sahaja yoga in the U.N. now? -

Gregoire: Uh... we, we have this society which has been created as of January in 1990 - That's [UNCLEAR] and we hope that we start by before we talk about world peace, we hope in good logic we start becoming peaceful beings ourselves and then there'll be less fight in one floor of the United Nation and the work will be more, more carried more effectively. I forgot to present myself. My name is Gregoire de Kalbermatten and I am Chief of Policy Planning and Evaluation in United Nation Capital Development Fund which invest projects in the list of developed countries of the world. Uh... by the Grace of Shri Mataji, I, I can say from my personal experience that uh... the the practice of sahaja yoga does influence us in a, in a state of consciousness which correspond to, to the definition of the state that collectively mankind should reach in order to develop a different type of society. This is a very general remark but I suppose that it needed to be made because the managers of society today cannot address anymore the complexities of the challenge that, that are before us and we need this higher level of guidance from inside that meditation gives us and as Dr. Worlikar said it before, before me it is all a matter of enlightened attention because then the solution just present themselves before us and no, no amount of efficiency would allow us to get there uh.. where the vibrations of sahaja yoga lead us to the right solution spontaneously somehow. Shri Mataji, I think that's all. Thank You! -

Shri Mataji:

Thank you! Uh.. there's another facet which uh.. one could see, it works in sahaja yoga, is the agriculture. We haven't got Dr. Hamid just now here - he's gone away. I wish he was here because he has experimented with vibrated water. I have also shown the experiments uh... in Poona that I sowed about 60 kilos of rice in one acre of area and we got about 1400 kilos of such beautiful rice that I sent it to the University, at Phule University in Rahuri and they said they have never seen such rice. Then they came all the way to see what I was experimenting with and also the uh.. Sunflower we got was about say two, two feet at least minimum and so full of big, big seeds - I mean, they never looked like the seed of the Sunflower and you had to at least two persons had to lift it, it was so heavy. Now the, here the main thing is that we have not used uh.. hybrid seeds because if you use hybrid seeds you get a, you have to uh... take them from some organization and sort of can be a enslavement but this is non-hybrid seed, ordinary seeds. Once we vibrate them - now this is how we can increase our capacity to produce much more, much more variety of crops. Also things like olives, they said will never grow but I have, I have grown that olives, lot of olives I've grown. Then they said that tulips will not grow - I've grown them. All kinds of things that they said will never grow in Poona and they are all growing very nicely. I don't know how they just said it cannot be grown.

So all these things can be worked out. This is how a kind of a prosperity can come to our villages but we have to be pragmatic about it, we have to be serious about it and we have to help our poor people here. Another problem that always comes up with is, I think, some of the doctors are little upset thinking that if sahaja yoga comes up what will happen to their practice, so already, I've already told them that I'm not going to work for the rich people I don't want to work for rich people. They can have the rich people to themselves - I want to work for poor people. In our country people don't even have sufficient food to eat, they don't - how will they go for treatment or anything but through sahaja yoga en masse we work it out, en masse. Even if there are thousand people in a group or even ten thousand people, most of them will be benefitted by Kundalini awakening so why not we try to help the poor who don't have any money and as a saint, I think, every saint has only concern for the people who are suffering and who are poor, who are downtrodden. You see, the interest is not in the rich people at all is, interest is more in the people who need help and this is the help of, I should say, God Almighty because this is the power of God which is All-pervading, which is very subtle and which starts working through you. Once you are connected, just like you are connected - this instrument is connected to the mains, it starts working, in the same way you start working. And I would say that the doctors here should also, as other doctors have done it, should come round and see for themselves and we have some, as I told you, some Indian doctors working it out in Delhi also we can do it in Bombay - we can help the poor people uh.. and it will be such a great punya for

us to help them because this country, you see, I mean, uh.. I don't know, I'm bit too sensitive with, I see this poverty, I just can't even enjoy My sahaja yoga because I feel when will they get all these things, they have to have it and if we are concerned about these things, we don't run after superficial things.

Of course I agree that there have been false gurus - I agree that and I would like one person to talk to you about T.M. who was the head of the T.M. in Scotland and who was completely finished with it so he is here - I've cured many people from T.M., many people from T.M. We have one person here from T.M. and uh.. also from Rajneesh - they'll tell you what harm they have done. It's better to see because there is falsehood. There is truth and there is falsehood but truth can be understood very easily if you know what a saint should be. The saint has no interest in your money, in your position, in anything; His interest is only in awakening your Kundalini and taking you to God, that's all - other interests are not there. So, you see, this is what one should judge any saint of. You don't know how much these people have gone there and brought such bad name to us specially this Rajneesh has just said one word the whole lecture was going on, so many things were given to read, in Poona and they just uh.. caught hold of one word, they asked Me, "What about Rajneesh?" I just said, "She's bilander," I should have said much more.

I just said, "He's bilander," so they caught hold of that word and the whole thing started working on that only point that he's - are we that level that we are mouthpiece of such a man who was thrown out of every country? If you want to hear about him, I'll ask somebody to talk about him. Horrible, he was arrested and people hate him, in Russia they call him Rasputin. Such a man who's all the time uh.. changing himself - he thinks he's wise, I think, he's the he's the most dangerous man you could have. And now his ideas - he wants to insult Ganesha. Now I must tell you, without Ganapati we cannot cure many diseases because Ganesha is on the Mooladhara - we cannot cure There are all these doctors they never knew Ganapati, they didn't know what was Ganapati's 'Ga' was but I told them this is Ganapati, you have to worship if you want to cure. Even cancer cannot be cured unless we take the help of Ganapati - It's such a pure deity. But this gentleman started saying that, "Ganapati comes from the word 'ganika'." This is his own ideas - you see, such a perverted brain! It comes from the word 'Gana'.

'Gana' means, in our medical terminology we can say antibodies - they are antibodies and this is called as smirksing. Americans have started a thing called smirks. So these are the antibodies and these Ganas are very important - without the antibodies we cannot fight any disease. Now how to excite them - you have to take the name of the Goddess for this. You see, all these things are, look so fantastic but, you see, you don't know our, our heritage is fantastic, tremendous; We have no ideas to what we are! And if somebody tries to say something these are all half-baked scientists, half-baked people who don't know much about it, just try to push you down and you have, must have heard they stoned us. Eighty foreigners were hurt by their stoning. They just put us into such a trap and they tortured our lives. I mean we, we are very peaceful people, uh.. we didn't do anything. We were about, that time, 1200 people, they were only 12 people - these Nirmoolan people.

Anybody, anybody in that place would have really thrashed them but I said, "Nothing doing, you sit down," and everybody got hurt but 18 were very badly hurt and some of them got uh.. fractures of the ribs even. but nobody stirred out, nobody said anything and the newspapers, I'm surprised, gave absolutely, absolutely the opposite. I just don't know and one newspaper correspondent - now you just think of it - what a level we should be in India where we have such a great heritage! He brought a paper from this 'Andhashraddha Nirmoolan' - there're hardly some 12 people some students something like that - he brought and gave it to Me. I was surprised how could a newspaper man give Me that! Now they try to play tricks and - now we have given everything so you better go through it and see for yourself how it was just like a mafia of police. and how they tortured us and what these foreigners are going to speak about us when they go there? They're going to go to their embassies, no doubt; We have lots of journalists here, of a very high reputé, it's all going to be there that there's a mafia going on in Maharashtra state - is a fact. The way they managed the whole thing is so surprising - I cannot imagine! We have done no wrong to anyone.

They have no right to disturb us, not disturb but to hit us like this for nothing at all - what wrong have we done? I have been to so many countries, I must say. I have been to Turkey - we have a representative now; Turkey is a Islamic country but the police themselves gave us a number, a code number - they respected us. Anywhere I go I have never seen such things happening. Especially in Russia - we have representatives from Russia here sitting. They come all the way to know how I can help their children. What about people who are living here? Are they not going to use Me; I'm your own - am I not? They're not going to use My powers or they're not going to use My knowledge. When these people are using My knowledge in scientific field, in medical

field, in other fields, even in agricultural field - are we just going to get after every person, superficially looking at every person?

Of course I'm a simple woman, I do not have all these ostentations of a big sadhu baba or something like that, I'm a housewife and I'm a simple woman but that doesn't mean that everything that I say is false; You have to - I, I would request media to now rise up. You see, at the time when it was 1942, I was a very young woman and we did fight the British that time the newspapers were of such a level, I mean, it's a legend, I tell you, it's a legend; They would never support anybody so destructive. There were hardly twelve people uh.. standing there and shouting and disturbing - every newspaper had their photographs. Yesterday at the, here at the Secretariat there were 1200 people standing silently, such silence, such serenity and such uh..dignity! You would never find such people together. My husband says, "They're angels, You've found all the angels of the world." And this is what everybody has to become. We have to transform this world - think of your children what are they going to get? We have to transform them, you have to give them sense of security and we have to give them a beautiful uh.. Kingdom of God, as I call it. So just to deny God is very arrogant, I think.

Even the greatest scientist like Einstein would not deny that, Newton would not deny that. Who are these scientist here, what discoveries have they made? I mean, it's such a small-mindedness, it's a such a short-sightedness but what we have great, is our saints. They're great saints and they have given so many things to us and thanks to them that I'm working because what they have done, what they have uh.. produced that I could reach all the villagers and all the people. Actually in the villages Indians live, I tell you. They're so simple, so sweet and the way they receive Me, the way they get realization, the way they have improved their agriculture and everything is wonderful to see them. And My work is more in the villages because I must say, from My childhood I've been very much concerned about this great country because this is a yoga bhumi this is not an ordinary country, you don't know. We have got the Adhyatma with us, we have got the greatest nourishing treasures with us. And all these Western countries, which are now suffering because of a one-sided development of science and all that - we have to nourish them, we have to. You see, these people are all - there are some people from very high officials from uh.. - what's your company, from - IBM - IBM and we have people from other big companies here - haan, there's another one from uh... annh uh... Olivetti - we have big people here.

Then we have one Dr. Khan, who is a very well known uh.. scientist from uh.. Calcutta and all these people are here, so many people are here whom we can point out. There are big business people here all of them are here and we have people who have been cured of blood cancer also - they were declared to be dead. In Poona these people spoke, nobody bothered. What they were - aa jao idhar aa jao. This is a architect; We have two architects who were declared to be dead within eight days - they were cured of sahaja yoga - they are here. See now [ALL CLAP] So all these they spoke and there was, Mr. Malhotra also told about his angina but the Poona newspapers, I don't know, they have become, just their level is the mouthpiece of this Rajneesh and the whole this all - if you see these people who talk of "There's no God and all this is humbug and this and that," are nothing but the ideas of Mr. Rajneesh. He's penetrating them into our intellectuals and this people and that people and they are accepting it - is a very dangerous thing and it is coming even into the people who are supposed to be our leaders. It's a very dangerous thing and he's thrown out from every country. In Greece he was not even allowed to stay there. I mean, the less said the better. We have people who can talk about it.

Now, I would like you to know about TM, how dangerous it is but nobody has attacked here. Can you tell Peter Pearce? This is Mr. Peter Pearce. He was a diamond merchant and what Mr. TM did to him.

Peter Pearce: [1hr 24m]

Shri Mataji, ladies and gentleman, my name is Peter Pearce, for from 1970 I got initiated into TM. It cost money. 1972 I became a teacher of Transcendental Meditation where I met Maharishi and from that time onwards - somehow I became one of the leaders, international leaders of Transcendental meditation. - He just mesmerised them absolutely. Through, as Mother says, a mesmerisation process of learning mantras, of teaching mantras in simplistic forms of 'inga', 'aina', 'aima', 'ainga' we entrapped thousands of individuals In 1976 I went on another course costing something like twelve thousand pounds.

I then purchased a place in Scotland for the movement which belonged to myself and my wife and over a period of three years

they were indebted to me for the tune of a quarter of a million pounds of fees never paid, always promised and while I was teaching these people a number of them eventually landed up in mental institutes. One particularly known pop star's wife, we with the Grace of Mother, eventually had to get after the mental institute where some teacher has said, "Your abstract uh.. experiences are beyond me, I think you better go and see a psychiatrist." On seeing the psychiatrist, he did one thing and that was putting him, put her in a mental institute. Gradually, my wife and myself became non-communicative - unable to relate to the outside what we termed as the outside world - became more and more inward bound. My wife went into long periods - of, what could be called - A new type of epilepsy - Catatonia - [UNCLEAR] - for anything upto twelve hours she would sit in a corner - and scream and shout - horrible! Umm, in 1979, early in 1979 at the absolute wit's end, I didn't know which way to turn. I eventually decided that it was the end. I took the movement to court over the monies owed to us. Unfortunately uh.. the liquidates of the company - because when you close down a company in Scotland, you have to liquidate it they haven't to choose the international, transcendental meditation's international orders and I told them that at the time that this happened to be a conflict of interest and I said we're not like that here, we're different it doesn't matter, we're dealing with a different case. I said, "Fine," anyways nothing to do with you, it's in the hand of the liquidators, it's in the hands of the courts.

- Every money, you see, - We went to court - went to people with money. The High Court judge said, "Stop wasting Mr. Pears' money and go outside and decide on how you're going to pay it back." Outside, they wondered whether they were going to jeopardise a 150 million dollar a year business, as transcendental meditation is or was in those days, infinitely more today or to pay me 320 thousand pounds, as was owed and they decided, for their own skins, to drop the case. They went back in again and said, "We have just dropped the case," and that was the end of it and I lost 320 thousand pounds then. And not many people, especially myself could take, are not like that. Linda was unbelievably uh.. defected. We happened to meet a very well known Neuro-physiologist in London from St.Thomas' and he was interested in doing experiments on us and with another smaller group of meditators who had done these obscure techniques of hopping around like a frog on the ground umm, he eventually has a look at the uh.. brain waves patterns and he said, "You know, these are those of an epileptic." And here was the movement he was thinking that these brain waves patterns showed the correlation of integration and they purport to be scientists, you know have all the scientific data, showing how good it was and so on and so forth and here is a well-known Physiologist saying the complete opposite. And by the Grace of another friend of mine I happened to meet Shri Mataji and in a very short time we were cured. Shri Mataji had me stay with Her for six months and never once that I spent or have to spend never once did I - because we can all, all sahaja yogis can give realization to people.

Never once did we have to pay one penny. [CLAPPING] And you know a quarter of a million in 1979 was a lot of money and we couldn't believe and none of the others, who we managed to drag out of Transcendental meditation, could believe, here we had something which was tangible, something we could actually feel - not only could we feel ourselves but we could feel those around us, we could feel their chakras. Transcendental meditation is nothing. You can't feel a thing - all you can feel is your gradual inward, recluse type attitude and with the blessings of Mother and with you people writing the facts in your newspapers maybe we can rescue many, many more people in India. Thank You, Mother! [CLAPPING] Uh.. I must say that uh.. so many are really lost, I tell you, in a very bad shape, I mean, I used to really weep seeing that they have become absolutely like mental cases and in a very bad shape. Also Rajnish's things are just the same. Uh... we have had experiences of Rajnish's people coming to My program and Yogi Mahajan was quite sort of sympathetic about them. He told Me, "There are three Rajnish's people who are very much uh.. in trouble Mother, should I bring them to the program?"

I said, "Please don't. You can bring them home but not there. It'll be dangerous." And he just brought them because they forced him and they brought them. And they were about 100 ft away from Me. As soon as they saw Me they just fell like, fell down and became just like stones, just like stones. Nobody could lift them they were so heavy. I mean, they had to really like move the stones outside and it was terrible. Then some people went to, there's an ashram he has got in Dharamshala - they said, "We want to have a kind of a, sort of a cure for our uh.. troubles and all." He said, "No, no you better go to Shri Mataji.

I will not allow you to come to this place." So they said, "Why not?" So they - he said, "Alright, you come along," and he said, "You put your hands towards Shri Mataji." They started shaking, the whole body started shaking - then I left. But then of course, I mean, you know as it is I'm too compassionate for all this, I feel so terrible. We had - have you got Robert here also [UNCLEAR] - did he come? Haan We have two persons from where - this is Robert, who suffered a lot and the sahaja yogis objected he's

coming to our ashram so I stayed in the ashram Myself, kept him there, looked after him and he got completely cured of such bad [UNCLEAR]. He would have been finished by now in the lunatic asylum or something. Not only that but now you got what degree? - Now [INAUDIBLE] - What degree you have got?

[UNCLEAR] It is by the Grace of Shri Mataji that I am standing here, as She told and also that I have achieved last year the degree of Art History, that means not a doctor yet - maybe once it will happen by Mother's Grace but before doctor I don't know how this is called in English doctor [UNCLEAR]. I've been doing this study [UNCLEAR] in Belgium from 1982 on. In 1981 I received my realization from Her. I met Shri Mataji luckily in Paris because I was hopelessly seeking there the Truth and actually I was be-fooled by this Rajnish because with his books on the markets, which he writes for making money of course and also he uh.. abuses the [UNCLEAR - AFFECTED?] seekers - ones who have overcome their problems. He doesn't give the solution by effect, like Shri Mataji does, the effect of realization but he first writes these books so that these get sold, then little by little he gives programs or therapies for which has to be paid a lot like, one of the therapies is they call re-birthing and for this you have to pay 30\$ per hour and this is a kind of injection of oxygen which you put in your lungs, you breathe during an hour in an unnatural way. This gives a very funny affect your muscles uh.. and it gives a kind of a purification, maybe, because of the oxygen which burns away problems but it not a lasting curing - the problems come back which means you have to come back to this center to get this therapy again so it gives you an enslavement to this therapy and you pay everytime these 30\$. So, I was a student, I had very little money but I lost even what I had uh.. with these techniques - sorry. Other things, horrible things which, which this Rajnish teaches is the called the Kundalini dance. Mother please forgive me but this is a terrible dance and they jump and shout like dogs and fall on their heels - you have to jump.

And can you imagine, if you look out on the chart which you have on your papers, you see that the heel is the Mooladhara chakra so he shocks the whole body through this method and he makes a big [UNCLEAR] out of it so that you don't feel the subtleties any more of the real uh... later on of the real Kundalini. Actually years later you still can suffer from these shocks you have experienced in your body, like headaches - or tensions - Very much - in the chakras and and there are actually, Shri Mataji told that there are very few persons who overcame this. - It's true. - this - Rahnish's people I could not cure many. You see, they're so absolutely doomed doomed people, you cannot and he himself is suffering now so much and they say he's so wise this, that - I just don't know what sort of a wisdom is this, what sort of. He reads books, you see, he has lots of books - those who have not uh.. people who are not well read can easily see these are, this is he has taken from this book, that book but he just publishes it that's how he has published books and he has made money but the worst part is that the way he has made these people suffer, the way he has made them suffer but not one, so many of them and you'll be surprised, his name is so bad everywhere, I mean, now there's one thing we have got for him which you could not got say anywhere, the special one I've arranged in this private place, for you to see a film which was done by an Englishman who came here and he made a hole and took all these photographs of his mass sex act - of course, I don't want to see it because once I saw, I vomited for eight days so the what he has done and how he has ruined people for going to this he used to charge five hundred rupees, for going to this nonsensical things. Even those who have not gone to this, have been too much affected - this is what he started but then the AIDS came in so the AIDS came in and his disciples started getting AIDS so he changed over. He's done all kinds of tricks, all kinds of things and all the manipulations and everything and that's what is now coming into our uh.. people who are our leaders - it's coming into them, they're, they're taking from them. He's teaching them all these ways and methods of these things. and I don't know, there was a case I heard about that there was a case [UNCLEAR] that he has taken away this land from somebody and it land doesn't belong to him but the whole case was suppressed then, completely suppressed - I just don't understand.

It's like a, you just don't understand how such things can happen? Because I have lived now in U.K. and any other countries of the, I mean, such horrible things do not happen like this - anybody cannot get on with every sort of a nonsense that's why he's here, I think, otherwise he cannot exist in any other country. Illegal things, so many illegal things they're done. In our case, especially I would say, they were first shouting, alright. Then they said all kinds of things against Me. Now to hear something against your Mother, is very difficult. If you abuse somebody's Mother - but I told them not to get irritated, not to get angry. Then they disturbed us - is illegal to disturb any meeting. You can shout when there's no meeting but when I started the police was just standing there, doing nothing. Then we went to, they wrote to Me another letter saying that, "Alright, we, we would like You to tell us about sahaja yoga and we'll try to uh.. help You and we'll of course add to Your success and to Your uh... [UNCLEAR] annh.. fame, to Your fame.

They wrote a letter to Me signed, you know and we took it for granted. When we went to Satara they had called the, they had called the police and there were people shouting again all kinds of dirty things against Me, all kinds of - it was unbearable. You see, Indians and the foreigners when they heard the meaning, they all were boiling with temper. I said, "Alright, doesn't matter you can later on have a kind of a vidarshan or something, you can take out your temper there but just now you bear it." Now after that we had to tell the police that two and a half hours we could not start our meeting that you ask them to stop now. So otherwise it's illegal then the police stopped but in this place Sangapur it was so horrible that no police came. We had told them that you have to come here - no police came, nobody came and they left us in the lurch and they put us into a, a kind of a compound, behind was a bus depot. And these people came from behind and took some ladders from the timber mart and put them - it's really a mafia, I tell you and started throwing stones indiscriminately. Two boys were hit by - [UNCLEAR] I didn't see them hitting these two persons - was one Dr. Dabolkar and other fellow Mr. Pangi. They hit him and they gave, sort of, signals to them The other people started shouting from there in the dark so these boys went that side to see who is shouting.

They hit them so hard. Somebody got hurt here - all of them are foreigners who got very badly hurt, eighteen of them. - Where it happened? - Annh? Angapur. Now you know where is Angapur - Angapur? Angapur. You see, it is, it is from Satapur, Satara far away - it's a very remote place. Angapur why I go because Shri Ramadasa formed the statue of Shri Rama and Sita and also of Anglai devi so it's a very, very powerful place so I went there and we were having - I've been there going for six years and the Ramasthas, poor things, were involved and the newspaper, I gave absolutely a wrong information. When these people went to the police station, you'll be surprised, the Sakar people rang up at 10:30 in the night to find out if - in Marathi was [MARATHI] Then he told the right thing, "No it was much worse, they were hit and they put the stones and all that."

But in paper just the opposite - I just don't know how can they do it? And they went to the police later on to put their uh..case and police said, "Have you got any injuries?" They said, "No, no not much but you see, this they beat us." All wrong, absolutely wrong but you'll be surprised there was a Doordarshan man with them who came and he jumped on the stage. Can you imagine, this is a mafia stuff. I was about to speak, he jumps on the stage and he says, "Mataji, I must have your interview." I said, "But this not the time. You were to come at 6 O'clock why have you come now, I have to speak now." "No, no you must give." Imagine a Doordarshan man is a government servant, why should he and why should Doordarshan be there, I can't understand ?

No policeman only Doordarshan man. And this vaartahaar, the correspondent from there, he was there but he ran away and this one Mr. Pange, who was a Jila something, Sahakari Bank something, so he had thrown the stones so they brought him to the stage I said, "I agree, he has thrown the stones," and here it hurt a boy and it gave him a fracture, he started bleeding, we had to send him to the hospital - still it is to be operated on and something has to be done. Now, when they brought him, you see, I was very quiet and I said, "Now have peace, we have to show we are peaceful people. Peace itself has power, now don't shout, don't beat anyone, don't do anything." They brought him there and I said, "Now you take him to the police station. I will not allow you to touch him even on anything, you just take him." So what they said, "They tied it up us and all," - how can we lie so much in this country. I mean, lies of the worst type, I can tell you. How can we do it? I understand newspaper has to give both the sides but this is just lie and this Sakaar paper has been telling always lies against Me.

This I built a house, I didn't know that they had intention of having a buildings there - they wanted to have buildings for the builders you see, as if they've become agents of builders. So these people got after Me, I didn't know that this land belonged to them or anything I just built My own farmhouse because I'm interested in farming so they got after Me and they got a proper nine people's arrangement made from Collector, Commissioner and even the judge who had, District judge who had retired so they put an ad hoc judge there and passed an ex-party demolition of My house My husband's hard earned money - ex-party and luckily I came here to, to Bombay next day and the judge said, "How can it be?" You were so status quo and gave Me a state order and he squashed the whole thing. He said, "You're so illegal. She has taken permissions from Gram Panchayat, from everyone, She has got everything, map and everything intact. And My husband has got doctorate from India and also from England in law and I showed him. And he, they said, "How could you do these things?" And this is what Sakaar paper did was to write. Then of course our sahaja yogis could not bear it so they wrote to the Press that the way they wrote all nonsensical things about, you see, alleging Me that I'm doing all illegal things so the Press Council was very nice and they sent Me a message that, "We have

decided that You can ask these people to give You a public apology and whatever You write they have to publish." But you know I'm very forgiving, I said, "Forget it now what's there to apologise - whatever is done, is done," but they're again back in the seat.

I don't know what's wrong with this Prataprao Pawar also, why is he, why is he - I mean, just as if, you see, they have become like uh... Lords of the whole world, they survey - they can do what they like and beating these foreigners - they are now going to go to their embassies and going to go to the whole world - the way they have behaved. It is nowhere done like this. and they're supporting this Andhashradha Nirmoolan Samiti. I've got the name of Prataprao Pawar on the committee there. I mean, this is even worse than mafia. I've been to Sicily, I've been to all places - I've never seen such a thing happening. And the police, you know, the police was so cunning at 9 O'clock they came and this policeman says that, "Now you uh.. finish your meeting." I said, "Meeting is already finished but I can't take them out because they are there and they will just trouble these people so we will first of all see that these people go away." He said, "Alright, they have gone." I couldn't take him because I knew they were all very mischievous people so I asked one gentleman Dayal to go and see for himself.

He came back, he was hit here, he had a big lump on his, they had beaten him up here and his nose was bleeding. I said, "What is this, how can I send this foreigners by that road where people are beaten up?" So, he said, "No, no they are gone." I said, "Nothing doing, you remove them other wise I will never allow these people to go." Then I sent some other people to see. Till 12:30 we were there, in the night - imagine - just sitting there -we couldn't move. Then they told that have put already the stones on the road and they're going to stop the buses and they're going to hit these people. Same with this Vigyan Prabodhini, supposed to be nonsensical thing like that. You see, this Icchal Karanji place we went to long time back about '80 - '81 and they were alright when I was talking and suddenly when these foreigners were getting into the bus they took hockey sticks and big, big sticks started hitting them. They all got so badly hurt but that time, I must say, Shankara Chauhan was there and I went and talked to Sidhu and Sidhu immediately ordered an enquiry and he really took them to task - but that's a different thing.

This I can't understand what's happening? If this kind of a, I mean, we have security no body can move. In a place like Gangapur, to reach there itself is difficult and this Doordarshan fellow was there. and he jumped on the stage. Why, what right has he got to ask Me, just tell Me? I mean, you may be newspaper people, alright, but everybody has their own limitations, isn't it? You cannot jump on the stage and ask Me questions at that time. And the Vaartahaar himself gave Me the papers from these people. I mean, just I can't imagine! Isn't it a shameful thing that the foreigners were here - they are saintly people and very badly hurt, very badly hurt.. - Tell us something about sahaja yoga - Annh?

- when it started, how it started? - Alright. Sahaja yoga, as he has told you, is, is this is not a new thing. Sahaja yoga has been used since long in this country - it's our heritage, has been used. Sahaja, 'Sa' is with, 'Ja' is born with you and it is something uh.. which has been already used by our saints but very few people got realization, very few people got realization and then it so happened that when, I mean, when I was born I knew I had to do this work of Collective uh.. Realization - I had to work it out and My father himself was a very saintly person and a very sacrificing person; My mother was also and they wanted Me to find out the ways and method how I would achieve a saamohik chetna uh... for the people because that is - you see, they were also very concerned about the people. They sacrificed all their life for Congress and this and, I mean, I also, as they told you, I, I've also suffered a lot. They gave Me electric shocks and all that - doesn't matter - but after that all that when Gandhiji was there also Gandhiji knew all about it and if Gandhiji had lived he would have supported Me - he would definitely have supported Me - mean, he was a realized soul, Shastriji was also a realized soul. He used to respect Me so much that even when he was a Prime Minister if I came to know, he came to know I was there, he would invite Me. My husband was his secretary, alright but to respect Me so much, he would even come to the, come to the uh... My car and open the door for Me and saw that - I mean it's so humble towards Me because he knew that I had this power in Me. He was after Me that I should take to Congress and this and that but I was just waiting to find out a way by which I could break this seventh chakra and all and I was studying in My own subtle ways the problems of human-beings why they don't get realization.

There are problems in these chakras these permutations and combinations and in that study and all that, I found, that I'm just about to finish it off and I went to many saints, real saints also, to artificial saints and to people like this. I went to even the Muktanand I went to, I went to Rajnish and to all those people to find out but Rajnish himself is something surprising that first time I met him in Jabalpur because he knew My niece and he said that, "Your aunt has come, I would like to meet Her," because



My husband was a big man those days so, maybe, he wanted to meet Me or whatever it is but as soon as he saw Me, he stretched himself before Me - My brother was also with Me and said, "You are Adishakti, You are Adishakti," so I put up a show I said, "What is You Adishakti, I don't know - what is this, what are you talking about?" He said, "You don't know anything about this?" I said, "No, no I don't know anything." So he wanted to get something done, you see, from Shastriji. I said, "Nothing doing, I'm sorry, I'm no good for all these things. If you want, you can take an appointment with Shastriji." Shastriji never gave an appointment, "Mera dimaag kharaab hai?" he used to say like that. So it happened.

Then when I came to Bombay again he got after Me. We had an Impala car from Shipping Corporation and wanted to buy that. His attention was only on money or this. He was saying - I had a kada with Me. "Why don't You give me this kada?" I said, "Why, this is given to Me by My family people, why do you want to have? You are a man what will you do with the kada?" He said, "I'll make money out of it." "But why do you want to make money, you are a sadhu, you are a sanyasi?" I couldn't understand him throughout.

Then he said, "No, no but I'm doing lot of work You don't know and You must come and see Me this." One day he asked Me to go to his lecture and he was, I mean, he used to telephone Me too much so My husband said, "It is so much better go what is the harm after all." Went there to his lecture so he said, "You sit on the dais." In the presence of everybody if somebody goes on saying, "Sit on the dais," so I said, "Alright," I went and sat. Immediately somebody took My photograph. It's a blackmailing system you know, he took My photograph. Then we went to, he said, "You come to Nargol," and he telephoned to Me so many times - My husband said, "I have a friend there nearby, You go and stay there after all You can go and see this man what he's doing after all he's saying, maybe, there is some truth in it." I said, "Alright baba." Now My husband I didn't know what to tell him about this man that I didn't think much of him. Then I went there.

I went and I saw the way he was mesmerizing people. They were all fainting, rolling on the... I was so disgusted with them. that was on the 4th of May 1970 - the 5th of May this I broke this seventh chakra - that's the thing I broke. He doesn't know a word about Kundalini, he doesn't know anything, anything. He doesn't know any medical, he doesn't know any science, he doesn't know about our Indian music, he doesn't know about Western music - he is a, he's not at all knowledgeable, not at all knowledgeable. He eats like a glutton - I saw him eating, I said, "Baba what is this? Some rakshasa eating food like that." I'm telling you the truth, you see, and then he got diabetes, this, that; He's ten years younger to Me and he is now lying sick. He is a uh... thrown out of all these places.

Now explanation he's very good at giving. He says because of Pope he was thrown out - not at all because America doesn't follow Pope; They're all Protestant countries who threw him out. He didn't go to any uh.. South American countries where I go and I talk about the wrongs of Christianity, wrongs of Hinduism, wrongs of all the religions, of the Islam and everything and I tell them that what is written in the Bible, what is written in the ... Koran also they have described sahaja yoga. They have said it that, "At the time of resurrection your hands will speak." Clearly it is said. So, you see, if you talk to these people, if they're not fundamentalists, they listen to you and it works otherwise how can I work in Turkey and places like that. And we have in Algeria so many scientist, aeronautical engineers - so many people there. So it's such a unique thing you have got. Now, I would request you to put forward these things for people Actually there was no need also for Me to advertise because, you will see that wherever I go I - in Delhi there are at least 10000 people, in NOIDA there were 14000 people, in the villages they come from all over. Even for this thing, poor things, had come on their bullock-carts and all that and everybody was hit, everyone was hit because there were about 400 stones - they threw such big, big stones and the stones were there already.

They had everything nicely done because they had these ladders and they had those stones for the road building and they threw them. - Do You have any guru [UNCLEAR]? - I have no guru. There is no guru needed for Me. You see, I was born like this Everybody - a guru's guru's guru who will be? It's like that. So, you see, I'm an ancient person and to know Me it's better that you come to sahaja yoga and then you know Me because, see now, Christ said, "I'm the Son, I'm the only Son of God," - it's a fact. Actually Christ is the incarnation of Ganesha - we can prove it, we can prove all these things on vibration. If you get your realization, we can prove everything. We can prove the existence of God, we can prove the existence of what we're saying - everything that I say we can prove it on vibrations.

Supposing I say the truth, then you start getting the cool breeze much more but if there's something, somebody's a false guru, false man, you put your hand it'll start burning. You diagnose only on your finger-tips, on your finger-tips you can diagnose and that's how all these, after all these are all such highly qualified doctors and things and scientists. They themselves have experienced and they are experimenting and also to say that I take money and - there's no need because My husband earns quite a lot and by God's Grace he's a very generous man and he feels that I'm doing a very good work so he's helping Me. But one side are these false gurus and the people who suffer from Andhashraddha where I tell them that don't God, they say that Devi comes in the body - I say, "No, nothing of the kind," so they're on one side, another side are these people. I just don't know. In India it's this problem - nowhere How can Russians - imagine? There was no religion for Russians so far - isn't it? They had no religion but imagine how they jumped into sahaja yoga! - You don't have any center in Bombay? - We have so many - In Bombay?

- Oh! so many. - [MARATHI] [SHRI MATAJI SPEAKS IN MARATHI] Now, you must sometimes put the positive side and such a hope for young people, such a hope for our children! - You must see the utility of this. You see this I, we are not politicians, we have nothing to do with politics. - Where we can see this sahaja yoga? Haan, we centers at Dadar on every Thursday at 6:30, Saane Guruji Vidyalaya behind Catering College, we are there and we would all invite you there, please come there. That's our main center. You go and see, you go and see and get your realization. Unless and until you get your realization - We are having at Bhartiya Vidya Bhawan - You see, like this television is here - unless and until you put to the mains it doesn't work so you don't have to pay anything, nothing will go wrong with you on the contrary if you have any problems, they'll be solved so why not take to your realization - this is your own.

You see, just like one enlightened light can enlighten you. We have a, we have a correspondent who came with a skeptical mind - he got realization, he's alright now. [INAUDIBLE] They can give realization, you can give realization. Now I don't do it, you see, I don't cure people. but these people are demanding, "You must show us, You must give us proof." What right have they got? Alright, I said, "Alright, I will show you, I will do it." I did promise everything but this is not the way - now they will not allow Me to touch them. Yeh to khonchipana hai na? And the police plays into their hands, the police, the entire - even doctor, you'll be surprised, they would not give us the certificate of the doctor there.

Three days they had to struggle. Then I took them to Kolhapur and Kolhapur, the Mission hospital was shocked at the condition and they gave all the certificates to us. Everybody is [UNCLEAR - GLABBING?] hand and two people have been demoted - one in [UNCLEAR - FUNDARAIYA?] school, another one they have been demoted and police is after these people, who are innocent people. They're with Me throughout. - What is this going on? - Why You have selected Satara? - Annh? - Are You a selected Satara?

No, you see, Satara we have - actually on our way to Brahmapuri we went to Satara. We've been there for the last seven years to Satara and in that place we have been because it's a Ramdas's place you know that very well; It's a specially blessed place and Satara people are very nice that way and they showed us also this Mallakhamb, Leghim, everything - they respected us very well always. So this time these were only 16 or 17 people only and at Angapur they were, they were saying so that there were 12 people and 4 or 5 were standing outside with a three cars. One was a Maruti, another one was a Ambassador and one was some jeep, some sort of a thing. I mean this is this is called as Andhashraddha Nirmulan? I am the one who has been talking about it since the year 1970. I've told them, "This is andhashraddha you cannot do it, this is andhashraddha, this is, what is Swayambhu what is not Swayambhu. Even about Christianity I told them what is andhashraddha. I told about Paul so many things against him and when the Archbishop of Canterbury's advisor was in My program and I said everything very clearly, at that day I don't know why he was there and I said it against Paul, the way he has spoiled Christianity and he was shocked but nobody did this to Me, nobody did this to Me. Moreover, you see, now we are recognised as a religion, as a Federal religion, in America as a Federal religion.

Then also we are recognised in, uh.. in Russia as an independent organisation. In Italy they wrote a book about Me saying, calling Me 'The Person of The Year' and they sent their people for televising and they must have televised the whole thing - they were with us. The government sent it. Of course, I don't expect this government - but this is not the way to get after us - for what? and if this kind of thing is going to work, you see, this is Rajnish style work - it's all manipulation. He did the same style of things in

that Rajnishpuram. If you want to know some Americans can tell you all details about but, I think, I would go away now you better see this film This is a very unique film which was purchased by Mr. Rajnish and he's not allowed to show in any public place that's why we arranged this place but you better have a look. I better go away I can't bear it, it's too much, it's too much of it! My sensitivity... Have you all seen it or not? Hain, dekha?

Put yourself into bandhan and see. I don't know, I better go - Mere bas ka nahin. - [UNCLEAR] Mataji, tell us something about ... - About what? - [UNCLEAR] U.N. - U.N.? - United Nations Organisation - Kya bataein? Nahin, uspe ek Mera - [UNCLEAR] Nahin, Maine ek, I've, I gave a lecture which was relayed in Australia about para-modernism, about para-modernism how by the recession, by the, by the behaviour of the Russian policy, that we are now, we are now finished, we are now finished as far as the political problems have concerned quite a lot because you see one side is gone - you clap with both the hands and the one hand is gone like Gorbachev was really, definitely, objectively and sincerely has shown his interest in all kinds of military thing to establish peace so now Americans have to do something about it - so that problem is over but also UN has another problem is Fundamentalism. Then we have got another problem is of, as he told you, of the ecological, ecological imbalances. Now, ecological imbalances, as he said, has will only come when there's a transformation of human-beings and the awareness that of course, you can only achieve through sahaja yoga but also you'll be amazed that - Dr. Hamid is not here but he was asked by his government - he was a, I think, was an Advisor in Agriculture in some country by the UN but later on now he's working in Austria and the Austrian government requested him to help the trees because they were dying out with acid rain so he took vibrated water and put it to these trees and he came and told Me, "Mother, 60 years old trees have died away but all the rest have come up and they are doing all right." So they have, they have developed such [UNCLEAR - TREG?] that they can even fight the acid rain also.

So ecological problems can be solved. Also ecological problems come in because you see the people go to extremes - like machines are for us we are not for machines but you go on like mad creating machines. Now, they were going to, also this government wanted to have some - the other day when I was in Ganapatipule all these poor villagers came, especially these people who are fisherman, they said, "You must do something for us we pray to You." I said, "What has happened?" They are going to get all the toxic things from all over the world, all the waste matter and they are going to make something out of it on the shores of uh.. Ganpatipule, near Jaigarh, so all the fishes will be dead, no doubt and if there's a leakage, all the people can be finished. So why to do such a thing, what is the need? You see, there are so many other things one can do to improve the conditions of our people and constructively we should work. Now, I have in My small way have thought of so many ways by which we can work out so many things and we have already started a center for the women, for the downtrodden in the villages, to teach them certain things how uh.. collectively they can work out ceramics and things like that because it is done by some middlemen always and the middlemen take all the money, they suffer. Now, then I'm thinking of asking people near My place to grow lots of flowers and we can have a negotiation with Japan, who want to buy the flowers so they can bring their aeroplanes. If we're not middlemen between they'll get all the profits and they'll become alright.

See like that you can do so many things in our country but the middlemen, the greedy people they kill them but sahaja yogis are not like that. They're honest people, they, they don't take any money like that - we, we have no embezzlement, nothing. We are very, very honest and law-abiding people. - Do You need money for all these activities or not? - No, you see activities, of course, we do need but what happens that now, for example, I've come here so My husband pays for My ticket to come to India - after all he's very highly paid and we have no expenses as such but otherwise, the expenses now for example, hiring a hall or something, so they collect some money among themselves - now we have so many sahaja yogis. In the beginning for about four, five years I was paying for everything to begin with even for the people, their food and everything, I used to pay because you know, My husband is a very generous man and he believes that what work I'm doing is very good. so I used to pay quite a .... I had to sell My ornaments also, My family ornaments - I did it - but now, you see, the thing is that uh.. now they are so many and they want that for the programs and all that they are but for realization you cannot pay - I don't take any money. I don't know, actually you'll be surprised, we have a trust, there we have trustees, I've never even seen the accounts or anything. I have a Chartered Accountant who comes and sees and corrects it but I, I don't touch money.

I don't need, why did I need money for, for what? - For raising the Kundalini you don't need any money - For travelling and all that? - Travelling My husband pays na, My husband pays just now for Me But even supposing you pay for My travelling, supposing, in

case, supposing My husband says, "I will not pay," supposing then you don't pay Me, you pay to the aeroplanes, isn't it? You pay Me, you see, these people, their lifestyle [LAUGHTER] you see, the whole lifestyle [CLAPPING] whole lifestyle they, they have 600 crores of diamonds this, that - yousee, this is not good. In the name of God, in the name of God you cannot make your livelihood - even livelihood is wrong, even the livelihood. You have seen people like Tukaram and all that. You see, Christ was born to a carpenter, He lived like a carpenter. Now My, you see, I come from a rich family, I must say. We are from Shalivahanas, you see, Royal family. My, We are well off people.

My husband also comes from a rich family and he's a very big man there also and he's got a big, big, big pay and all that. All that is there but, still, I can live anywhere; I can live in a hut, I can live anywhere - I've no problems because you see, if you just seek the comforts of your Spirit, so supposing, they are paying for this - it's all right, let them pay. But this doesn't mean that they pay Me for Kundalini awakening. You see, make a clear cut understanding that for Spirituality you cannot pay. Haan, you can pay for material things now, you have to pay after all but it's not much, you see, if, if you are a sahaja yogi, so many miracles happen. They say, "Mother, we got it for a very cheap thing, we got it for a very," you see, it all works out so well. I started sahaja yoga with one person and you can imagine uh.., of course I did spend money quite a lot before that but now I don't spend so much money as they are organising everything except for travelling. Now My husband wants to pay for travelling. Last time they had a fight, they said, "She shouldn't, She shouldn't pay for our salvation." So there was a fight, in England, about it but still My husband insisted, "Nothing doing, let me pay for Her travel."

And he's kept money for Me there so that I should not have any problem about travelling. You see, we have children married in very good families and they're also very satisfied people and you know about My husband. He's a well-known honest man, I mean, he's honest to a uh.. fault, very honest man. He was with Shastriji and he's got Padmabhushan for that and he's known for his honesty - and I like it because we need today honest people. - What is the message? The message is that we are the Spirit and we have to become the Spirit. This is the last evolutionary living process - from human, human life, from human awareness you have to get the Spiritual awareness and the whole thing will change. Now we have people with 36 nations such brotherhood, such love, no quarrel, nothing. - But they are only handful of people. - No, no, no.

There are thousands. In every country there are thousands. In thousands. To start with, of course, but not now. These are only selected people who have come here. See there are thousands and thousands and many could be. You see, we should, we should think that we all should help and we all should be like them - why not? That means you want to have many people - is a very good idea. You should have many people like that - why not? Is a very good idea to think that we should have many more; I would love to do.

I mean, My age, do you know, is 67 years now and I'll be starting My 68th year this March but still I'm travelling so much and I hardly sleep and hardly eat - I mean, I'm working so very hard so I'll be very happy. As long as I can live, I would like to work and spread the message everywhere and get people their realization. This is all predicted in our books. In Nadi Granth they have all predicted it. Even Rabindra babu has described it. There's one Louis, is a great poet in England, he has described it clearly and of course, I must say, William Blake, if you have read William Blake, he's described it very clearly. We had it in Nadi Granth completely written down, the complete sahaja yoga and Gyaneshwara has described as Pasaydaan so there has been seers who have described it; So the time has come for us to change and to enjoy - so why not enjoy? Then in the newspaper, you'll be only talking about sahaja yoga. As we have a a newspaper, we talk only about sahaja yoga - what happened, how people gained this thing, how they were rewarded, how, what nice things happened - everything nice, nothing shocking - no sensations. So, I mean, I, I would say that you should take to sahaja yog.

Firstly, you will not get into any diseases, alright, secondly, mentally you'll be very satisfied and a happy person emotionally, you'll be a very balanced person. You'll become a real uh correspondent because you'll develop a witness state - a witness state where you'll not be biased and you can penetrate into the problems - you'll be able to know what's going wrong and thirdly you'll become a peaceful personality, absolutely peaceful and that peace is what we need today; Only talking about peace, peace doesn't come - peace has to come from within. And you'll be a very righteous person, you'll be very proud of your virtues and you'll enjoy each other all over the world; They're all your brothers and sisters from all over the world. Alright? It's very relaxing and beautiful [MARATHI] [ALL CLAP AND GARLAND SHRI MATAJI] So we have to be very pragmatic and we have to be very

constructive and something so unique we have which we have to put forward and I would say that you will pay full attention to it, you'll go through it, read it and put it the way you like but the best thing is to write about sahaja yog; These all these things are - there's already a criminal case on these people, so it's alright, don't you worry. - Hello! - Some more flowers. - Ah... - [CLAPPING] - [CLAPPING] Can you imagine that Germans went to Russia to give them realization - Germans? Can you imagine such a thing happening that Germans went to Russia to give realization? So all this kind of a mutual understanding, mutual - What's it?

From Austria? - Can You solve this Punjab problem? - Of course, why not, hundred percent. - Oh! - I'll tell you. - [CLAPPING] - [UNCLEAR] He's saying it's very lucky for the Yes, it's a, it's a very easy thing, you see. We have so many Sikhs in our community Mr. Khurana is a Sikh. What work I'm doing, is the work of Gurunanaka himself. Gurunanaka is the one who has written clearly about Kundalini. Kabira has described it so clearly in that.

He was so systematic that he got all the great saints of our country together to put this Granth Sahab. In the Granth Sahab there is Namadeva also - Namadeva was a great saint from India and he made him learn Punjabi language and such a big book he has written. Now, if you can put before them the ideals of Gurunanaka and what Namadeva has written and all that - you see they are disturbed people but if you tell them that there is a way to get realization - I must tell you one thing - Sikhs and Muslims are the best to get realization; Once they get it, they are there somehow or the other because they talk of abstract, I think, somehow and we have so many Sikhs now - in Delhi there are so many Sikhs who are coming to sahaja yoga and once it spreads to that side, I'm sure, everything will neutralize, - everything will neutralize. - and I saw several Pakistani's also and they were talking - Haan, haan we have Pakistani's also - yes, of course. [MARATHI] We have Pakistani's also - yes, true; We have from 36 nations we have people here so you can imagine It can be easily solved. You see, what we have to do - sahaja yoga has a healing process - it heals, it heals your wounds, it heals your problems, you see. So, if the heal, the healing process in Punjab could be put, they'll heal up and everything will be pacified absolutely. Just what you need is the healing process. I think, we have never used the power of love so far - only the hatred. Now, if you use the power of love, which I'm talking about - this All-Pervading power's love - it's very easy to work it out.

You'll be surprised, when I was going for the yoga seminar - I had been to Russia before - My husband said, "You have been just now to Russia, why do You want to go again?" I told him, "I have to go because we'll get Eastern Bloc there and I want to break the Eastern Bloc [UNCLEAR], I have to go." He said, "For two days?" "Yes, yes," I said, "I'm sure, there will be Eastern Bloc." and you'll be surprised, in that Yoga seminar they had given Me 45 minutes and they were all people from places like East Germany, then all other these Eastern Bloc people, all of them were there and they got realization; 30 minutes they allowed Me to talk and 15 minutes gave them realization and I walked out - they all walked out with Me - there was nobody left in the hall. They gave their addresses of these places Czechoslovakia, every, Poland and all that and can you imagine, as soon as they went back, it cracked, it triggered. So, if we have some sahaja yogis from Punjab, who get to sahaja yoga and they go there, it will work out because they emit peace - such personalities emit peace. It is at a higher level we have to try, not with words or anything. You see, today you might say, "You are my brother, you are my sister," [ASIDE - KHAIYE, KHAIYE NA, ITTI DER HO GAYI KYA KAR RAHE HO? AEY, DEO, TUM DEO - THODA, THODA KHAO.

ARRE BHAII THODA KHAO KYA KARTE HO. ABHI MA KE GHAR MEIN AAYE HO, TUM KHANA NAHIN KHAOGA? LEO THODA KHAO CHALO, BAHUT DER HO GAYI. TAB SE BAITHE HO] YEH LOG SAB KHA KE AAYE HONGE. HAAN, THEY MUST BE HAVING FOR EVERYONE] So, you see, this is, we have never tried it but now see the work of love. Now Kaliyuga has gone, now Kritayuga has started where the All-Pervading power is working it out. - It's such a - Rajiv Gandhi said, "We will come to power again." - Annh? - Rajiv Gandhi said, "We'll come to power again." [SHRI MATAJI LAUGHS] You see, that's not My area - I don't want to say anything about it.

Whosoever comes to power again, whosoever it is, has to be now a benevolent king, has to be. Has to be - there's no doubt about it. You see, this coming to power - what's the sense in it, I don't know. What is there - they haven't got their own powers. You see, look at Me, I've all the powers with Me, so you can call Me a Capitalist. You can say, I've all the powers, so I'm the Capitalist but I can't live without distributing, so I'm the Communist. So this power is outside, not inside. Inside to koi power nahin hai. Now what is there in these power - nothing is there. It is for you to now, to understand that this is neither this way nor that way - it is in the center we are; We're talking about how to bring people to the center to transform them.

Whether they belong to this party or to that party makes no difference - they have to come to the center whether they belong to this country or to that country. Now, this gentleman who spoke to you about TM, nowadays he is in South Africa and in South Africa we have thousands of sahaja yogis - in South Africa - and they are white people. - How long does it take to realize? - Ramadasa was the same question. He said, "Tat shand." Takes hardly, even a second but you better come to our center and it will happen to you, I'm sure. Already you're relaxed, if you see it. It is all your own and the best part of it, your heritage. [MARATHI] [MARATHI] [MARATHI] [MARATHI] [MARATHI] [MARATHI] What is there? Have you any objection seeing that film?

Better see it, what's there. After all you're saints, you should see also the filth. Not Me, annh? I 've had enough of it. [[MARATHI] [HINDI - AAPKE LIYE KHAAS ARRANGE KIYA, EK MINUTE DEKH KE JAO.] [HINDI - DEKH KE JAO, YEH DIKHEGA NAHI AAPKO. DEKH KE JAAIYE TO AAPKO PATA HOGA KYON MAIN YEH BAAT KEH RAHI HUUN - Why we should see? - Annh? - We are not interested in that film. - Theek hai, koi baat nahin.

[CLAPPING] - Like you have how many days You'll be here? - Annh? - In Bombay how many days You'll be here? I'm going early tomorrow to Poona but these people are going to be here. I think seriously you work it out one day maybe you are the people who'll spread this good news and you will be the people to do some good for this country. See, we need people who feel, feel for Kya kiya jaaye? Aur yeh paisa banane ka dhandha nahin hai. Yeh to Ramdas swami ne [UNCLEAR] [MARATHI] Santon ka lakshan hai. [MARATHI] Jis chhez se logon ko fayada hota hai, jisse benevolence aata hai woh asal cheez hai. Benevolence, otherwise [UNCLEAR] - [MARATHI] You're not interested to see?

- No, no. No, no. - Alright. - How many days You'll be here? - Annh? - In Bombay, how many days You'll be here? I'm going early tomorrow to Poona but these people are going to be here. I think, seriously you work it out; One day, maybe, you are the people who'll spread this good news and you will be the people to do some good for this country. See, we need people who feel, feel for this, feel for this country.

## 1990-0114, Makar Sankranti Puja

View [online](#).

14 January 1990

Makar Sankranti Puja

Kalwa (India)

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

Makar Sankranti – Shri Surya Puja, Kalwa (India), January 14th, 1990

Hindi translation

Today's auspicious occasion is being celebrated everywhere in India. The reason is that the Sun which has left us, has left India, and had moved towards the Tropic of Capricorn, has now returned. And along with the movement of the Earth and the Sun all the vegetation, all the crops, fruit and other things are growing. The time has come for their growth. And all those trees whose leaves were completely removed in the cold weather, appeared as if they have completely died, all those trees are again awakened and started to become green. And that's why, the significance of this time is that the Earth will again become green, and activities will start again everywhere. Especially in Northern India, where it gets very cold, it is a very special festival, that the sun has arrived and all the work dependent on the Sun will be completely fulfilled now.

So today I transmit best wishes to everyone here. And on today's auspicious occasion, I could meet you all here. This is also a great joy for Me, I feel. As we consider Sun's appearance as a very great thing, it is much more important, that the Sun of Sahaja Yoga comes on this Earth. Because whatever creativity is in this Universe, the creativity is nourished by the Sun. The Sun gives it the energy, and the creative power of the "Paramchaitanya", its aspect of action, has got activated through Sahaja Yoga. Till now Paramchaitanya was not successful in any task. The reason was, that the Sun had not yet appeared in its courtyard. But now this Sun has risen in the courtyard of Paramchaitanya. And because of that you all have the light of it within you. Because of that light, your Kundalini has awakened, and within you, the field of creation has fully blossomed. And this field of creation you all are developing, in a way that the whole world can benefit from it. And it's a very great and divine thing. This could not take place earlier. In our country many sages have expressed many ideas about, that such a day will come, when collectively this creation will get awakened.

That creation has awakened now. And that's why this is not only an occasion for Earth's creation but a great occasion for Sahaja Yoga's creation also. This year specially is considered to be a very important year for Sahaja Yoga, and the light of Sahaja Yoga will establish very deeply in the people. When something starts to establish deeply, then we must understand that along with it, some other important events also take place. Like those who are evil and want to destroy the world, and those who are creating terror, destroying the best things of the world, all such people are consequently destroyed. As soon as saplings start blossoming and if they carry truth within them, they will wreck havoc in the place they cannot blossom and they will destroy everything. In the same way, all the evil temperaments, all the devilish forces, will be destroyed. Like after the Sun appears, all the gloom, all the darkness, is destroyed.

Similarly when the light of Sahaja Yoga emerges then the darkness of ignorance and wickedness, is totally destroyed. So today we are at the brink where we have to take a very high flight. And in this flight we have to understand that we should give up all the burdens within us. We have many types of beliefs, we have many types of wrong faiths, and also there are all types of ignorance within us. We should renounce all this ignorance and with a complete detachment, we should take this flight. And those who cannot detach from ignorance, those who do not get rid of it, such people will not be able to take this flight.

All of you know the significance and divinity of Sahaja Yoga; you are not ordinary people. And that's why I want to say that those who want to fly higher and want to raise higher, should give up the burden of the many shackles of traditions. Similarly within us, ego and vanity are like a very big mountain. We should destroy this mountain completely too. And we can accomplish that,

through meditation, and by completely immersing in Sahaja Yoga, by completely surrendering to it. The person who doesn't surrender to Sahaja Yoga, is still incomplete, and it's possible to be left behind during this flight, to go to the same hell where others are going. So it's important that everyone strives thoroughly. All those who put efforts and try half-heartedly, I want to tell them, "Please renounce this half hearted effort". Because of this half hearted effort, you cannot achieve anything. Then how can you achieve that great state for which people used to cleanse by penance for thousands of years?

There is no need to belittle or punish yourself, but we must understand that today we are facing a mirror, and we have to completely remove all the defects visible in us. When you observe yourself from outside then you will understand that you have to destroy all these things. By this happening, you will notice that you receive many blessings from God. And receiving those blessing human beings will think that, "I have achieved everything". This is also a great fascination, that I have received this or that, all the worldly things. And like this, when we want to get something, at the periphery of this there are some things which can also mesmerize. But we shouldn't stop there. We have to achieve a great speed. This is the result of good deeds of your many lives and you have to achieve it completely. And we have to renounce those small, petty desires within us, and become completely surrendered and give full contribution to Sahaja Yoga. Only the one who will do this, will achieve it. The one who will not do it, because of any reason, I can tell you openly, that there is not much place in the kingdom of God. Those who want to go there, should think, if they really want to reach there that they have to get rid of all the burdens.

And we have to take just one path, our full efforts should be in one direction, that we should somehow march in this direction and keep progressing. Every year you need to introspect and see how much you have progressed since last year. Are we making excuses and thinking that "we have to do this", "this is important, that is important", or from our heart we want to ascent? And many people also think that through Sahaj Yoga, they will get rid of illness or will get their problems solved, that this will happen, that will happen... They should know that there is only one solution for all the problems, that we should reach that state which is absolute. Then all the things get solved by themselves. You don't need to do anything. So today I have shared with you my opinion. But I want that you should also take a resolution in your heart. What I am saying appears to be very simple, but the temperaments and activities of human beings are so strange that I am also not able to understand them. They say "If you can understand Him, then how can He be God?" but I say "If you can understand him, then how can he be human?" Because human beings are so complicated, so complicated, that to understand them is very difficult. I request all of you that if you have to achieve divinity, the complicated nature should be completely reprimanded, and it should be renounced to. And you should say that you want to achieve that divinity by which anything that you touch gets nourished, vibrated and beautiful. Your life will also become very beautiful very ideal, very joy giving, full of love, and of a very high level.

Infinite blessings to all of you.

English transcript

Today is a day for us to celebrate in India very much, and maybe also most of the Europe, because the Sun goes down to the, to the Capricorn and from Capricorn, it then comes to Tropic of Cancer.

When the Sun comes on this earth back, then all the creativity of the Mother Earth starts acting and she creates such beautiful things like flowers, such nice things, nourishing things like fruits, and fulfilling things like foods, She makes our eyes cool down with the greenery She has, and the way She blesses us is manifold with the advent of the soil [May Shri Mataji mean "sun"].

In the same way, now that the Sun of Sahaj Yoga has risen. Risen and it's coming to the zenith.

And it has definitely shown you the result on the earth principle, that is your Mooladhara - and the creative power of that Mooladhara which is the Kundalini, has been rising and rising and rising, and opening your being, and showing the results in your lives. It has made your lives very beautiful. It has made your life very joyous and very happy.

Now we are at a point where we have to trigger a new jump, a new flight we have to take.



And for this flight, we have to see that we really become very light in our ideas, in our thoughts and in our conditionings.

We are so much full of conditionings.

All kinds of conditionings are on us. They are so deep that sometimes I fail to understand human beings, I just don't understand how they get stuck to things which are of no value, which have no sense. And they get lost.

In this higher jump that we are going to take, many will be left behind as a result, those who won't be able to come out of that.

So at this stage, I have to request you that you should really fully dedicate yourself to meditation and surrender yourself to collectivity. And every day you must think, in the evening, "What have I done for Sahaj Yoga? What have I done for myself?" Please try to understand that there is a very big jump we have to take. It has to be triggered and for that, I would like you to be ready, to be absolutely prepared because in this jump many might be lost, and many might be just left behind because they could not get over their conditionings.

The conditionings are of various types, as you know very well, of ignorance, blind faith, and all other things that we have gone through. Also, we have conditionings of our country, of our race, of our styles and so many other things, by which we judge others.

But we have to judge ourselves, that are we in a Sahaj culture or not. If we are not in the Sahaj culture, then it's going to be very difficult that we'll board the ship, which is going to take us off.

I have to just warn you, that later on, you shouldn't say that: "Mother, so many were left behind".

If you find anybody is left behind, please try to help that person. Please try to correct that person - and with clear ideas and with clear voice and with clear-cut instructions.

If you really find that somebody is going down, you'd better warn. I am telling you all today because you all will be departing, that you should look after your fellowmen sahaja yogis, and tell them that this is a very crucial time, and at this time, none of us should just take for granted Sahaj Yoga.

All other things are just a kind of an illusion that you feel that the worldly things are all right, or with the worldly things, you can manage.

God doesn't care for people who are rich, or people who are well-off, or people who are poor. What He sees - what richness you have got of spirituality. He doesn't bother about your education, of your degrees, of your pompousness, nothing of the kind. What He sees, how innocent you are, and how much you have worked for Sahaja Yoga, what you have done for God's work.

So all these priorities have to be changed, and one must understand that Sahaj Yoga judges you on a very subtle level.

So in this Last Judgment, now, as many people have been judged as good people, very nice people, but still for the second jump that you are going to have, we have to be very careful that maybe some of you who think in their heart they are Sahaja yogis, but are not, may be left behind.

So it is important that the Sun has risen and now it has gone to the zenith. And at the time of its zenith, one has to be very careful because the same Sun, which has started making this beautiful greenery all around us, may scorch with its heat many of them.

So be careful - and one has to be all the time under the guidance of Sahaj Yoga to understand what is wrong with us, what is making us so heavy, what is making us so difficult.

So far I am very happy that whatever I have been telling you and whatever I have been guiding you, you have accepted it very calmly and sweetly - and that you have tried to imbibe it in your lifestyle. Actually, after some time, I don't think I'll have to tell you anything. You will get your own light to see for yourself what is right and what is wrong.

But still, I would say, for all the Western people specially, that you must open your heart - in the puja, in the music, in anything, just see that you open your heart. If you cannot open your heart, this won't work because this works through Spirit, which resides in your heart.

So please try to open your heart for everything - all your conditionings, all your ego will disappear when you decide that, "I have to open my heart to Sahaja Yoga".

May God bless you all.

[The puja begins.]

Shri Mataji: You don't sit this side... (continues in Hindi or Marathi)... leave this side.

Leave this side... (Hindi or Marathi)

Yogi 1: All the children have to come forward. All the children, please.

Yogi 2: All the children till the age of five.

All the children till the age of five please come. Five to twelve.

Yogi 3: We take the mantra of Shri Ganesh four times.

[Shri Ganesha's mantra is recited, then Ganesha Atharva Sheersha]

Yogi: Sanskrit page 11. (Other yogi: "Ganesha Sthuti") Yes. [Bhajan: "Ganesha Sthuti"]

Yogi: Sanskrit page 13. (Aside) "Jai Ganaraya". [Bhajan: "Jai Ganaraya Shri Ganaraya"]

Yogi: English page 1. [Bhajan: "Om Bhur Bhuvah Swaha"]

Another yogi: All leaders. All leaders please come. All leaders to please come for Puja.

We'll start the Devi Puja now with Mahalakshmi Stotram. We'll start with Saraswati Vandana.

Yogini sings "Saraswati Vandana":

"Yā kundendu tushāra hāra dhavalā

Yā shubhra vastrā vrutā

Yā vinā vara danda mandita karā

Yā shweta padm'āsanā

Yā Brahm'āchyuta Shankara prabhubhir

Devaihi sadā pujitā

Sā mām pātu Saraswatī Bhagavati

Nishesha jādy'āpahā".

["Mahalakshmi Stotram"]

Yogi: Sanskrit page 2. (Bhajan: "Ai Giri Nandini")

Yogi 1: Hindi page 5.

Yogi 2: Seven young girls please, seven girls, unmarried girls – from age twelve to sixteen. Twelve to sixteen – twelve girls.

(Bhajan: "Tere Hi Guna Gate Hai")

Yogi 1: Fourteen married ladies who have not done Puja before. Married ladies. (Hindi)

Yogi 2: Hindi 39.

Yogi 3: Can you sing the Marathi song... Hallo.

Can you sing the Marathi song we sang yesterday, "Tujhya Archaniye". (Somebody: Tujhya Pujani). That was sung yesterday night, "Tujhya Archaniye". (Somebody: "Tujhya Pujani". Lady: "Tujhya pujani")

Yogi 4: Marathi 36.

Yogi: (Hindi) All those who got married in Ganapatipule, all those who got married in Ganapatipule, also to please come, the ladies. Musicians - any song on the Goddess, Ambaji, or Shri Durga.

Musician: Durga, Durga, Durga – Durga.

Yogi: Hindi 33 (Bhajan: "Durgati Harani Durga").

Yogi: (Hindi) Mrs. Ubadyaye will sing one – two songs of the Goddess.

Now Sahaja yogis may like to sing "Ude Tu Ambe Bai Ai – Ude Tu Ambe Bai".

Yogi 2: Marathi page 20. (Bhajan: "Adi Maya Amba Bai")

Marathi page 11: "Hasata Ali".

(Afterwards)

Yogi 1: "Namostute".

Yogi 2: Marathi page 1. (Aside) "Namostute".

(Afterward, bhajan "Sarva Mangala" is sung)

[Video ends here]

## 1990-0205, Arrival and Kundalini Puja

View [online](#).

5 February 1990

Devi Puja

Hyderabad (India)

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

KUNDALINI PUJA, Date: 5th Feb. 1990, Place: Hyderabad, Type: Puja, Speech: Hindi, Translated to: English

It has been a great joy to meet you all. And, I did not imagine that there would be so many Sahaja Yogis in Hyderabad. Hyderabad has a unique quality that such diverse people have gelled together so well here. This is quite similar to our Nagpur, where I have seen that different people from all across India have settled. And that is why people there have an openness in their sacraments (Samskara) and view each other with much acceptance.

Now if we all have to turn towards Sahaja Yoga in a novel way, then we must understand many things —such as Sahaja Yoga is a form of truth (Satya Swarup) and we are veracious (Satya Nishth); whatever is false, we must give it up. At times, getting rid of falsehood becomes very difficult. Because when we have been associated with wrong for too long, it becomes difficult to disassociate ourselves from it. But, if the falsehood is glued to us, we can never become pure. Because falsehood is illusionary, and, to overcome that illusion we must resolve to accept whatever is the truth and get rid of whatever is false. You will be amazed that just by such determination the Kundalini, which is already awakened within you, will do this for you and will bring forth such circumstances that you can easily distinguish between truth and false. And not just this, you will inherit such power (Shakti) that will awaken your desire to achieve only the truth and give up whatever falsehood you will see.

Now in Sahaja Yoga many things that you are told, is after much thoughtful consideration and after reflecting upon your sacraments, and, are told in such a way so that you don't get upset. But despite such considerate explanation, at times you may feel this is not right or that is not right. Much of what is written in most scriptures is true. But, at times it is observed that many incorrect notions were added to them over a period, and then because of these wrong notions, we start believing them to be true.

For example, it has been written in the Gyaaneshwari, that when the kundalini is awakened you start floating in the air, and start walking on water, and, you can see far off things beyond even the seven seas. Now, this is indecipherable (ashakya). Because Gyaaneshwar ji was a saint, a great saint. We people must think about it, that these saints came to this world for people's benevolence (jan hitaay) and welfare (jan sukhaay). What do they achieve by preaching about such things? What benefit will you get if you will start floating in the air, does that make you special? Or if you start walking on water, what will be so special? But the thing that really benefits us, is our inner transformation and establishing our relationship with the Almighty (Paramatma).

But, in that same Gyaaneshwari it is written, in Pasaayadan (request for a boon), he says that now the souls of the world, that are universal (vishwaatmak) must be happy. Because I have done an oblation of speech (vaani ka yagnya), and now you must bestow such Pasaayadan, bestow such as vibrations (Chaitanya) that transform the whole world. So, the entire focus should be on transformation. So now, it must be understood that the earlier things were included in it by someone else. Because Gyaaneshwar ji would never write such a thing, that you will float in the air or walk on water. How would this benefit people in any way? And anyway, we are flying in the air, sailing by ships, and watching everything on Doordarshan (the public service broadcaster in India). So, why do you need Kundalini for all this?

So, we must understand the work that has to be done by the Kundalini. When we read these scriptures, we must introspect whether what has been written holds onto the truth or not. And similarly, in the Gita, and in most other religious scriptures wrong ideas have been added. For example, it is written in the Gita, that the caste in which you are born becomes your caste (jaati). This cannot be true. Because who wrote the Gita? Vyaas. And, do you know whose son he was? Of a woman of the Dhiwar caste (the caste of fishermen and palanquin-bearers in ancient India)? The son of a fisherwoman who wasn't even married— Vyaas was

the son of such a woman. How can he write such a thing, that the caste of your birth, will become your caste? Rather it has been said, "Ya Devi Sarva Bhuteshu, Jaati Rupen Sansthita", it meansevery individual's caste resides within him. That is caste.

The meaning of caste (jaati) is, what is innate (janmjaat) – the inherent tendency within us, our aptitude. Where is our inclination? What are we entangled in? There are many people who are seeking money. There are others who are seeking power and authority. But there are many people who are seeking God. Someone's caste means his inclination, his aptitude and his innate tendencies. This means that only those people will take to Sahaja Yoga, who are seeking God, who think of Brahma, and, who are focused on achieving the Supreme (Param) and realize that there is nothing to be gained in the worldly materialism. Initially, only such people will take to Sahaja Yoga. In the beginning, only such people will come who really think of ways to find God and who want to know God and want to become one with this Spirit. People who think like this due to any reason— be it reading a book or living with saints and sages, or by being with a guru, such people come to Sahaja Yoga first. That is why you will see that Sahaja Yoga grows slowly. All other things grow rapidly like plastic. You can find thousands of people running behind a guru. But then they leave because they get no benefit. They give them money and somehow may even get reformed. But we must understand that whatever is true or is living (alive), it flourishes gradually. It can't grow rapidly. If a tree has to blossom, initially only one-two flowers will bloom, then four-five flowers will bloom and then gradually a lot of flowers will bloom. So, when a person is inclined towards Sahaja Yoga and he takes to it, sometimes he may be worried as to why Sahaja Yoga grows so sluggishly. Why does Sahaja Yoga progress so slowly? So now you have understood the reason for this, that Sahaja Yoga is a living process and we can't force it upon anyone. If we tell someone you are now realized, they won't be. It must happen. Unless it happens, unless someone gets their realization, we can't say they have achieved it.

For example, there was a lady with us, she went to America. Her son came from Honolulu, so she told me, "please give him self-realization". I told her, "he is unable to get it, what can I do. You give him a realization". So, then she said, "if you can't do it, how can I?" I said, "should we give a false certificate that he has got his realization". She said, "how will that be of any good". I said, "that is it". Therefore, this must happen, and this form of truth (Satya Swaroop) must be achieved. If it doesn't happen and somebody wants to falsely claim that they have got their realization, it won't work out. And, we can't even claim that everyone will get their realization. Many people don't get their realization for multiple reasons. Sometimes, people wonder how can this happen. Most people doubt; when this has never happened before— so much penance was required, people had to go to the Himalayas, so much had to be done— then how is it possible for them to get it now. Actually, if we tell someone a diamond is kept here and you can get it for free then everybody will run for it; no one will miss it. But if we tell them, your Kundalini can be awakened effortlessly, easily and without paying a penny, then people won't believe it. Because they don't have faith in themselves, they have no self-confidence and they don't understand these times, these special times wherein this can happen. So, we must understand that we are here, in special times. We may not have practised about kundalini, we may not have read or written about it, yet it is awakened within us. And, now that it is awakened and we have got our self-realization, we must understand that we are not the ones who will do all this work. There is this all-pervading divine energy (Param Chaitanya) that has created this universe; today we have achieved oneness with this all-pervading divine energy, and it is this all-pervading divine energy which does all this work. So, we do nothing. We are just standing in inaction (akarm).

For example, today this (microphone) has a connection with the mains so whatever I am saying is audible. It is being used. Similarly, when we are connected to that all-pervading universal love of the Almighty, with that all-pervading divine energy, then we do not have to worry about anything. He takes care of all our concerns. Despite that, initially, when a person comes to Sahaja Yoga, he thinks let's try this and let's try that. He argues and counter-argues. And thinks I must try this; this might solve my purpose and is constantly anxious about such things. But gradually he understands that he can't do anything. Because if you think, "let me try doing this" then God will also say, "okay, you do what you want to do". Such a person has little courage and patience (alp dhaarisht). He who has little courage and patience, he thinks of doing everything by himself. But gradually when one develops absolute faith that the all-pervading divine (Param Chaitanya) is doing everything, then this all-pervading divine energy starts taking care of everything, and, it does everything. This should be accepted. Nothing should be questioned, "why did this happen?"

Let me tell you something, so if sometimes I forget a route and take another route instead, I tell myself it was important to go from here (the alternative route) that is why I forgot it (the primary route) in the first place. Then some people question why did

this happen, it should not have happened like this. Sometimes we may not understand a lot of things. And then after several days, we understand its importance and hence the occurrence. And then we feel at peace with it, and, are reassured and understand how beautifully everything worked out. So, if something happens against our will, we should not conclude that the Almighty didn't help us. In fact, God did help us, just that our desire was unsuitable. Therefore, He did what was suitable for us. Because we can't think better than the Almighty. We can't do more than what this all-pervading power (Param Chaitanya) can do. That is why whatever He has done for us, whatever arrangements He has made for us, whatever He is doing for us, and, whatever is happening, it is all extremely beautiful. All this happens effortlessly, in a very Sahaja manner.

I feel very joyous to see so many Sahaja Yogis in Hyderabad. Now in Sahaja Yoga, there are two parts; I must emphasize on the importance to balance these two parts. One part is you should meditate regularly. It is important to meditate at home, at an individual level and we must work on removing our flaws. Our meditation technique is very simple and easy (Sahaja). In the morning and in the evening, you must meditate for 10-15 minutes. But first, introspect and see your weaknesses. Many times people don't understand whether they are left-sided or right-sided and they start doing the wrong treatments. Therefore, first, we must understand our state, check which chakras are catching, what is our level; we can know all these things. When you meditate in front of the photograph you can find out which chakra is catching. Try to understand it completely with its absolute knowledge, you must work on it. And once it is corrected, this is individual. Next, you should delve into the collective. When delving into the collective, you must open your heart. Any person without an open heart, cannot delve into the collective. Some people are very narrow-minded; reason being, they don't realize how beautiful the world is and how much better we can make it. Someone who hasn't witnessed this beautiful arrangement, who hasn't witnessed this beautiful world, can't believe such a world can exist. So, they are confined to themselves; and another thing is when we look at others, we see their faults first. The more we see others' faults, the more we gather faults within. But when we see their qualities, their virtues, their beauty, then we will also imbibe their beauty and their faults would vanish. When there is no one else, and all are part and parcel of our own body, then what is the point of seeing their faults. These faults must be discarded. The best way to correct someone's fault is through love. Because our entire work is based on the power of love; and, love is truth and truth is love. Anyone who will utilize the power of love will attain great heights. We should open our hearts and see others with love. In this way, since it is your own being you grow individually and when you love others, you grow in the collective. Those who are not cordial with others must understand that they are not Sahaja. People who raise questions/ doubts that might hurt others, or impair mutual love, or ignite clashes, such people are not Sahaja and one must stay away from them. Such a person is like a rotten mango that can spoil all others. Such people always gossip or speak against someone or the other. Therefore, in Sahaja Yoga, it is immoral to be involved in condemnations against other Sahaja Yogis. Because if we hear such things our ears will be damaged. And because of this, you can say in a way, we may form a bad opinion about the person, which isn't right.

When dealing with others, we must see how dignified we are, how forgiving we are and how lovingly we can speak with them. How closer we can bring them because these people are our real relatives. You know well how the other (worldly) relatives are. True relationships are what we have in Sahaja Yoga, and you must know that you have brothers and sisters in forty other countries, and you will be overjoyed when you meet them.

In the second state, you must have a love for Sahaja Yoga and must spread it. This is very important, especially for the ladies, for the women because they are the manifestation of power—'Shakti Swaroopnee'. They should be able to gauge which chakra is catching, which toe finger is catching, how it can be rectified. What are the shortcomings? What diseases it can cause? How can we cure people? By knowing the flaws can we identify the catches on chakras. How can these be cured? And this knowledge, along with the knowledge of the kundalini; you must sit, gather, think and absorb all these things. But after coming to Sahaja Yoga, many people don't pay attention to this knowledge. They have no knowledge and continue practising Sahaja Yoga. So, it is important to have knowledge about Sahaja Yoga. Many children are born realized as Sahaja Yogis, but they have no knowledge about Sahaja Yoga. So, it is the responsibility of the mother to have this knowledge. In this way, they will not only have a better understanding of their kids but will also be able to comprehend why a child (born in Sahaja) is behaving in a particular way or what is the matter with him. To understand this, knowledge is very important. Those who do not have Sahaja knowledge, can't understand what is being said, what are they doing. Others will not be influenced by it. So, it is very important to have knowledge about this.

And the fourth point, which is very important is, spreading Sahaja Yoga. If you are sitting in a room and one door is open, you are getting air through it. But if the other door is closed then there will be no circulation of air, the ventilation will stop. This is similar to how we must introduce others to Sahaja Yoga, help them, give them their realization, propagate it and talk about it, we must invite relatives over tea and tell them about Sahaja Yoga. So, unless we spread Sahaja Yoga, we can't progress. Because you know, when a tree grows, its branches must also grow, and, it must give shade for people to sit underneath it. Though there are many other trees, but we are like the Banyan tree, so we must whole-heartedly assist in spreading Sahaja Yoga. Whatever may be required for this, we must do it. We must be inclined towards it. We should be completely surrendered to Sahaja Yoga and should devote our time thinking about what we can do or give to Sahaja Yoga.

You know well, no money or donations are taken in Sahaja Yoga. But, then I heard, if you have to conduct a public program, all the money is given by Mr Nagrao, this is not good. Starting now, you should start collecting some money and when I come everyone should contribute in all possible ways, with body, heart and monetarily; and, you will enjoy this. We spend so much, buying this or that. Don't buy it and rather save it for Sahaja Yoga.

There are many people in Sahaja Yoga who constantly think of Sahaja Yoga. They think how it can transform the whole society and the universe, and that it will establish a kingdom of joy in this world where we all will live blissfully. And all description of heavens will actualize here in this world. And people whole-heartedly wish to be involved in this divine and great work. But such people in Sahaja Yoga hold high ranks and have achieved a great state. They are contented to be in Sahaja Yoga. Their businesses do good. They earn well. They leave behind all their doubts. All their problems are solved. They are unable to comprehend how all their problems are gone, this matter is sorted, that matter is sorted. Everything is just fine.

So, when we are awakened and we step into the realm of truth, then we can figure out how deeply ingrained our fundamentalism and wrong sacraments are. They have existed for so long and obstruct our growth. Irrespective of what we might have thought before taking to Sahaja Yoga, whatever our parents might have told us, whatever our society would have taught us; now we have a huge responsibility to create a society that is pure and immaculate (Nirmal). And we must hold our faith and must establish ourselves in that dharma.

May you be showered with immense blessings!

(Ap sabko mera anant aashirwad!)



## 1990-0206, To know God Almighty

View [online](#).

6 February 1990

To Know God Almighty

Public Program

Hyderabad (India)

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

Public Program Parmatma Ko Janane Ke Liye (To know God Almighty)

Hyderabad-1990 (Hindi)

Sahaja Yogis chanting Mahamantra: Om Twameva Sakshat Shri Mahalakshmi, Mahasaraswati, Mahakali Trigunatmika, Kundalini Sakshat, Shri Adishakti Mataji, Shri Nirmala Devi Namoh Namah.

[Translation from Hindi to English]

It should be known that the Truth is in its own place. We cannot create it and we cannot conceive it with one's mind or intelligence. It is what it is, and it will remain that way. However, to know the truth, in today's state of mankind, we have to rise a little above that. In the course of the revolution, the evolution, we can say sitting here today, we consider ourselves to be an Indian, an Englishman or a human. Beyond that, if we want to understand what we are, from the state of humanity today, we have to rise above. And that higher state, you can neither achieve it through the intensity of reasoning nor the intensity of devotion. Because, for that, there is a special arrangement that has been made by the "Jagandata" (creator of the world), Parameshwar (God Almighty) within us.

Nowadays if anyone even takes the name of Parmatma (God Almighty), it is considered that this is the same tired old thing you are saying. But God exists, whether you accept it or not. To know Him, you have to rise to a higher level. From a scientific perspective, a person with a scientific temperament should consider what we are saying is a hypothesis. And if that is verified, then every person of integrity should accept it. What the saints and sadhus in our country have said, what saints and sadhus in other countries have said, what "shastras" (scriptures) and holy books have said, that cannot be denied. Because those people never spoke a falsehood in their life. They never uttered falsehoods, did not talk about wrong things or talk about anything at a low level. What they said, the way they behaved, their (enlightened) state, it is essential to attain that state. This arrangement has been completely made within us. This knowledge has been in India for many years. And the one who had this knowledge, only that person was considered a "gynani" (wise man).

Now, in order to acquire this knowledge, the systematic order which existed enabled only one or two persons to get self-realisation. Only one or two. And in this work, it is like in this tree of life, first, two or four flowers bloomed, then ten or twelve, then some more. But today, it is blossom time. And this work which is happening would occur only in Kalayuga, and it was prophesied. Because man today is on the edge and is extremely concerned about his future. In India, there are many problems. But foreigners, those living in America, Russia, England, Spain, France, their problems are even more acute. Their problem is that led by their ego, they have gone ahead and committed many mistakes. Now they are suffering from the fruits (of their mistakes). As for us, some of our conditionings, the superstitions within us, the wrong things we have adopted, we are plagued from the ill effects brought on by that. And it is at such a time that we think; is this the goal of our life? Is it for this work that Parmatma has made us as from amoeba to humans? Or is there is a state that is above that? When we come to this line of thinking, that is when I say that you are seeking the Truth.

Seeking the truth is more important than scientific discoveries. Because whichever countries have sought scientific discoveries, today they are on such a precipice, that it is hard to understand for how many more years they will last. Inter-personal quarrels and feuds are everywhere, but they are also filled with violence and immorality. By some fate, I have travelled a lot in life and I visited many countries. And having seen their condition, I think, if we see, we are quite fortunate. There is poverty here and problems, but the things that have beset them, we do not have those. For example, in a country like England. English people who we consider as very civilized; it is so uncivilized. In the city of London, every week at least two children are murdered by their own

parents. Parents murder their own, nice children. Not only that, there is a small section of the city, which you can call South East London, where all the affluent people stay. There, children below the age of twelve are all drug addicts. These things are not prevalent here.

What can be said about America; I feel at least forty per cent of the people there is half insane. Almost everyone is troubled by nervousness. And the level of violence is so high; sitting here you cannot imagine that a man who leaves the house alone after midnight, it is not possible to say if he will be safe. New York, Washington and Los Angeles are places, where it is so unsafe that you can only travel by car and there is a lot of fear about moving around at night. In the same way, I saw in Russia, everywhere in Russia, due to the socialist structure, that there is peace, it is a type of repressed peace. But people are very despondent and restless. Utterly despondent and restless. And they are seeking the Spirit. And they all want to know; "What is the spiritual life? And in some way or other, we wish to attain the spiritual life."

And this is the state of society today. The social situation that exists in other countries today, some evil people in our country saw this and thought "we have found a market now". So, they have gone there, made a lot of money, exploited the people and have harassed them. And talked such utter nonsense, that is considered shameful in this country.

So, it should be considered that science which is grown to such an extent, it has grown as a tree but has very shallow roots. And where are the roots? There are here, in India. And the roots are in spirituality. And if this tree is not watered with the knowledge of spirituality, it is possible the whole tree may be destroyed entirely.

Now we do not look at spirituality with a lot of faith. The reason for this is, we feel, all those who were spiritual, what did they get, what did they attain, how much money did they make and [UNCLEAR]. Spirituality is from within, not without. Obtaining inner peace, understanding the importance of the inner being, bringing the light of our spirit in our attention; these activities are happening today in these countries and now taking place at a greater pace. Sahaja Yoga is spreading rapidly over there because they feel it is the need of the hour. Our eyes are not opened to that extent here. In fact, if we see and think with an open mind, we would think, "Would Parmatma send us here in this world so that we keep fumbling here and there and somehow obtain death?"

If you consider Parmatma as a mighty force, or even if you do not, you must consider that whatever you have attained within yourself today, it is but a feeling, but what is seen, but what is heard and but what is known. However, everyone's understanding is different. Every man's understanding is different. Some think this is right, some think that is right. Some think that communism is right, while some think democracy is right. But they are both right. Someone thinks they are a capitalist and I am right. However, if I have many powers within me, then I have become a very big capitalist. But such a capitalist will not be at peace unless and until they distribute their capital among others. Until they give a share of their capital to others, such a capitalist, such a proponent of capitalism will not be at peace. So a man can reach a state where they attain spiritual wisdom, spiritual capital and then they will be anxious to distribute it to others. The mechanism to attain this state has been made within us since time immemorial and it lies within us, in the form of a powerful force which is called Kundalini.

Now the movement of this power, its rising and its momentum can be seen in some people but not all. In a majority of people, the Kundalini rises with a rapid force and pierces the brahmarandra (crown of fontanelle bone area). Its movement is so fast that it is not visible. But it is possible to see the Kundalini. The other thing about Sahaja Yoga is that there has been a lot of research conducted. And in Delhi University, three doctors have been awarded M.D.s in Sahaja Yoga. They have research that found Sahaja Yoga has helped in the cure of many diseases. There are also some people sitting here today who were very ill and in a lot of suffering. They also got well. In this, I am not doing anything. I am not involved. It is your own power which is within you, that awakens, and when it is awakened, the chakras (subtle centres) within you get awakened and when these subtle centres are fully nourished, then you become healthy on your own.

Then, your mental state is also dependent on these centres. If your chakras have become spoilt due to any reason, then your mental state is also spoiled. When the Kundalini is awakened, the mental state also becomes all right. Now in medical science, we have reached a stage where we call this the autonomous nervous system. Before calling it the autonomous nervous system, we should know who this "auto" is. When we call a motor an automobile we know that there is a driver sitting inside. Then within us, there also has to be a driver who runs the autonomous nervous system. This auto is our Atma (Spirit). And when we are fully connected with this Spirit, meaning when the light of this Spirit comes into our attention, then we also become enlightened. And as had said, that when takes place then in the Spirit, within the person, the collective consciousness will be awakened. It means, within the human consciousness, there is a collective consciousness.

Just as I am talking to you and you are all seeing me, but within your chakras, if you do not know what the problems are and if I also do not know, then it is useless. But if such a state is attained, where you are in the collective consciousness. Meaning, you come to know the problems with someone else and you also come to know the problems within yourself and the blockages

within you. It means that there is no one else. Everything is within you. And because it is within you, you can come to know on your fingertips, here, the catches on someone's chakras or the defects in someone else's chakras.

And the greatest work in this has been done by Mohammad Saab, I say, because he very clearly said, when your revolution takes place when you are resurrected, then your hands will speak. And there will be "shahadat" (revolution) against you. A lot of these things are mentioned very clearly in the Quran, I would say, but he has mentioned, instead of Sahaja Yoga, it is called as "Shashta Yoga" in there. And he has also said very clearly that you will not believe it. And you will not try to understand it. It is mentioned very clearly.

Similarly, it is mentioned in the Bible that we will send the Holy Ghost who will take away all your sorrows, the comforter, will give you full knowledge, who is the counsellor, and will redeem you, meaning give you self realisation. That means you will be reborn. Over here also, we call a Brahmin, Dwija and we also call a bird, Dwija. "Dwija aaye se parija" (bird born from an egg). One who is twice-born is called Dwija. Meaning, a bird is first born as an egg and then as a bird. Similarly, man is first born as a human and then he is born again as self-realized, independent, someone who is fully aware of his "sva-tantra" (own system).

Mohammad Saab has called such a person "wali" (saint). We have had many such walis here such as Khwaja Nizamuddin Sahab, Khwaja Moinuddin Sahab and in all the religions such as great people or saints have been there. We call them saints. Similarly, we have had many such where you are, saints in Maharashtra, in Punjab, Kabir, in every place there has been an abundance of saints in our country. So many saints are have not been there in other countries. That is why, I bow to India, which is a "yoga bhoomi" (holy land).

Yoga means having a connection with the all-pervading subtle universe. And Sahaja means it is born within us. This yoga and its attainment is the birthright of every human. Pervading in all four directions, this subtle universe is not known to us. You will be able to sense it now and its description has been given very clearly by Adi Shankaracharya, "salilam, salilam", the cool, cool, breeze. You will feel this cool breeze on your hands, which is pervading everywhere coming from the subtle universe.

But this is not all. You can do a lot of services. You can raise the Kundalini of others, you can heal them, you can bring them on the correct path. And you yourself, also become a special person yourself. A special person who has tremendous powers is dynamic, and in the same way, is very loving a very happy and joyous being. I am talking about the transformation of all society, I am talking about the transformation of the whole world, that, unless there is a transformation within man, the transformation of the world is not possible.

Superficial things and superficial talking cannot bring about transformation. I accept, that there have been many wrongs in the name of religion. But it does not mean that those who founded those religions were wrong. They were right people, very right and they are all related to one another. But man is such a thing, give him something and he will ruin it, none can ruin it to an extent that humans can. You give something to an animal and an animal will not ruin it to the extent that a human being can.

And man has done that. Man has distorted the face of religion to such an extent, that the connection with Parmatma or with the founder of the religion is simply not understandable.

Now man has started feeling this awareness subconsciously and he is thinking about what this is. And then he starts saying that there is no Parmatma. And this is the most unscientific thinking.

Unless and until you have not understood it, it is as if by saying that, you are denying all the great people who have been here. It is very essential for us that we keep a clear head because this could be a [UNCLEAR, novel] thing for you.

If someone had talked about Kundalini two hundred years ago, it would not be a new thing. In twelfth century A.D., Gyaneshwara talked about it; Markandeya talked about it, thousands of years ago. Kabirdas talked about it, the Bible also talks about it and Nanak Saab also talked about it. But no one really thought about it that is the Truth or that there should have been more attention to it. And since we started learning English, we have forgotten what our heritage is. Which heritage we are following, and our heritage is spirituality. Not of science. It is a good thing that we have not made a lot of discoveries through science. Because those who have made discoveries through science, they have made an atom bomb, a hydrogen bomb and now they are all sitting over there quaking. It is better that we have not turned our sights in that direction and instead has turned our sights toward the direction where there is the Atma (Spirit).

Science has no humanity about anything. It is totally mechanical. There is no pleasure in it, no poetry in it, no poem in it, no song in it, nothing. Nor is there anything about love.

And Parmatma is love. The Truth is love. And when you love someone, you know all about them. And that is why knowing about the love of Parmatma is knowing the Truth. And we will have to have the subtle power awakened within us. And when it happens, you will first of all, feel the cool breeze coming from your hands and when it will pierce the Brahmarandra, you will also feel the cool breeze there. First of all, you acquire nirvicharita (thoughtless awareness). Thoughtless awareness means, that the brain is

thinking all the time. Goes on thinking, it goes on thinking like mad. If someone says to cool their head, it is not possible.

But at the time of Kundalini awakening, then first of all your thoughts become silent. And becoming silent, you are astonished to see that you are in nirvicharita, meaning you are established in what is called nirvichar samadhi (thoughtless awareness). And after that, within you, what we call nirvikalpita (doubtless awareness), where there is no doubting and Sahaj [UNCLEAR] is established.

Today, you will be surprised that Sahaja Yoga is in forty countries. And it is operating very well. And those in foreign countries have good knowledge about it. They have entered into it very deeply. Because they are completely disillusioned with their way of life and are fed up. As for us, instead of reaching their state, of our children becoming hippies, taking to drugs and then coming into Sahaj, it is better that we short circuit it, attain it, go deep and it will be a great thing for everyone.

I can only say, that man does not know anything about himself. He does not know what the glories are within us. What we are. What are specialities are? This lack of knowledge is behind all the disorder we are spreading. I would say, this ignorance is the cause of all disorder. And when this ignorance is removed, then we become very powerful.

And all the time this power keeps flowing within us and it may be possible that we will never come to the state that we are in today. All the time, this power keeps flowing as if there is a connection and if this connection is there all the time, then all the time, this thing will keep working and man's body, his mind, everything of his, become so sublime. Everything becomes so sublime, his mind, and even with that he does not get tired; there is no interruption. All the time it keeps flowing. And he drowns in a sea of bliss. It is necessary that we all attain this state.

It is such a thing, as if there is a diamond kept somewhere and everyone is getting it, then everyone will come running. I would say, that within your heart, is the diamond of your spirit, you should attain it. Saying yes to it is a sensible thing.

Today, they (organisers) said, that you should just do an introduction and tomorrow, I shall tell you all about the Kundalini. But I wish that you be given [UNCLEAR] and if you have questions, you may ask them. But I have not come here with some politics. I do not want your votes or anything. I do not want anything from you. I only want to awaken the power within you. You are entitled to it, you are worthy of attaining it, and that is why you are obtaining it. There is no other give or take between us.

Before that, whatever you feel is right, you should definitely ask questions of me. And I will definitely want that now before we start the process of Self Realisation, you ask me questions and cool your intellect so that there is no doubt afterwards when the Kundalini is rising. So, I wish that you ask me questions today and tomorrow I will spend some more time, I will explain to you, all about Kundalini and the power within you.

Question and Answer commences.

Seeker in the audience: What is Kundalini? Without knowing about, just saying "Kundali, Kundali", we do not come to know what it is...

Shri Mataji: It is a shakti, that is what I was going to talk about tomorrow.

Seeker: Yes, yes, that is what we want to know.

Sahaja Yogi: Mataji, [UNCLEAR], in English.

Shri Mataji: English? But does everybody understand?

Sahaja Yogi: They understand.

Shri Mataji: All right. First I will explain in Hindi and then in English, if you do not mind, all right?

Shri Mataji (in Hindi): Kundalini means that within us there is a power sitting in a triangular state. And this power is such that, the way there is a connection cord here, similarly, there is a power within us. And when this awakens, the way it is illustrated here, it passes through six chakras and it pierces through the Brahma-randra here, and then it is connected to the subtle energy that is pervading all around us. This power is like our mother. Like our mother. And she rises with ease. And the way she works is that whatever problem you have; but when she passes through these subtle centres, then if you have problems due to any catches on the chakras, they get all right. Today, I am just telling you in brief, I will elaborate on it tomorrow.

(In English): Now he is asking a question, what about the Kundalini? It is not "Kundali", it is Kundalini. The word Kundalini means spiral. So, all these parts, it is like a spiral. It is energy like a spiral in the triangular bone within us which is called as sacrum. Now the word sacrum comes from Greece which means "sacred". So, they knew, the Greek people knew, that this, it comes from Latin, they knew, this word was given by the Greek people. Perhaps they knew that it is a sacred bone. And inside this bone, there is a power which is called Kundalini.

And this power is a power like a mother to you; and every person has an individual power, like a tape recorder, it has recorded what you are. And ultimately, it is, we can say, it is like a primula in a seed. Which sprouts the seed and [UNCLEAR] itself and the tree starts flowing. It is a living process, and by this living process, this Kundalini rises, pierces through your fontanelle bone area

and connects to you the mains, as I say, but to the all-pervading power of God's love. It is a subtle power.

Seeker: This Kundalini power which has been given, why has God kept it hidden?

Shri Mataji (in Hindi): It was not kept hidden, but just like within a seed, the seedlings are encompassed, in the same way, it is encompassed within you. When your seed becomes capable of germination, this Kundalini can awaken by itself. But to awaken it, just as one light can enlighten another, similarly, a human who has attained "Atma-sakshatkar" (Self Realisation), and who knows about Kundalini, and one who we call a Sahaja Yogi, that man can raise your Kundalini.

Seeker: When does the Kundalini awaken and when does the mind come to know that she has risen?

Shri Mataji: Please sit down. This question was asked to Ramadasa Swami and he had said, "tatshan", at that moment. There needs to be the one who will do it and the one who will receive it. The question asked is when she awakens. And by doing it, when she passes through the chakras within us, these subtle centres, they become all right. And because of that our mental state improves, our intellect strengthens and in every way, a human assumes a special form. The best thing is to experience it. Because however much I talk about, how I have prepared an excellent meal, unless and until you eat it, experience it, it is futile to describe it.

Seeker: Madam, whether the energy, is it equal in all human beings? The energy which is called Kundalini, is it same in all human beings?

Shri Mataji (in English): Yes, it is.

Seeker: The nature of energy?

Shri Mataji: Please be seated. It is in everyone, existing, but not in the same state. Because of how we have treated our Kundalini is also very important. Some people really, I must say, I have seen that Kundalini is so beautiful, and they think they are sinners, and their Kundalini rises like a jet. And some people, who think they are "dharmic" (religious), their Kundalini goes up down, up and down. So, it is, everybody has a Kundalini like you can say, every bulb is there, but not every bulb may not be of the same level. So, it depends on but does not matter. Whatever it is, so far those who have come to Sahaja Yoga has achieved. If not today, then tomorrow.

Seeker: Could you describe the state of the self-realised person? Why Ramakrishna Paramhansa was about to become mad?

Shri Mataji: See now, he is asking about Ramakrishna. I do not want to say anything about him. That is all. Because it is a controversial subject, but, as far as you are concerned, if you get your realisation; he said why Ramakrishna Paramhansa was about to become mad while awakening Kundalini.

I have to just say that you will not become mad. Why he showed ah, of cancer, when Kundalini is easy to realise. That I cannot say why he had cancer. Because he had no Mother to tell him, perhaps. But you will not get cancer. But if you have cancer, you may be cured of that, I can say. It is a controversial subject. It is better not to talk about that because it can raise controversies. It is better you get rid of your controversies, and you get your realisation.

Now, what is a self-realised person? A self-realised person is a person who is connected with the all-pervading power. Then, what are his qualities if he is a Sahaja Yogi. I would not say, all self-realised people are Sahaja Yogis. He must have all the knowledge about Kundalini, he should feel the cool breeze from his hands, he should feel the cool breeze coming out of his head, and he has to be a very, very righteous person. Extremely dynamic, having beautiful health, and a very loving person, very compassionate. Who cares for others, tries to help others all the time and is always peaceful within himself. This is a small description I have given you.

(Possible audio interruption or someone has handed over a written question).

Shri Mataji: How can we, I do not know what is the word here, actualise God through the awakening of Kundalini, is a good question. What is the process of Sahaja Yoga? Can you give assurance that even non-righteous persons can achieve Kundalini? Kundalini is an infinite reality?

Ah yes. Now for the first question is, that as soon as you get your "Chaitanya", in your hand, it gives you a, like a computer, a sense. Supposing some man is, ah, not good, then what do you find out? You find out on your hand a kind of heat, or maybe a kind of blistering. Sometimes. If it is a very horrid person. Little blistering. But it goes away. Just an indication, like a barometric indication. It comes, and then it goes away.

Now, in case, now you want to find out about God. It is a question, like a computer, you ask a question, is there a God? When you ask this question, you start getting a tremendous cool breeze. So, it gets established.

Now, relatively you should think. We had once a program where there were 4-5 people who had come, who were fighting with me. For nothing at all. They said, we are Vedic Brahmins, this, that, they were fighting with me. I said, all right, all right, you sit down here. I said you put your hands towards me; they started shaking too much. They said "what is this? Now we believe that you are

Shakti, so stop it". I said I am not doing anything to you. I said this is because what you are telling is not the truth. You are not a Brahmin in the sense you do not know the Brahma. You have to know Brahma. So there were some people who were also shaking their hands. They said, "they are also shaking their hands". I said, ask them who they are. They had come from Thane lunatic asylum to get cured.

So, we are not to believe in ourselves that we have achieved something, but we have to really achieve it. We have to feel the Brahma. We have to feel it. To be honest, it is for our benevolence. It is not for anybody else's benevolence. It is for our benevolence. So we should all get it. And we should enjoy.

Now, what is the process of Sahaja Yoga? There is no process; only the Kundalini rises and when pierces through your Sahasrara, here, on the fontanelle bone area - then you have to little bit know about it. And we have a very nice centre here, we have very, very intelligent people and very good people who are conducting. And they will tell you what it is. And within one month, you can be your master. You become your own Guru. This is what is the ultimate thing that you get immediately.

Can you give assurance that even a non-righteous person can realize Kundalini? Most probably. I mean, one should not have this diffidence. First and foremost thing, do not have this diffidence, "I am not righteous". After all, we are human beings. And only human beings can commit mistakes; God cannot commit mistakes. So what is there if you have committed some mistake, does not mean you are unrighteous. You should think of the present now. Forget about the past. Just forget about the past. Do not condemn yourself.

I know people have been trying to condemn you because maybe they want to make some money out of you or because they want to hurt you. But as far as I am concerned, you are all my children. And nobody should think I am not a righteous person. For me, every one of you is a righteous person. My Kundalini will work out. If it does not work out today, it will work out tomorrow.

The reason sometimes could be your health, could be conditioning, could be ego, something is there, but it will work out.

Now, this is another person [UNCLEAR]?

What is the difference between Sahaja Yoga and Patanjali Yoga? No difference at all. No difference. Patanjali existed at the time when we had four types of life. We had four types of "ashramas" (life stages). One, as you know that they were Brahmacharya, and all those things and then it went on. And so that the time, when there were two [UNCLEAR, groups], within which there were Gurus, then they were taught, you know, "yamani, yamana" (balancing postures), you know, Ashtanga Yoga.

But when you read the whole of Patanjali, you will be surprised that "yamani, yama" is a very small part of it and the main thing is that you have to be in the samadhi stage, through nirvikalpa (doubtless awareness) and ultimately, achieve that. And that is the part of Sahaja Yoga.

Now you might say, we have to have the cleansing and all that. I have to just say, you have done all in your previous lives and that is why you are here. So you do not have to do now, stand on your head anymore, it just works out.

Somebody here, is a gentleman here, who says, he has, by concentration, he has seen some light. By seeing light, you do not become light. If I see the light, I am not the light. Then you do not have to see the light, you become the light. That is Sahaja Yoga. You do not see anything. If you see anything, then you are away from it. You have to be. And once you become, then it grows.

(UNCLEAR...a seeker is asking a question to Mother).

Shri Mataji: Just what is the difference between hypnotism and Kundalini? It is a contrast. Hypnotism is done with black magic. Never go for hypnotism. Is black magic. It is somebody's soul is put on you. And you are hypnotised, your [UNCLEAR] is disturbed. But, in Kundalini awakening you become completely "satark", absolutely aware. You jump into thoughtless awareness. Absolutely aware. You do not get lost in your [UNCLEAR]. So this is just the opposite, just the opposite of hypnotism. Hypnotism you do not have any knowledge; nothing. But you ask any Sahaja Yogi, he will tell you, how the Kundalini rises, what is a chakra catching. As soon as he will see you, he will know what is the problem with you. And you will be amazed, how he is telling. A hypnotist cannot say that; neither the one who is hypnotised. But if you are hypnotised, it is very dangerous. It reacts to you. And the people who hypnotise also, die a very bad life. So it is better, that you do not go near hypnotism. It is the worst thing to do, is to learn hypnotism or get hypnotised.

(UNCLEAR, seeker is asking a question).

Shri Mataji: He's talking about the guru. He's saying that in some [UNCLEAR], there is Pranayama and little Ashtanga Yogas are there. That by doing these things Kundalini can rise. It cannot. It is a living process. If you understand it is a living process, it can never rise. Because, in any living process, as you know, that is, if there is a seed has to sprout if you stand on your head or on your leg, it is not going to sprout. It will sprout if you put it in the Mother Earth. It is a living process. So all these things are not going to help; the only thing it might help in your health or something. But that too, the way we do Hatha Yoga is very dangerous.

Because of we, as if we put all the medicines into our hands. And we start taking all the medicines without understanding, what it is.

So, supposing a chakra is not all right, you might have to do a certain "asana" (sitting exercise) in Sahaja Yoga, but scientifically knowing what is to be done. It is not that, every asana you are doing. That is very wrong. That spoils your chakras. This is how scientifically you have to know, this is how this asana is done.

(UNCLEAR, seeker is asking a question).

Shri Mataji: Now he is asking a nice question, are we to stop all the "pujas" (sacred ceremony of worship) and all the rituals. That is because I told you, you become your own guru. You will know what pujas you are doing are correct and which are not. Because somebody has told you, you are doing something. For example, we do "Satyanarayana" (a puja dedicated to Lord Vishnu). Now "Satyanarayana puja", Narayana (Shri Vishnu) himself is "satya" (truth). Satya means Narayana and Narayana mean satya. So what is there to do Satyanarayan puja? What is there to say "Satya"? If somebody, if I say I am Satya Nirmala Devi, that is nonsense, why should I have a certificate like that? That I am satya. If I am that, I am that.

Now, in that, only these pujas are that you give so much money to the Brahmin, or you give so much money to the priest, you give so much money. With the money, you cannot do puja. Now all such pujas if you have been doing, I mean. Now they are doing, for every sort of puja, you pay so much money. Now, what is the life of that priest? So, nobody should earn money in the name of God. It is sinful. Sahaja Yogis also do pujas but they never take money.

If there is money, there is no God. This is the equation; you write it down.

That is why there is no religion. Because we say all right, we give five rupees here, ten rupees there, six rupees there, finished, now we are very religious people, it is not true.

(UNCLEAR, seeker is asking a question).

Shri Mataji: First question is, he says that rising of the Kundalini creates certain disturbances. It does not. I mean, supposing somebody goes and puts his finger into the plug and says that I got a shock. He does not know, these ignorant people, they have no business to raise Kundalini, then troubles will follow. If they do it like this, you better never see their faces. As a Mother, I would say, better advertise such people, who are saying that I am doing Kundalini rising. But they are in big trouble. There are many people, like that, you do not know, they say all right, you do this. Then you say, "Oh, no, I have got a headache, with this I have got this kind of trouble." They say, "No, no It is all right, you have to suffer."

In Sahaja Yoga, you do not have to suffer. God has not created you to suffer at all. This is a wrong idea people have given. That you stand on your head, or you fast for twenty days. Everything has been done for you. You do not have to do all these nonsensical things. You just enter into the Kingdom of God and enjoy his blessings.

Which father would like his son to suffer? It is God Almighty's who loves. Why would he make you suffer? This idea of suffering, it has come from people who wanted to really, make you suffer. Very sadistic people. They wanted you to suffer. I cannot understand, why should you suffer? Christians now, Christ has suffered for them. Are they going to suffer more than Christ? So this nonsensical idea of suffering has to go from our head. There is no need to suffer. I want you to enjoy the blessing of God Almighty.

The second (question) is, Can Kundalini be raised purely by one's own effort? It cannot. Because, if there is a light, a candle, which is not enlightened, it cannot be enlightened by itself. Some enlightened light has to enlighten it. So there is nothing to, ah, nothing to say, by my effort, I can do or not. You cannot do it. It has to be worked out by somebody who has the authority.

But for that, you do not pay. First criteria are that we do not have to pay, finished. Ninety-nine per cent will finish off, of that kind.

Shri Mataji: (in Hindi). Are Kundalini and Atma (spirit), the same? They are completely different. Kundalini is a reflection of Adishakti, the Primordial Mother, a reflection. And Atma is a reflection of Paramatma (God Almighty). The union of these two brings a sense of Yoga. So these are two things.

(UNCLEAR, seeker is asking a question).

Shri Mataji: Brahmachaitanya is necessary for?

(UNCLEAR, seeker is repeating the question).

Shri Mataji: Brahman? "Brahmacharya" (celibacy) is necessary for? No, no, no, no, no there is no need to be a Brahmachari. Actually, Brahmacharis are difficult. Of course, I will, if you are a young boy, not yet married, or a girl not married, it is all right. In Sahaja Yoga, we believe in marriage and balanced married life. Because there are great souls who want to be born. Now if you are all Brahmacharis, what will they do?

(UNCLEAR, seeker is asking a question).

Shri Mataji: Kundalini shakti, lends to mental problems? No, no, Kundalini shakti does not lead to a mental problem, but it cures

your mental problem.

So this question of loss does not arise. You become very aware. Very aware. Because, very [UNCLEAR, weak] part of our brain we are using. But when the Kundalini shakti rises, then we use such a lot of our brain.

(UNCLEAR, seeker is asking a question).

Shri Mataji: Yes, yes. He is saying, may I ask if there Sahaja Yoga hospital for treatment of chronic diseases? It is a good idea. No doubt. But we have to have hospitals for the treatment of chronic diseases. But Sahaja Yoga is not for treating people or their diseases. It is for raising the Kundalini. Once your Kundalini is raised, you can cure yourself. There is no need to have a hospital at all. There's no need to have a hospital because, you see, all sorts of people will come to the hospital.

Now God has common sense. Because we have a common sense from him. Sense that we have got, that we do not cure or do not improve the lights and lamps which are not going to work out. So, there are many people who are useless for Sahaja Yoga. Why cure them? There are doctors. Let them cure them.

We only raise the Kundalini. If the Kundalini rises, the person gets all right automatically. There's no need to have a regular hospital, to put him on a bed, or to treat him, nothing of the kind. Just coming to the centre he can get cured. But if he has a regular chronic disease, you get all kinds of mad people. Good for nothing. Let them have, doctors, are there. Already doctors are after my life, saying why are you doing this work? We will be starving ourselves.

Shri Mataji: What is Atma and Parmatma and how to get, how do get rid of [UNCLEAR]. His question is Atma and Paramatma, I have already told you. Parmatma is the God Almighty as they call him and what is Atma is the reflection of that God Almighty. I have to get..[UNCLEAR]... how to get what?

Sahaja Yogis: Get rid of evil thoughts.

Shri Mataji: Oh, evil thoughts. They automatically disappear. Just disappear. You do not have to get rid, they just disappear. Because tomorrow, I will tell you. When you will come tomorrow, I will explain to you how these thoughts can be got rid of.

(Next question, UNCLEAR, Shri Mataji and Sahaja Yogis are reading it).

Shri Mataji: It is a very nice question, is, I pray "Maa" (Mother), a demonstration will lead us to catch the art of Sahaja Yoga, that is the best. Nice question. He is a real 'sadhaka' (Seeker). So, should we now have the demonstration?

Seekers: Yes, yes, yes.

Shri Mataji: Now, I would request everybody to be seated; hardly ten minutes it will take. And come forward. All of you should come forward as [UNCLEAR]. Not together, but in line. Yes, please.

It is a Sahaja action no doubt. But we have certain mental barriers within ourselves, which we have to little bit get rid of. Especially, the diffidence we have within ourselves. As you can see from most of the questions were that, unrighteous people, and this and that. So, we have to do a little bit, to get rid of those ideas, within ourselves with auto-suggestion, a little bit. But it works. In my presence, it works, very easily. So you find it out very easily.

Now at the very outset, I have to tell you that, I will tell you how we are going to work out on the left-hand side. By pressing our centres, we are going to support. First I will show you, how to do it. He will show you how to do. Now you look at him, It is very simple. And then you have to close the eyes. Before closing the eyes, you better take out your spectacles.

(To a seeker, in Hindi): Here, here, you can come here. Just remove that. Now It is enough.

(Continuing in English): Left hand towards me like this. Now tomorrow I will tell you that left hand signifies our desire, to get realisation. Now Kundalini is a pure desire. And this is our desire, to get realisation, we are putting our left hand toward me. Now with the right hand, we have to touch our centre, whichever are there.

So the first centre we have to touch is our heart. On the left-hand side, we work. Then we have to touch the upper part of our abdomen. On the left-hand side. This is the, in the heart on the left-hand side resides the Spirit, and on the upper part of the abdomen, on the left-hand side is the principle of guru (Master). Our guru "tatva" (principle). Then we take down our hand on the lower part of our abdomen. The lower part on the left-hand side.

Mother asks in Hindi: Does everyone understand English? Hindi? Shall I speak in Hindi or English? Both languages?

Many seekers in chorus: Hindi, speak in Hindi.

Shri Mataji: Now I know only four languages.

Seekers: In Hindi.

Shri Mataji: (In Hindi), Now, keep your hand on the lower part of your stomach on the left-hand side and press it. Now after (doing) that, it should be known that this is our chakra of pure knowledge. Pure knowledge means, what are the laws of the divine and what are the laws of spirituality and these laws are governed by these chakras.

(In English), This is the centre of pure knowledge. Pure knowledge of the laws of the divine. And, when we start manifesting it,



they work through this centre. So this is the centre of pure knowledge. Now we raise our hands to the upper portion of your abdomen. This is the centre, again as I told you, of Guru tatva.

(In Hindi), Now raise your hand and press it against the upper side of the stomach on the left-hand side.

(In English), Now, again we have to go with our hand to our heart. Then we have to raise our hand in the corner of our neck and our shoulder and turn our heads to our right.

(In Hindi), Now raise your hand towards the corner of your neck and shoulder and turn your head to the right. This centre catches when we consider ourselves guilty, we feel we are wrong and when we feel we are unrighteous. This centre is catching very strongly among all of you today. Understand, however, that you are not guilty in any way.

Now raise your hand, and keep it on your forehead across both sides, place it across your forehead and press it at both ends.

(In English): Now please raise your hand and put it across your forehead. And press it on both sides. Put down your head.

(In Hindi): Bend your head and press it hard. As if you have a headache, that way. This is the chakra for forgiving. It is called Agnya chakra.

(In English): This is the centre for forgiving others. Now, you take back your right hand. And push back your head on it. So this is the centre where you have to ask for forgiveness without feeling guilty.

(In Hindi): Here, you do not have to forgive others, you have to ask forgiveness for yourself. But do not associate any of your flaws with it. Now extend both your hands. And after extending, place the centre of your palm on your fontanelle bone area.

(In English): Now, you stretch your hand fully and put it on your fontanelle bone area and put down your head. Press it hard. Press it hard. Push back your fingers.

(In Hindi): Press it hard. Push back your fingers. And now rotate it seven times so that the skin of the head moves.

(In English): Please move your skull seven times.

(In Hindi): Rotate it seven times. (Pause). Push back the fingers. That is all that needs to be done. You should not move your hand. The hand should not move. The hand should be stationary here. Your skull [UNCLEAR] should move, the skin should move. The hand should remain where it is. Then it will work out. Yes. And clockwise, not the other way, the way the hand of a clock moves.

(In English): Clockwise. Move it clockwise seven times.

(In Hindi): That is all. Now you please understand, the count has to be made again. That you are not guilty. You have not committed any wrongdoings. The way you are seated now is all right. And do not see any flaws in yourself.

And sit with a joyous countenance. Because you want to enter into the Kingdom of God, so sit in joyous attention.

(In English): You have to now believe in yourself and know that you have done nothing so bad that you feel guilty. So, you have to be very pleasantly placed towards yourself. You have to enter into the Kingdom of God. You have to be very pleasant about it.

Now, I would request you to put now your left hand towards me. You have to take out your spectacles, because you have to, in any case, you do not have to open your eyes till I tell you to. So better take out your spectacles, it helps your eyesight also.

Please close your eyes and do not open them till I tell you. Put your left hand towards me.

What is that sound?

Sahaja Yogis: Generator.

Shri Mataji: Now, please put your right hand on your heart.

(In Hindi): Put your right hand on your heart. Now you ask a question here. Three times, you ask a question in your mind. Whatever questions are there, ask them in your mind. Whatever needs to be said, say it in the mind.

You can call me Shri Mataji or Mother, as you wish.

"Mataji or Shri Mataji, am I the Spirit?" Ask this question three times. "Mother, Am I the Spirit?"

(In English): Please put your right hand on your heart and press it. Now here, ask me a question. "Mother, am I the Spirit?". Ask this question three times. It is a very fundamental question. Or you can call me "Shri Mataji, am I the Spirit?"

(In Hindi): Now, if you are the Spirit, then you are also your own Guru.

(In English): If you are the Spirit, you are also your master.

(In Hindi): That is why, now place your right hand on your upper abdomen, on the left side. And say, one more question, "Shri Mataji, am I my own Guru?"

(In English): Now you take down your right hand, to your upper abdomen, on the left side. And again ask the question three times, "Shri Mataji, am I, my own Guru?". Ask this question three times.

Now you must know that you cannot force anyone to achieve that ultimate freedom. I respect your freedom. So in your freedom, you have to ask for pure knowledge. I cannot force on you.

(In Hindi): You should know that I respect your freedom. And if you want that the ultimate freedom, you have to ask it from your side, that you get pure knowledge. Now place your hand on the lower side of your abdomen on the left-hand side. And say, "Shri Mataji, please give me pure knowledge". You have to say this six times because this chakra has six petals.

(In English): Please put your hand in the lower side of your abdomen on the left-hand side and press it hard. Here, you have to ask for pure knowledge. Please say six times, "Mother, please give me pure knowledge." Because this centre has got six petals. Please say, "Shri Mataji, give me pure knowledge".

As soon as you say that, the Kundalini starts moving.

(In Hindi): As soon as you say that, the Kundalini awakens and starts rising. She needs that we now activate the upper chakras with self-confidence.

(In English): It is necessary that as the Kundalini rises, we should try to nourish the higher centres through which the Kundalini has to move, by our self-confidence. So raise your right hand, in the upper part of the abdomen on the left-hand side. And here we have to say with full confidence, ten times, "Mother, I am my own master".

(In Hindi): Now raise your right hand and press it in the upper part of the abdomen on the left-hand side. And here press it and say ten times, "Mother, I am my own master". With full confidence.

Now, the greatest truth about you is that you are not the body, the intellect, the mind or the ego, but you are the Spirit.

(In English): The greatest truth about you is that you are not the body, you are not the mind, you are not the ego and you are not the emotion. You are the Spirit. You are the pure Spirit. So, you now please raise your right hand on your heart. And here you have to say twelve times, "Mother, I am the Spirit".

(In Hindi): Now having said this, place your right hand on your heart and say twelve times "Mother, I am the pure Spirit".

Now it should be known that the Paramachaitanya (the Divine) is the ocean of mercy and forgiveness, and He is the ocean of joy and love. But most of all, He is the ocean of forgiveness and there is no mistake you can make that He cannot forgive.

(In English): Please remember that the Divine is the ocean of [UNCLEAR] and compassion. It is the ocean of peace and of joy. But above all, it is the ocean of forgiveness. So whatever you do, can be easily dissolved into that ocean of forgiveness. So whatever you do, please do not blame yourself for anything. Do not think you have done any mistake. And raise your hand, on the corner of your shoulder and your neck and turn your neck to the right.

(In Hindi): Say, "Mother, I am not guilty".

Now place your right hand on your forehead and press it from both sides and bend down your neck. This is the chakra for forgiving. For forgiving others.

(In English): Please put your right hand across your forehead and bend over your head. This is the centre to forgive others. You may say It is very difficult. But whether you forgive or do not forgive, you do not do anything. It is just a myth. But if you do not forgive, you play into wrong hands.

(In Hindi): You may say, "Mother, it is very difficult that we forgive others but whether you forgive or do not forgive, you do not do anything. If you do not forgive, you play into wrong hands. That is why put your right hand across your forehead and press it from both sides.

And here you say with all your heart, does not matter how many times, that "Mother, I forgive everyone".

(In English): Here you have to say with your heart, not how many times, "Mother, I have forgiven everyone". Do not think who you have to forgive, what they have done, just say, "Mother, I forgive everyone". Please bend your heads.

Now, take back your hand on to the backside of your head.

(In Hindi): Take back your hand on to the backside of your head and raise your head, upward.

(In English): Now raise your head upward. Let your head rest on your hand. Here is the centre to ask for forgiveness. But you are not to feel guilty at all. Just say for your own satisfaction, "Shri Mataji", or you can say, "Divine, if I have done any mistake please

forgive me". You are not to feel guilty.

(In Hindi): You are not to feel guilty. Only you have to say with all your heart, "O Paramachaitanya, if I have done any mistake, please forgive me". But do not count your mistake or feel guilty, you just have to say it for your satisfaction.

Now take your right hand, open it fully, extend it and place the centre of your palm on the top of your fontanelle bone area and bend your head. Press it hard.

(In English): Now please raise your hand fully and put the centre of your palm on the top of your fontanelle bone area which was the soft bone area in your childhood. Press it hard. Put down your head.

(In Hindi): Bend down your neck. Now like the hands of a clock, move it around slowly seven times. And pull back with your fingers.

(In English): Please move your "talun" (fontanelle bone area), with a force, pushing back with your fingers, put down your head. Seven times clockwise.

(Shri Mataji blows into the microphone, seven times.)

(In English): Now please take down your hand. And slowly open your eyes.

Now please put your right hand toward me like this. Bend your head.

(In Hindi): Open your eyes and put your right hand toward me like this. Bend your head and see, is there a cool breeze from your Brahmarandra? With your head bent. Some can feel from very far.

(In English): Some people feel it from very far away. So please[UNCLEAR], reach pay attention there. You have to certify yourself. I am not going to certify you. You have to certify yourself.

Now, put left hand towards me. [UNCLEAR]. Now put your right hand towards me. Again bend down your head. Again, see for yourself. Now raise your hands, both of them, above your head. And ask a question three times from your heart. "Shri Mataji, is this the all-pervading power of God's Love?".

(In Hindi): Raise both your hands above your head and bending your head backwards say, "Shri Mataji, is this the cool breeze of the Paramachaitanya?"

Now take your hands behind. Now like this.

(In English): Please put down your hands. Watch me now, without thinking. You can watch me without thinking.

(In Hindi and English): The people who have felt the cool breeze on their fingertips or in their fontanelle bone area. Raise your hands.

(In Hindi): All of Hyderabad is filled with bliss. My "namaskar" (greetings) to all of you.

## 1990-0207, Public Program: Sakshi Swaroop

View [online](#).

7 February 1990

Public Program

Hyderabad (India)

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

Public program, 'WITNESS STATE', Hyderabad, Andhra Pradesh, INDIA, 7th February, 1990

Yesterday I had told you about Truth, that Truth, at its own position, is unbreakable and eternal and we can not change it with our wisdom, with intellect, or by any other way. And what is the Truth? Truth is that we who are today in human form, as we are today in human form, in reality, we are actually the Spirit.

Today we are standing on such a ladder, where we are seeing ourselves in the form of human beings. And by rising just one step higher, we will know that we can get to a higher form than this human form, where we become the Spirit. This is a great truth, but the absolute truth is that this whole animate inanimate creation, this whole world, human beings, all living beings, matter and consciousness, all the things are living, are flourishing, are growing with the support of the (param chaitanya) all-pervading power of God's love, and this divine power in subtle spread all around, which makes everything, which creates everything, which grows everything and as we have become human beings, that is also due to the grace of this divine power.

This Param Chaitanya has such powers, by which it can give us knowledge, such knowledge which is the sole knowledge, by which we will be able to know what we are, what is the state inside us, where are we and what is our aim. It gives knowledge by which from within we feel, from within we come to know, that we are part and parcel of the Whole, which we call as a collective consciousness in English language and 'samuhik chetna' in the Hindi language.

The day we become the Spirit the manifestation of this collective consciousness takes place spontaneously within us, because the Spirit within us is a collective thing, or what we call a collective being. The day it happens, this event occurs, that very day we also learn about that Absolute Truth, that this subtle creation is spread all around us and when our union takes place with this subtle creation, when we achieve oneness with it, then we learn that even our attention has become enlightened. And with this attention, we can learn so many things which we have never known before. In such a state, we consider the world today a very big truth, but there is a very great truth hidden behind it, which we have to achieve. And achieving it is very (Sahaja) spontaneous. Sahaj has two meanings one is, 'born with you' and Sahaj also means 'easy'. It should be! If this evolution is crucial, then it should be easy.

Like our breathing is crucial for us and we do it easily, but if we have to go somewhere, if we have to make a guru or read some books for that, then it will become very difficult. In the same way, this happening should take place spontaneously. The reason is that this is a living energy and it has brought us from amoeba state to human form today. It is this living energy that materializes everything within us, works within us, due to which we reach a higher state.

Yesterday I had told you about Kundalini, that this Kundalini is placed inside us in the triangular bone (Shri Mataji addressing someone on her right- Just pick it up). This Kundalini power resides in the triangular bone, in three and a half coils. There is the math behind it and inside this, there are many fibers of energies like in a rope there are many small threads.

Now, below this Kundalini what you are seeing is this red coloured centre known as our Mooladhar Chakra, and where the Kundalini resides, it is called Mooladhaar, which means that is her abode.

The red coloured centre, you are seeing is Mooladhar Chakra and this is a very important centre. Due to this centre, Kundalini gets all the information and this centre is the complete manager of our innocence. When we are a child, in childhood we are very

innocent. At that time this centre within us works out the most. Gradually, as the age increases, there is a lot of attack on this centre, and our innocence goes on reducing.

Above this centre, you can see there is Kundalini. This centre nourishes the pelvic plexus within us. This pelvic plexus does the work of throwing out all the waste and toxins from our body, which we call excretion in the English language.

That's why we must know that at the time of awakening of the Kundalini all your behaviour stops, and these people like Rajneesh who are teaching dirty things, that Kundalini is awakened by doing sex, is a great SIN because this centre is below the Kundalini. Whatever is the purest is this Mooladhar centre and like the lotus takes birth in the dirty, stagnant, impure water and spreads its fragrance all around, similarly this centre is like that Lotus within us. Like water doesn't stay on the leaves of lotus flower, similarly, no filth can stay on this centre and it never gets destroyed. Although, when we indulge into wrong things, then like clouds cover the sun, in the same manner, our innocence gets covered.

So, you must understand that those people who teach you such wrong things, are taking you towards destruction and boosting your weaknesses. Mostly they boost only your weaknesses and take full advantage of your weaknesses, so that you fall even more in the ditch and keep paying them money.

As I was telling you yesterday, nowadays a crisis has started in America. The reason is that due to immorality they have damaged Mooladhar Chakra very much. Due to the destruction of the power of this centre, dirty diseases like AIDS and all types of diseases are coming. If there are any (baadhas) obstacles in husband or wife, then also this centre goes out of order and in such situations, the brain of the person can get affected and most of the diseases which we call as psychosomatic, especially in which your muscles start becoming weak, is also caused when this centre goes out of order.

Now the relation of this centre with the pelvic plexus is on the physical level as well as on the mental level because as you can see, that originating from this centre one channel is going upward to the top and that is your Ida Nadi, also called Chandra Nadi, the Moon Channel. The blue-coloured institution that Ida Nadi creates on top is our (mana) superego and because of all kinds of the wrong conditionings, it bloats and spreads like a balloon in our head. We can say that the wrong conditionings become the superego.

There are wrong conditionings like if you go to a false guru, if you take to a wrong religion, or run after wrong people. Apart from this, we kept running after (Tantrik) Occultists or we went after people who have nothing to do with religion or those who are depraved gurus in the name of religion. This causes many problems.

We also address the left channel as the Moon Channel. And you all must be knowing that in the English language the moon is called 'Luna' and madness is known as Lunacy. When this Chandra Nadi goes out of order, human beings get all kinds of mental problems.

On the other side as you can see there is a second centre. That is Swadishthana Chakra. This centre has been shown in yellow colour, because it moves with the movement of the sun and this centre facilitates the movement of our right side channel which is called Pingala Nadi. Pingala Nadi gives us the energy to work. So the first channel is called the channel of (Ichha Shakti) power of desire and the second channel is called the channel of (Kriya Shakti) power of action. There are two differences in the channel of power of action, one where we do our physical activity and the second where we do our mental activity. Both work by this channel.

Now, this Swadishthana Chakra is very important. Especially, here I saw yesterday, that most of the people have problems related to the Swadishthana centre. The reason for this is that you all are very well educated and the second reason is that you think a lot. By thinking too much this centre starts getting active. When you think too much, then you use the grey cells of your brain too much. So, when you start using them too much, in their place other cells should also come! Where will they come from?

So, this centre makes more grey cells from the fat of the stomach because our brain is also made of fat. So, this centre makes

grey cells from fat cells and it takes them up from the centre. That's how the grey cells go in our brain.

When we think too much like that, we are too futuristic and we always think of the future, then this channel becomes overactive and when we think of our past and bygone days, then our other channel (Ida Channel) becomes overactive. We must understand that on one side there is the subconscious mind and another side is the supraconscious mind. And until and unless these both minds do not come into balance, you can not come into the centre.

Now, the third channel that is in the centre is called the Sushumna Nadi. This channel was created within us, when we started seeking money, we searched this, we searched that, and afterward when we got completely fed up with all that, and said it's enough now! I don't want it anymore!

So, when you start seeking God, then this channel, which belongs to Mahalakshmi, gets into action. Inside this channel, there is a very subtle channel which is like a coil, as if it is made in three and a half coils, inside that the subtlest channel is called the Brahma Nadi, from that threads of Kundalini, like two or four or ten threads first rise and that's how Kundalini gradually comes up. By it's movement upwards, this goes on opening out more. By it's opening out, whatever more threads of energies are there inside, they too start rising.

In this way, these three channels, ida, pingala, and sushumna are within us. All these three channels meet at our Agnya Chakra, which you can see here. We have books here, in which you all can read about every centre and how these centres get activated and how they work.

Now, people will ask, "Mother how Cancer gets cured?" So, I have to explain to you a little bit. Within us, from both sides, there is the left and right sympathetic nervous system, made by both Ida and Pingala. This is working on both sides and in the middle, what you can see is this centre and when one side increases more, then this centre becomes constricted like this. The energy goes on reducing and therefore the disease aggravates.

But when it breaks completely, then the relation of our spinal cord breaks with our brain and that place, cells start increasing on their own. That's how malignancy comes. These cells don't care about anything else. Like I have this nose, I have eyes and ears. Everything increases in the same proportion as it should increase. It's not like that only the nose grows big, or eyes grow big or ears grow big. But when it does not remain connected with the brain, then it starts growing very fast on its own. So if one gets cancer in the finger then the finger will grow big, if it happens in the nose the nose will grow big, if it happens in an ear, the ear will grow big. So, that particular thing grows and suppresses the other cells and that is how the disease of Cancer works out.

Now, when the Kundalini is awakened, in this manner it goes on adding, like from the centre of a bead you pass the thread, like that it joins. As soon as it joins, the weary centre, that is sick and weak, and in which there is a lack of energy, it starts getting energy. With the same energy, your Cancer gets cured. It is a very simple, skilled way by which this disease gets cured and in such people whose Kundalini is awakened, many diseases can be cured in the same manner because sickness comes due to the defects in these centres only, but when these centres become alright and these centres get the energy then the person is cured of the disease and he also becomes very strong.

I am not going to tell you about all the centres today, but I will just say that you can read all this in the book and understand with precision, and when you will come to the meditation centre, then you will know what is what!

When your Kundalini pierces the fontanelle bone area, the place you see in the middle is called the Limbic area in medical terminology. This Limbic area is called Sahastrar but at the time when Kundalini passes through the Agnya chakra, by the awakening of the Agnya chakra, on one side there is ego and on the other side it is the superego, both these institutions are sucked inside. Due to this, there is a space created in the middle, through which the Kundalini comes out from that place. That is why you felt the cool breeze coming out of your head yesterday. You felt it with your own hands. That is how you get your self-realization.

The spirit is in your heart. Spirit is in your heart but this one here (Shri Mataji is showing on top of her head) is the Heart Chakra. This is the Heart Center and in our head also, like we have seven centres, in the same manner, we have seats of these seven centres here.

At the time when the Kundalini pierces the fontanelle bone area, then its light goes in the heart and the spirit gets connected to our attention, and the impact of Kundalini on our attention is such that we find our attention is illuminated by it. Like this is my sari, it's like the attention all spread out. Now when the kundalini goes up like this (Shri Mataji pushes her finger upwards from under her sari) the attention starts going up towards the inside. Move inward, and after coming here when this Kundalini pierces through, then the splendour of this Kundalini, its power goes in the attention, and then your attention becomes enlightened. This is a very simple spontaneous thing, but to get into this we require people who are deserving.

I think that those who are Sahaja Yogis, those who after coming to Sahaja yoga, have completely understood what is Kundalini, they have reached a state that in collective consciousness they can understand what are the problems in you and how they can be corrected. They can awaken your Kundalini spontaneously. Not only that, but they can also cure your diseases.

Just yesterday you saw that Mr. Patel was standing here. He had never even seen me before. He was suffering from paralysis. Doctors have said he can never get cured. He was given injections daily and so much was happening, but afterwards, he got completely cured. Today also one gentleman came. He also got alright immediately. In this way, some people get cured immediately, some people take a little more time, but at least all your physical illnesses get cured.

If you go to a guru or you go to someone else and even if your health doesn't remain alright, then as a mother I will say, 'Son! Why believe in such a guru who can not even keep your health alright? What is the use of keeping such a guru? At Least your health should remain alright. If even that cannot be alright, what is the need of such gurus? Then (after self-realization) you yourself become your guru because your spirit gives you the light and you can know by these vibrations what you are doing, what are the defects in you, and what's wrong with you!

Like today only one gentleman was telling me, "Mother my Agnya chakra is catching too much! Please cure it!" It means, 'I have got an ego.' Normally, If you tell someone you have got ego he will hit you! Will anyone hear such a thing? But here he himself comes and tells, "Mother my Agnya is catching. Please clear it out. It's hurting a lot. I am having a headache". Thus, you yourself know which of your centres are catching. And if you know which centres are catching and how they can be put right, then you will, of course, get alright but also you can know about the centres of other people.

I must have given around three to four thousand lectures on Kundalini in the Hindi language itself and this knowledge is very profound, vast, and deep. It's difficult to explain everything in one day.

Yesterday, you all asked very good questions and I have replied to most of them. I would like you to again ask some questions today and it will be better if I will reply to them, instead of telling you more about Kundalini in detail.

This Kundalini is our pure desire. Rest all our other desires are not pure. Like today we feel we should have a house. Once we get the house, we think we should have a car, after that we want to have something else. You know that in Economics it is said that "in general wants are not satiable" meaning that human beings can not achieve complete satisfaction by any desire. This means that there must be a desire by which human beings can achieve satisfaction. This Kundalini is the same, which is the pure desire within us, and when this pure desire awakens, then we see all other desires in witness state.

Sahaja Yoga has many benefits. It gives physical, mental, intellectual, and the biggest of all spiritual progress. The biggest advantage I will say is, that you live in the ocean of joy and you start looking at everything in the witness state. Like you are in the water, (Shri Mataji is taking her hand up, down, and again up like a wave) one thought comes and goes, second thought comes and then goes away. You are dancing on top of it. In between the two, there is a gap called 'Vilamba'. Kundalini expands that gap and minimizes the thoughts, so firstly you get into thoughtless awareness, and then if you are getting afraid of that water and

getting afraid of its waves, you get out from that water and sit in the boat. Sitting in the boat you can see what is happening. Sitting in the boat you can understand what is happening. When you are watching, then you don't suffer. Suppose you are a swimmer. You have learned to swim. If you have learned to swim, you can jump in the water and you can also save those people who are drowning in water.

Or like today's modern car, I will give you an example of that. Like there is a car. In the car, there are two things. One is a brake, another is an accelerator. Similarly, our left side is the brake and our right side is an accelerator. When we learn driving for the first time we balance it, how to balance the left and right side, that means how to control the accelerator and the brake, in this way. If we leave one thing, like if we just use the brakes the car will stop, and if we just use the accelerator then don't know where the car will go and hit. So, when we learn to use both of them simultaneously, then people say, 'Yes, now you know how to drive!' After learning to drive you become sharp, you become expert and intelligent, and then you drive automatically. Your hands move simultaneously. Now one doesn't have to be told to put the brakes or do this. You are on your own. But even after that, the master of the car is sitting behind who tells you to drive this way, that way. But later on, you become the master. When you fully provide impetus to all three, your inner driver, your inner brake, your inner accelerator, then you become your master.

So, when your left channel is cleared, then all the bad habits from which you want to get rid, drop out, and flee because now you have become ('samarth' Sam+ arth) capable. Your (arth) meaning becomes complete and in that capability, you become so brave in totality, that without your saying anything those habits depart!

Second thing is that when your Left Channel gets alright, then you get proper emotional balance. You understand where you are going astray, or that you are going somewhere too much or less somewhere. So, due to this balance human beings come to that state, and these centres that I showed you just now, start opening out fully. This system works gradually in some people. While in some people, it works very strongly. In some, it works so strongly. I have seen people practising Sahaja Yoga for two or more years and they do not get so much benefit. And there are some who have come yesterday and today they are settled down! So, there are such types of people also.

So, I would say it is (unclear) and also it is inner desire, inner desire to achieve it is very strong. The one who has a very strong pure desire, there it works very fast. Whatever may be your age, whatever may be your caste, whatever may be your religion, whatever may be your colour, whatever country you may belong to, it doesn't matter at all! Every person has a Kundalini within but it's awakening and getting momentum depends on his quality, his humanity, means how is his health? How is his mental condition? How is his spiritual state? Kundalini awakening is done keeping in mind all these things.

And the greatest thing is that when you take to Sahaja Yoga your age reduces up to ten years at least. Your face is radiant. A shine, a glow comes to the face. In temperament, one achieves more compassion, love and inner joy gets established. People enjoy the bliss of their own virtues.

Earlier if there was an honest person. He would say, 'I am a fool. I am so honest, that is why I am suffering.' Now he says, "No! I am honest! That's why I am happy. It will be so good if others also become like that". His life cycle, his vision, and his attitude towards life totally change and his priorities also change totally. And he becomes a very different kind of person. The greatest advantage in this is that you get connected with the all-pervading power of God's love which takes care of all your development and blesses you fully and you start getting the experiences of that right away.

You yourself are amazed how everything is working out! How all the work gets done! And you feel I, Me? How did I achieve this? You got it because you are a realized soul. You got it because God Almighty has given you a seat in his kingdom. That kingdom is the most efficient, not like the government organizations here, but most efficient! Not only that, he is very loving and he looks at all your activities and keeps you very affectionately. He manages you in such a manner that you are amazed from where so much majesty and so much power has come in you. It's inherent within you, it's within you. You should achieve it, that's what I want to tell you.

And for that, you don't have to pay me anything. It's your own power. If one lamp enlightens another lamp. What's the favour in



this? Then this lamp should also enlighten another lamp. This is his job and for that, he too is also greatly blessed.

Today it's my last day in Hyderabad and like you have come here today in large numbers, in the same way, I want, you all must come in a large number to our meditation centres. Our centres are very simple and modest because we don't take money from anyone and we live with great simplicity. There is no need to have a huge building. Come there and achieve the Absolute and make your life happy and make your's and other's life blissful. Without this occurrence, the world cannot change.

The people in this world look very fine from the outside, but inside they have very obnoxious ideas and selfishness, and they are not even able to understand that we are all created by one God and we are all part and parcel of one God. When this (self-realization) works out, then we clearly see that there is not the 'other' and everything totally transforms.

We should also think about our children and we should think about this whole world, and this is the great heritage of our (Bharatvarsh) India and by this heritage, we can nourish the whole world. So, there is a big responsibility on us to achieve it.

Those who have not heard the 'G' of Ganpati, those who have not even understood Jesus Christ, those who have not understood Mohammad Saheb, when such people have achieved great heights, then you all who know so much about this, what words of praise can be said about you! You are great people who are born in this Yoga Bhoomi and you can flourish this Yoga. For thousands of years, saints have sung the glory of this yoga. Yoga doesn't mean standing on your head!

\*\*\*\*\* Transcript ends here\*\*\*\*\*

I have answered yesterday's questions. Please ask if there are any news questions! For sometime, I will reply and after that practical Self-realization will take place, like it happened yesterday.

Till the age of sixty-two to sixty-three, I never required spectacles. More powerful than this, they throw such more powerful lights on me, because you all know that by putting three cameras around me they are making my tapes. I said, 'Why are you making my tapes?' They said, 'Mother the world will watch you.' So, by putting such big lights on me they have affected my eyes.

And this is nothing. They throw ten times more powerful lights than this on my face. Now, what should I tell them? How much should I explain? All the time, twenty-four hours, till I am sitting here, these lights will remain on me. If I am sitting here for twenty-four hours then twenty-four hours the lights will be on me. That is why I have definitely got a little problem in my eyes. Though I can see clearly, at the time of reading I feel a little bit of a problem. So It's not a very big defect! Somebody said Why did you do that?

Then one gentleman asked me another question! Why did you come in a car? You should have come on foot. Why? Why should I come on foot? I did not understand. What is this compulsion that I should come on foot? I go to England, I go to America. Should I go on foot? Such people who ask such strange things, such small petty things are not worthy of Sahaja Yoga. Very small and very superficial!

Like one gentleman said, 'You were sitting and there were flowers around you.' These people have put them. What is the harm if I am fond of flowers? What is the problem with that? I don't understand! In this world when somebody talks about God Almighty, then people think that he should hang like this from a wooden stick all his life. It doesn't happen like that. Any man who thinks like that doesn't have a clue about God. God goes on fulfilling everything, everything, which means there is never any scarcity of anything. Then how can you go on standing with the support of a stick? He won't let you stand!

And people doing this kind of small talk can not come to Sahaja Yoga. For that, we need profound people like it is said by Tukarama in the Marathi language (unclear). We need genuine people for this. If people are fake, artificial, and useless, Sahaja Yoga is not for such people. There is no use of such people giving their time here. Our time will be wasted and their time too. Sahaja Yoga is for those who can achieve it. Tukarama also said that (unclear) mad person and (unclear) Sahaja yoga is not for such people. Sahaja Yoga is for special people. It's not that every person will get realization in Sahaja Yoga. It's not necessary

that every sick person will get cured.

Somebody even said, 'We challenge you if you can cure us.' 'What challenge? I am not taking a single pie from you. I am not taking anything. What is this challenge for? There are many people like that. Sahaja Yoga is not for such people also.

Those who want, they should humbly ask for it. They will get it. You must know that God will not fall at your feet and say get your realization. Therefore, one must have humility. If a person is not humble, his Kundalini will never rise. If there is ego, then Ganesh Ji will keep holding the Kundalini down. This person is egoistical, his Kundalini should not rise. Ganesh Ji will not let it come up. He is residing in the Mooladhara Chakra. He won't let it come up. So, you must understand that whatever question you ask, should not be silly, but should be a wise one.

Sahaja yogi: What is Transcendental Meditation (TM)? What is (unclear)?

Shri Mataji: Oh God! This is a nice question! Transcendental Meditation All right. I don't mind. Now, this transcendental meditation is also a joke. About that, I will tell you how I got information about it. There was a gentleman. He was running a very big project of Transcendental Meditation in Scotland which was named '(unclear) of Life'. That gentleman came to see me with his wife. He himself was a diamond merchant once upon a time, when he visited me he was bankrupt. His wife, who was a granddaughter of a Duke, was also bankrupt. His daughter and his deputy there, Deputy director, all of them big names. So, all these four people were suffering from epilepsy and they used to fall on the road!

I was amazed to hear what they told me, whether these people have any brains or not! They told me that initially when they went for Transcendental Meditation, they had to pass through seven rooms where a Guruji of four feet six inches was sitting. They were told that we will now give you a mantra, but each person has a different mantra and you have to carry some fruits and a handkerchief. Then they said we will say the mantra in your ear and don't tell it to anyone. If you tell this mantra to anyone you will be completely ruined.

Poor foreigners! They don't know these things! They thought what a great saint had come. So, three hundred pounds were taken beforehand from them outside itself! Three hundred pounds means in today's times it is 300 x 30, in those days it was 300 x 21. Allright. So that many pounds were taken beforehand!

What mantras did they give! They used to give three mantras to foreigners. One was Inga, another was Pinga and one was Tinga. (Laughter in the audience) Guru Ji Maharaj used to give three mantras after taking 300 pounds and told them not to disclose them to anyone, because if Indians hear they would laugh, as you are all laughing at them. (Shri Mataji is laughing) Do you know that Inga is the sting behind the scorpion? When a person gets possessed by an evil spirit and he moves round and round it's called Pinga and Thinga is when one shows his thumb up like this. So, they used to give these three mantras Inga, Pinga and Thinga. Now tell me, what kind of transcendental meditation is this? Only big names!

As these four said we are not getting any benefit from these (mantras), they informed those people. They said, 'No problem! We will give you Siddha Yoga.' What is to be done in Siddha Yoga? They entrapped these poor people, took all their money, did everything, and told them to buy a place in Scotland. There was a big lake called Rannoch, where he bought a huge house and now he was there, his wife was there, the child and also this deputy director were there.

His name is Peter Pierre. This gentleman is now writing a book about it. After that, when they went there, they were told earlier that you do Siddha Yoga. Now what to do in Siddha Yoga? They asked for six thousand pounds from these four people! Six thousand pounds! And for eight days they have to go and live in Switzerland. It's an absolutely true story! These four said, Alight! They went to Switzerland. In Switzerland, out of eight days the first six days they were told to drink the water which also has soil left after boiling the potatoes, because they said you all have to become thin, become light. And on the seventh day, you have to eat the potato peel.

I think the way those British befooled us, more than that they fooled those four people! We all used to laugh so much! We kept

their names 'giggly gurus'! One can't understand how these four people were continuously befooled!

So, on the seventh day, they had to eat the skin of the potatoes and on the eighth day, they had to eat those potatoes. No salt, no pepper, nothing! And after that, they told these four to do 'Siddha Yoga'. So, in Siddha Yoga, they put a big foam mattress there and told them, 'Now you jump on this! You will fly in the air!' The lower body of all these was broken! They had to suffer so much.

Today so many court cases are going on against them (people teaching transcendental meditation) in America. Now they have reached here to befool you. They must have made a lot of money there. People, there are so gentle, so gentle that they have sold their houses, removed their children from school and they have come on the streets.

Now, these four people were in such bad condition! In those days my husband was travelling a lot. So I told them, 'You all come and stay in my house. I will cure you because it's not easy to cure you.' So, I kept them in my house. I treated all four by keeping them at home. Then finally they became alright.

The doctor they had visited earlier, also came to see me and enquired, 'How did you cure them? I had also gone for transcendental meditation and even my mind is not alright!'

So, they put 'baadhaas' or evil spirits don't know what, inside people, that the person gets affected by a disease like Epilepsy, he gets affected by a disease like Cancer, but they are so simple and innocent, and they were told that, 'It's necessary for you to suffer. You have to go through this torture.' If someone says that, 'I am very sick. I am in great pain. I have got cancer. I have trouble in my heart.' Then they say 'You have to tolerate this. If you don't bear this, how will you achieve God? Now, these poor people are dying like that! Don't know how many people they have completely ruined like this!

How many people I myself have seen, when they come before me they tremble vigorously. Now, what is that? Totally recluse, what we call as totally different from this world. If you show them garlic they will cover their faces. They are afraid of garlic. Show them a lemon. They are afraid of lemon. Just tell me why one should be afraid of garlic? Garlic is something one should be afraid of, the garlic you know is nectar. And lemon, lemon is (unclear). They are so afraid of my photo that I can't describe it.

After that these poor four people got cured. They brought many people. Many came to see me. There was one lady barrister, her sister had gone completely mad. This barrister lady got so upset that I can't describe. She also started getting fits and had all sorts of problems. She vomited blood. She was suffering from all kinds of diseases, that you all will be surprised if I tell you.

What transcendental meditation they will teach, they don't even know a single word of Sanskrit language! They hire people! They bring Brahmins, these Brahmins are poor, so they hire Brahmins and bring them from Banaras, instruct them and they teach in the Sanskrit language. Do they (false guru) even know the Sanskrit language?

Every time they introduce something new! Now they have started something Ayurveda! For Ayurveda why do we need these gurus? Anybody can practice Ayurveda! Now they are after Ayurveda because they don't have the capability to awaken the Kundalini.

It's surprising that people from Delhi, they told us their names also, big people, secretaries used to go to Switzerland. They used to make money from Delhi people to take them to Switzerland and there was a poor lady who got pregnant at the age of seventeen by this man. She got an abortion done and told everything in newspapers before meeting me, because I did not want all this to get published.

What meditation can such people teach, who have no morality? If they have any courage, they should come and face me! I will explain them.

In 1970 I had spoken, starting with Rajneesh I had told names of sixteen other evil spirits, but none of them dared to say anything against me. Once Rajneesh did try that's all, because the Truth has nothing to fear. This all has been seen by me. So, don't send

your children to their schools, they are all built by their sinful earnings and this sin will come to your children as well.

I am telling you clearly. This money has been earned by robbing people. This money has been brought by ruining their homes. There are so many curses on them. Such cursed people, if they run schools and colleges, there is no need to completely ruin our children. If you have any relation with such people, then I want to tell you clearly, if you want to keep relations with such people then I may be excused (I can't help you). If you have to come to Sahaja Yoga then throw these people away. Not only these, but all kinds of people are also here. There is no end to it. There is nothing like transcendental meditation. It's all bogus! Again and again, they made theories about it and did other things.

We had one doctor. His name was (unclear) Rustom (unclear) He is a very qualified doctor. He has done something in psychiatry, he has done medical, first-class first student. He is a Sahaja Yogi. One day he went into a Dhyaan (samuh?) meeting. He went with seven to eight other doctors. So, those people started explaining that it happens so, when we saw the waves of their brain we found they are Theta waves. Now any medical doctor can understand. So, he said that these waves come in epilepsy. So they said, 'Oh! Why not join us for dinner tonight!' He said, 'I don't want to have any food. The information is absolutely correct that Theta waves come, so are you giving epilepsy to people?' Now, those who do not know medical science will feel very great, 'Wow we are getting Theta waves inside us.' All these businesses are to befool people!

And I am telling you very clearly, that give up such transcendental meditation and run away from it. They are absolutely useless people. I am not afraid to tell you this. Whatever is correct, I have to tell you. I am your mother. Whatever is wrong I have to tell you. Yes, whatever is right is right. Whatever is wrong is wrong.

(Shri Mataji is reading) We have got a question here- When the Kundalini shakti arises, it must pass only through Sushumna Nadi, or it can pass through Ida and Pingala? What happens if it passes through Ida and Pingala?

Answer- It does no! It only passes through Sushumna Nadi, but when somebody who has no authority, tries to raise your Kundalini, a person of a bad character, somebody who has no authority, he has to be divine, try to raise your Kundalini, then Shri Ganesha who is sitting on Mooladhara Chakra emits tremendous anger, because of that both Ida and Pingala Nadis get extremely heated up. Sometimes, people get complete blisters from here to here. So, if you go to people who have no authority to raise your Kundalini, they can create a lot of trouble for you because of Shri Ganesha, but Kundalini is your mother. When she rises, she never troubles you, only a little bit of heat you might feel because of your liver or something. But it rises absolutely in the most dignified, majestic way and it doesn't trouble you. She is your individual mother. Everybody has an individual mother and she has recorded everything about you and she passes absolutely without troubling you.

(Shri Mataji reading another question) Now, these are useless questions- When there is no difference between Patanjali Yoga and Sahaja Yoga, Why a special name given by Her Holiness to Yoga?

(Shri Mataji is answering)- Patanjali yoga was done, performed at a time, thousands of years back and there were people who were not suited. Everybody was not suited for realization. So, first 'yam niyam' were taught (unclear) then Ashtanga yoga was taught, then all other 'Pratyahara' and all as you know, there are 'Ashtangas'. So, they taught one by one. One or two persons who they thought to be alright, they would accept them for realization.

For example at the time of King Janaka, he was a 'Videhi' as you know. There was one Nachiketa who was surprised that all the saints are going to him, while he wore all the ornaments and lived like a king. So, his guru asked him to go to King Janaka and request for self-realization. He went to King Janaka and said, 'Sir, would you like to give me self-realization?' He said, 'You ask me for all my kingdom, I will give you but not this.' But Nachiketa said, 'Anything you want to do, I am ready to do, but please give me self-realization.'

First, he could not understand that this king, how could he be the person in charge of giving realization. And you know the story, how he showed his detachment to everything. That's why we call him 'Videhi', but Nachiketa is the only person in that era who got his realization. Of course, Shri Rama and all other people were of course incarnations, and they didn't need it, but they were

also told the shastra of Kundalini. So, one has to know that getting self-realization was not easy.

As I told you yesterday, on the life tree there were many flowers you can say, but very few could become fruits, but today there are so many who are capable. Now, you are sitting here and you might be thinking what have we done? You have done in your last life. You have asked for it. You wanted to have your self-realization and that's why you are going to get it. You are all going to get your self-realization because also the time has come to mature and the maturity has come now as in 'Nadi Granth' it is described that in Kaliyuga this will happen, and this is the year 1990, it's going to work out much more if it starts in 1970 and we did start Sahaja Yoga in 1970. So, we have proof about it.

That's why Sahaja Yoga has given up all that is 'Ashtanga'. We have taken only the part called 'samadhi'. First the (Nirvichara Samadhi) Thoughtless Awareness, then the (Nirvikalpa Samadhi) Doubtless Awareness. That's why it is Sahaja Yoga and if that name is given to it, it's not a criminal offence, is it?

(Shri Mataji reading out the next Question) Now, here they are asking a sensible question! Now, what about the diet?

(Shri Mataji answering the question) Now, the diet you have to take according to your troubles. Suppose you have left-sided trouble, then for you, the carbohydrates are not so good. Then you have to take proteins in whatever form you can. You should not eat any animal that is bigger than you, but if you eat any animal which is smaller than you then that animal also gets evolutionary help. There is no harm in that, but it is not compulsory. You can eat any protein for that you should seek any protein that you want to. It is completely scientific. It has nothing to do with any funny ideas of vegetarianism or non-vegetarianism.

Vegetarian people, you have seen, are they very nice people? They are very money-oriented, extremely money-oriented! So, we have to understand that this diet is meant for whatever is good for us. Vegetarianism is good for right-sided people. It helps them. So far, anyone who wants to diet in Sahaja Yoga, we are not so particular also, but if you have any problem, say liver problem, terrible liver problem on the right side, then we prescribe carbohydrates, sugar and things like that and people have been cured. So, you have to come to a balance. There is no restriction on anything whatsoever. You yourself know what to do. We don't even restrict alcohol, but you just don't take it. Finished! Because it goes against your awareness. You lose your vibrations. I don't even say don't smoke, I don't even say, but you just give up yourself. I don't say anything, because if I say so half of you can go away, but it acts automatically. You yourself know how to control yourself. I don't have to say anything. You become your own master and look after yourself.

Out of so many whom I have given realization, there was only one person I met in Poona. He said, 'I cannot give up drinking.' I said, alright! I asked him to sit before me. I cleared his left side. He has given up that also.

(Shri Mataji reading the next question -Haha! (after drinking water she continues) Now listen here! Very good question! Is it true that when a person can get Kundalini awakening he behaves like a mad person in this world? Yesterday a mad officer was presented as an example for that. By doing so social instability comes, isn't it? Forgive for the grammatical mistakes. Whoever has written!

A person's voice- I have got paralysis for four years. Now I can't write. Can't ask questions!

Shri Mataji- It's alright! There is no need. We will cure your paralysis. The main thing is that your paralysis gets cured! Alright! So the question that you have asked, that a person becomes mad. It never happens so! Just the opposite, he becomes more alert, smarter, and very intelligent. Those children who never took to studies in school, for whom teachers said they will be removed from school, passed with first-class!

So what you are saying is totally the opposite. Somebody must have done something wrong as I told you that it's like Ganesha Ji's impact, then what can I do about it? But nothing like that ever happens! How can that happen? Are you people going to become mad? Do you have to become great human beings or mad? Has the kundalini been created by God to make you mad, to go to a mental asylum? This all can be understood by logic also! By logic also you can understand that we have to get to a higher

state of humanity!

Once a gentleman who was sitting with both his feet towards me told me, because people asked him why he had put his feet like that. He said that 'my Kundalini is awakened and if I keep my both legs folded I will start jumping like a frog.' So will you become frogs now? (Sounds of laughter from the audience and Shri Mataji is also laughing). There is so much madness of this kind. So nothing like that occurs and social instability can never come because of this.

(Shri Mataji reading another question) Now, the question you have asked, what is the aim of our life? I have already told you that it is to become the Spirit and presently keep this your aim and there is no need to think about life beyond death. A Sahaja Yogi does not die easily. He lives long and you should live now in the present. You need not think about the future. At this moment, today you are sitting here at present, then why are you thinking about death? (Sounds of laughter from the audience and Shri Mataji is also smiling)

(Shri Mataji reading a new question) If God is one then why there are so many Gods like Ganesha, Shiva and Parvati, Lakshmi. Whom to worship?

(Shri Mataji's answer) Now, this is a very good question! God is one, no doubt! Sadashiva is one God and his power is Adishakti, but he has aspects. Like now it's you. You are doing a job so you are an officer also. You come home, you are somebody's husband too. You are somebody's son and also you are somebody's father. Similarly, God has different aspects and we accept those aspects, those symbols as different. And those symbols are made within us. Now all these different deities which are made, they came at the different times of evolution on this earth and they created this whole cosmic being and all these deities are seated inside this cosmic being, and they do everything, like for heart we have Shiva and for liver we have Brahmadev. In this way, all the aspects of God have been taken.

Now, if I say I am one, but I have got two hands, two legs, one nose, and ears. I smell with my nose and hear from my ears. If I say I am one, I am not a rock of Gibraltar! (Sounds of laughter, Shri Mataji is smiling) It's not one big heap of soil. It has got aspects. So, these aspects are known by the name of many Gods and Goddesses and they are all inside us.

(Shri Mataji reading another question now and looking happy) This is very good! Mother, can we have self-realization? It's a very good question!

(Shri Mataji is answering a question) You have asked about bad habits! I have already said that all the bad habits just drop automatically.

(Another question being read by Shri Mataji ) Yes, this one is a good question! Will Guru take care of the devotee? Can the devotee communicate through Mataji, mother, and get guidance?

(Shri Mataji's answer) All the time! All the time! Very simple! The more profound you become, the stronger the communication will be!

We have one Sahaja Yogi called Alok Shukla. He is a very big man, in charge of all the Taj hotels. His mother was very sick. She was suffering from cancer. He was a great Sahaj Yogi and he went to take his mother. The doctor told him that his mother will die within eight days. Her condition was very critical. This was a very serious type of cancer. So, he sat down before my photo and prayed and he said, 'Mother you do whatever you think is right!' After that, her mother started recovering and he brought her to Bombay. When he took her to the hospital in Bombay, they told him that his mother has no Cancer, She is a negative case! So it's a matter of faith! But this is not blind faith! The faith that comes after the experience is the real faith. The faith without any experience is blind faith, but with experiences when the faith goes on establishing inside us, it is the real faith and rest is blind faith. This blind faith is of no use in Sahaja Yoga. The faith that comes with experience goes on creating a depth. Many people acquire that depth and they should!

It's done now!

One more question has come! (Shri Mataji is reading) If you are, what did you say? Bhakta? practices Rajyoga! Now, I will tell you. Please be seated. Rajayoga. Rajyoga is, when the Kundalini rises, listen! then what happens is that the whole machinery goes into action. If you start the car, the machinery automatically goes into action and you don't feel it. Like when you eat your food, the machinery starts acting, in the same way. And then you stop the Kundalini from coming down (unclear) One chakra she crosses it close down, another chakra she crosses it close down and here also when you come to the Vishuddhi Chakra the tongue is pulled up when the Kundalini goes up. It's called Khechari. This also happens, but it happens automatically.

So, in Rajyoga they do it artificially. Now suppose, we have to start our car. Without starting the car, if you start moving the wheel or the tyre, will the car move? No! So when the Kundalini rises it automatically comes up. You don't have to do the Rajyoga. Rajyoga is a system that works out (unclear) Understand this point? But some people do it out of their heart absolutely, not mechanically sometimes, that helps but still, Shri Krishna himself will be there to say, 'First recognize Sahaja Yoga. First, recognize Mother, otherwise, I will not allow you to get this.' He himself says so. Your ancestral goddess, the deities you worship stand in between.

Today it happened. There was a fellow who came (unclear). I said Shiva is standing in between. You ask Shiva. When he asked Shiva about me, he got his realization (unclear). Alright! So, what do we need? Our benevolence. I am the mother. I will say be selfish (swartha) means knowing the meaning of the self! means what? So be selfish! If it is not benevolent, what is the use of doing anything? Alright?

So, now let us have the session. What is he saying? Okay, now one minute, one minute! Pranayama is also the same stuff. There is no need to do it, everybody is doing Pranayama. There is no need to do Pranayam or anything. Stop it now! We know people who do Pranayam. How they end their lives! You must see those people. Moreover, those people who do Pranayama become extremely dry people. Because of breathing too much, dryness comes. I know of a person who did Pranayama and got Cancer of the Peritoneum. The reason is the dryness inside, but that was an extreme case.

But at least one thing happens, such a person becomes extremely dry who does Pranayama, Hatha Yoga. Oh my God! They are so terrible, that if you have to go near them, you have to go with a barge pole. Anytime, they will jump on you. Mostly they have livers, mostly, because they do not know what love is. In Pranayama there is no love. No talk of love, no talk of compassion. Imagine just pure Pranayama morning till evening. I mean, even a frog does that. What is so great?

So, you should not separate. It's all in one. Where we have to do Pranayama, we have to do Pranayama. Where we have to do this work, you have to do it, but only where you really have to do it. Unnecessarily, everybody is doing Pranayama. Like everybody jogging in America. Whether you are slim, fat, or anything, they will be jogging like mad. At 5 o'clock, they start jogging and end up with a heart attack.

Alright? So, let us have self- realization! That's the best and then you talk about all these things.

In Hatha Yoga, some gurus can get you good health but your mind is not good. We have Hatha Yogis, you know we had this (Brahmachari) celibate fellow. What all things he did. Imagine, he was a Hatha Yogi. He was making guns and things! I mean imagine, a yogi making guns and things like that! Is this the way a yogi should be? We don't expect a yogi to be going about with a gun and shooting people. So, what is this? Supposed to be a great yogi fellow. Such a horrible, hot fellow! I tell you I saw him once on television and I said better close it down. A hopeless, hopeless case, absolutely! And he can never (unclear) because they become very obstinate also. Very hot-tempered, they curse people. Very hot-tempered, extremely hot-tempered! And there is no love, no sweetness, and there is no beauty in them. So, what's the use of doing such horrible Hatha Yoga?

Yes Hatha yoga, 'ha' is the right, 'tha' is the left. 'Ha' is the sun, 'tha' is the moon. It takes them to the sun, not this left. The left side is missing completely with these people. And then they end up with (unclear). You just try! Go to a Hatha Yogi and you will

know what it is. But go with a barge pole! Alright! Otherwise, he might get after you. (Shri Mataji is laughing) Alright! And a yogi who is one with the divine, such a person has to be very sweet, very kind, extremely gentle, (Sandra karuna) ocean of compassion. When I saw all of you sitting here, I said so many seekers, and my eyes started pouring tears, It's a joy, it's a feeling that so many seekers have come. I couldn't control within myself that joy and also that feeling that Sandrakaruna! I said, look at that! Hyderabad has so many! I never expected so many people. They are also gratified.

May God bless you all! Let us have our realization all of you! Alright?

So, forgive yourself! Whatever you have done, finished! You are all seekers and you are going to be awarded for your seeking. Whatever mistake you have done, alright you have done it in your seeking only. So, doesn't matter! Forget it! You will all get your self-realization. Let us work it out. If you don't get it today, don't feel disappointed. You can come to the centre. All of you who get it or don't get it should come and master this art and must become a great tree of knowledge.

Next year when I come I should see all of you (unclear) Alright!

They are going to conduct a seven days programme after this follow-on, which I would request all of you should go, whether you get it or not. All of you should go and master it. In seven days you will master it and I know you can because you all people seem to have that.

(Shri Mataji is reading a notice handed over to her by a Sahaja Yogi) "Here an eight-week follow-up course on Sahaja Yoga will be conducted for seven days from 10-2-1990 to 18-2-1990, for the benefit of those who have attended the Sahaja Yoga Public Programme on 6th and 7th February 1990. The members of Hyderabad Sahaja Yoga Kendra will address the new members and give more information about Sahaja Yoga."

They will, they will! You can also listen to my tapes. You can listen to my tapes and also they will tell you what is to be done. And the venue is house no. E-O-7601, they will all give you this. (Shri Mataji addressing the Sahaja yogi on her right) I think you give. It's already there. I need not give you. But I am just saying it's very important. Like sprouted seeds, if they are lost, as Christ has said they are finished. Let them grow and they have to grow. Sahaja Yoga is becoming. It's not any kind of exercise, it's becoming within yourself.

Seven p.m.! When you come back from the office you can go. Is seven O'clock alright for all of you? (Someone from the audience says-Yes!) It has to be officially convenient. No inconveniences!

Alright! Put the mike slightly in front. Now, we could have a session for self-realization.

Be pleasantly placed towards yourself. We should not feel guilty about anything. As I told you yesterday, we are human beings. We are not God. So, we are the only ones who can make mistakes. God does not make mistakes. If you are making mistakes, don't feel guilty at all. You are not to feel guilty at all. You have to be pleasantly placed towards yourself. Sit cheerfully, be cheerful! Cheerful, because you have to go to the court of God. So, be in that cheerful state of mind!

You sit at the back. Everyone will not be able to see in front. Alright! Now it's a request, that you all know divine is the ocean of forgiveness and that is why even if you commit any mistakes, this ocean is so powerful that it can dissolve all your mistakes in itself. It can fully destroy them. Therefore, whatever complaints you have towards yourself, put them aside. If you are also upset with others, then say one time that I have forgiven everyone! It's a very important thing. With this only, everything will work out.

First I will show. Keep your eyes open and see how we will touch different centres. Please come forward! Patel Saheb will show you. Come forward! In English? Alright, I will speak in English.

Put your left hand towards me. Left-hand means, as I had told you, is our power of desire and the right hand is our power of action. So, putting your left hand towards me is symbolic that you are desiring to have your self-realization, and the right hand is



the one we are going to place on our centres, nourishing these different centres.

Now, please put your left hand towards me and the right hand on your heart, to begin with. If you have something in your pocket, better put them in, so your hand reaches your heart. It's important!. So, in the heart resides the Spirit. Sit comfortably! Sit comfortably doesn't mean that you bend yourself or sit straight, but sit in a normal state. Sit straight and keep your neck straight.

Now, please put your right hand on the left-hand side, in the upper portion of the abdomen. This is the centre of your mastery.

Now, take down your right hand on the lower portion of your abdomen, on the left-hand side. Press it hard. This is a very important centre. This is the centre of pure knowledge. Pure knowledge means the knowledge that becomes 'Vid' which comes from the word (Vedas) scriptures. It should be known, we get the (bodha) experience in our nerves, by which we can understand the rules and regulations of God's working. These laws are not like written books, but they act through our nervous system. In English, it is 'gnow' is the word and that is why people who were realized souls were called gnostics. So, their knowledge is called Pure knowledge (Shuddha Vidya).

Again you have to raise your hand in the upper portion of your abdomen on the left-hand side, on your guru principle. Press hard.

Now raise your right hand to your heart. This is the seat of the Spirit.

After that place your right hand on the angle between your neck and shoulder and turn your head towards the right. This is the centre that is caught when you feel guilty. When you blame yourself and you have a complex that something is wrong with you. Whenever you feel guilty this centre starts catching and it creates trouble. Extremely troublesome! Gives you diseases like Anzina. So, not to feel guilty is the first solution of Sahaja Yoga.

Now, you take your right hand and put it across your forehead, and press it from both sides. This centre is for asking forgiveness and to forgive others.

Now, keep your hand on the back of your head. Push back your head and raise it towards the sky. This centre is for asking forgiveness from the Divine, but it's only for your satisfaction. You don't have to feel guilty or count your mistakes. Only for your satisfaction, you have to ask for forgiveness.

Now, stretch your right hand fully. Left hand towards me and put the centre of your palm on the fontanelle bone area, which was a soft bone in your childhood, and put your head down. Push back your fingers so that there is pressure and move your hand in such a manner that the scalp moves in a clockwise manner. Seven times you have to do it. And if you can do it properly, it will all work out. Left hand towards me.

Don't move your hand. Some people keep their hands loose. Press it hard. You have to press it hard. Push back your fingers.

Only this much is to be done. Now I have to just say that you will have to close your eyes. Before closing the eyes if you have (unclear) in the neck, in hands, then you must correct it. Close your eyes and remove your spectacles. Till I tell you, please do not open your eyes.

Now, put your left hand towards me and put your right hand on your heart. Now ask these three questions in your heart. You can call me Maa, Mataji, or Mother. A very fundamental question. Ask the question, 'Mother Am I the Spirit?' Three times.

Now, take down your right hand on the upper portion of your abdomen on the left-hand side. Now, if you are the spirit, you are your own master. Now ask another fundamental question three times. 'Shri Mataji, Am I my own Master?'

Now, you must know that I cannot force you. You have to ask this in your complete freedom because the freedom for which you are asking is the ultimate freedom. That is why I respect your freedom. So, you have to ask for your freedom. So, now put your

right hand on the lower portion of your abdomen on the left-hand side. Here you say six times, 'Mother please give me pure knowledge.' Six times because this centre has six petals. This centre has got six sub plexuses. You have to ask, 'Shri Mataji, please give me pure knowledge.' As soon as you say that the Kundalini starts moving upward.

Now, keep your right hand on the upper portion of your abdomen. Kundalini has started rising, but we have to know that the upper centres have to be cleared out with our self-confidence. For that take your hand on the upper portion of your abdomen on the left-hand side. Here you have to say with full confidence ten times, 'Mother, I am my own Master.' So that this centre opens out completely.

We must know that we are not this body, nor these emotions, nor this ego, nor this intelligence, but we are the Spirit. So, we have to accept this fact. Now, please put your right hand on your heart and here with full confidence say twelve times, 'Mother I am the Spirit.'

The divine is the ocean of blessings, an ocean of compassion, peace, and love. It is the ocean of love, the ocean of divine love but above all, it's the ocean of forgiveness. So, we can not do anything that the divine can not forgive.

So, we have to take our right hand in the corner of our neck and shoulder and turn your head to your right. So, here you have to say with full confidence sixteen times, 'Shri Mataji I am not guilty at all.' Say it with full confidence. Please turn your head towards the right. With full confidence, you say again. This centre is catching on very much.

Now, put your right hand across your forehead and bend your head. This is the centre of forgiveness, to forgive others. Whether we forgive or do not forgive, we do nothing. If we don't forgive, we play into the wrong hands. So the best thing is, you forgive everyone without thinking whom to forgive and what to forgive. Say once for all that we forgive everyone. Say it from your heart, not how many times.

Please take your hand and place it on the backside of your head and raise your head. This is the centre for your own satisfaction to ask for forgiveness from the Divine. Here you have to say, 'O Divine, if I have made any mistakes, please forgive me.' Say it from your heart not how many times.

Now, stretch your palm and bring the pressure of the palm on your fontanelle bone area which was a soft bone in your childhood. Press it hard and stretch back your fingers, so there is proper pressure. Now, you move your scalp clockwise seven times. Put the pressure! Stretch back your fingers! Stretch back your fingers!

(Shri Mataji blows in the mike seven times)

Now, please take down your hands. Open your eyes slowly. Put both your hands towards me. Now, look at me in thoughtless awareness.

Now, put your right hand towards me. Bend your hand and see for yourself if there is a cool breeze coming out of your fontanelle bone area. Some get it till far, some get it near. Some get a hot breeze, it doesn't matter. You will get a cool breeze after some time.

Now, put your left hand towards me. Not on the head but you have to keep your hand higher. Now, see from the right hand. You don't have to touch your head. Keep your hand away then only you will feel the cool breeze! Don't keep it near. Please keep it away, away from the head. See if you are getting a cool breeze. Not very far also! Keep your hand in between.

Now, once again put your right hand towards me and see by bending your neck again from your left hand. Alright!

Now, raise both your hands towards the sky. Push back your head and ask a question three times 'Shri Mataji, Is this the divine power of God's love?' Ask this question three times. Is this the cool breeze of God's love?

Now, take down your hands. Please take down your hands.

Those who have felt the cool breeze in the hands or out of the head, please raise both your hands.

Wonderful! The whole of Hyderabad is now full of saints!

My greetings to all the saints!

## 1990-0212, Kundalini sucks in your karmas

View [online](#).

12 February 1990

Kundalini Sucks In Your Karmas

Public Program

Bengaluru (India)

Talk Language: English | Transcript (English) – Draft

At the very outset we have to know that truth is what it is. We cannot organize it, we cannot change it, we cannot order it, we live to accept it as it is. The Truth is that this whole universe is guided, organized by a very subtle power that [UNCLEAR] had to plan it that Param Chaitanya or as they call it as Ruh in Koran or as [UNCLEAR – COOL BREEZE?] in the Bible. In those days of Science, for a modern man is too much to accept that there could be something like a subtle energy which organizes. Logically we can accept up to a point to understand so many things which have no answer in Science but beyond thought, beyond the intellect if we can reach into another great truth about ourselves – that is, if you become the Spirit, if you get your Atmasakshatkar, then, you can feel that subtle energy on your finger-tips, on your hands. Also, as a result of this power, the residual power of the Kundalini, which is like this cord, which rises, pierces through six centers, passes through your fontanel bone area you can also feel the cool breeze coming out of your own head. This is the ultimate goal of our human life. You know the Absolute Truth not relative. What we know, is the relative truth. Unless and until this happening takes place within us, whatever we know is so relative that one person may not agree with another person. In one family there may be disagreement but once you reach to this state of Self-realization, there is no difference at all in understanding it that [UNCLEAR] It is a very ancient science of our country.

In the West, I would say, the civilization grew like a tree but the roots are here in the Orient and these roots are like a knowledge of nourishment for [UNCLEAR] If you allow the [UNCLEAR] to grow without finding out it's roots and the nourishment for it, it's definite, that such a tree will have to get completely destroyed. To understand that what I'm saying is the truth, you have to have little scientific attitude towards it. A scientist has to have an open mind to see for himself, that whatever I'm saying, if it is true, then one has to accept it. First this is like a hypothesis and if this hypothesis can be proved then, as honest people you have to accept because this is for the benevolence of every individual, of every society, of every country and the whole of the human emancipation because when this happening takes place, the transformation of the personality – complete transformation. It's very amazing because so fantastic that people cannot believe it that one can be transformed but what is it? Like a, if you take a [UNCLEAR] clean [UNCLEAR] that it's just a box but if you put that connected to the mains, then you find, it's fantastic. In the same way, a human-being is a tremendous powerful personality within himself and the power is that of love and compassion. You have never used the power of love – you have only used the power of hatred, so far. Once the person gets transformed, he becomes dynamic, very dynamic, relaxed, becomes like a witness of the whole play and all that is described about saints, you can see all that working out within you. And this man analyzes and by not understanding it through mental capacity, inhibit [UNCLEAR] up the idea of God Almighty and His powers – that's not true.

Just for a short time at least the [UNCLEAR – GLANCE?] have come but whatever is done, has to accept it and unless and until you find internal [UNCLEAR] we are not going to be satisfied, we are not going to be happy. I don't know what Mr. Murthy has told you about but the first thing that happens when this kundalini rises, is that you get [UNCLEAR] your sicknesses are cured because all the sickness, mental or physical, comes from the disturbances in the chakra in the centers, in the subtle centers which are partly in our spinal cord and partly in our brain. If these centers can be put right and could be nourished by the awakening of the Kundalini, then, you feel the well-being of your health, also your mental capacity. I can tell you many things that can happen. We have known many children who were supposed to be very dull in their classes, they stood first class first, they got scholarships, they're doing very well. On the mental side there have been many people who suffered from mental extremes and diseases of [UNCLEAR] also manifest in the being schizophrenia – they have been cured. There's a doctor in Delhi, who has got now his MD, where he has shown that epilepsy can be cured through sahaja yog. There are three doctors who have got MD and surprisingly when we went to Russia, they saw all our papers and amazingly, immediately they accepted sahaja yoga as an

independent organization. This is the only organization which is independent in Russia and they say, they had no conditioning of any kind.

In our country we have conditionings of man made religions. Most of these religions have nothing to do with the people who created [UNCLEAR], they have nothing to do with the Incarnations, nothing to do with the prophets and nothing to do with the saints. On the contrary all the saints, Incarnations have [UNCLEAR] tortured by the same people who say that they are in charge of the religion. I have seen in the West, that the religions are naturally we came to atheism, we start telling the [UNCLEAR] there's no God. The religion is within ourselves. The religion is our valency. Like in the matter there are [UNCLEAR] up to eight valencies. In the human-beings there are ten valencies and once these ten valencies get disturbed, you fall into trouble and you start deteriorating in your health and also in moral values. So, to re-establish yourself, you have to have this last job of breakthrough in your evolution from human awareness to this of, what we call as, the collective consciousness which is just felt on your finger-tips. In the evolution [UNCLEAR] all about.

In any case, I'll be very happy if you can ask Me some questions today, so I could know what are the problems that are affecting your mind, for sometime and then we'll have the Self-realization after that. First thing, you should not be diffident; Everybody is capable of having Self-realization. Everyone can get Self-realization, so nobody should feel anyway diffident about it. If you want, you can ask Me some questions now. I want to give some time for that. If you people can come forward, it would be better because it is such a big hall. You just please – if you can come forward, would be better. [ASIDE – Chashma de do, chashma] Shri Mataji, I would like to know how to awaken the Kundalini? That's very simple. That I will do, that I will manage – it's spontaneous.

It's like sprouting of the seed which is a living process – it's a living process. Through a living process we have become human-beings from amoeba stage and to go higher is also a living process. It just acts spontaneously. First, I'll awaken your Kundalini – just not much to be done and then you can awaken the Kundalini of others. It's very simple. Very good question. Mataji, the Veda is the result of the deep meditation of our ancient sages in the Ritambhara PrAgnya and Your sahaja yog samadhi also deals with this and what is Your experience parallel to Veda of these vibes? You see, Vedas were, I would say, there were three movements in our country in those days. One was on the side of Vedas where – the first, first time that they said it that, "If by reading and doing all these Vedas, if you do not get your Self-realization, it is of no use." Then the same wave find, in those days there were three systems – one was, people were trying to exploit or to find out the way to use the matter and that's how the Vedas started to awaken the Vedas through spiritual powers and that is what is the Vedas it is.

And the another side is, and that's the outcome of is is [UNCLEAR]. The another side is the one where we have bhakti. People used to do bhakti and devotion. They used to go emotionally about finding God. This, the central path was for, actually, redemption and for awakening the Kundalini which was done by mostly the Nathpanthis like Machindernath, Gorakhnath, Adinath – these people did it. Moreover, also you must have heard that Janaka, the father of Sita, gave realization to one Nachiketa – only one person. So, at that time there were very few flowers on the tree of life and that's why very few people got realization. First of all, their basic cleansing [UNCLEAR] through the Vedas – cleansing it and awakening it. The another side was, they tried to build their emotional side to receive the blessings but the awakening of the Kundalini was done in very few people and very few people, few people got realization in those days. Now the time has come that, I feel, there's a blossom time and many people can get Self-realization.

So, the difference between the sahaja yoga that was followed long time back and today is this, that in those days they had to cleanse like [UNCLEAR] from the body and out of that they used to get one person and they would say that to be born again and again, come back again and again – cleansing was done periodically in different lives and that's how then they got realization one person here and there. But in sahaja yoga there are two things which we have been able to manage. First thing, you can give en-masse realization. [UNCLEAR] Kundalini can be awakened and it can pierce through your fontanel bone area but in that little light you start seeing yourself. As I said that, if there's a snake in your hand, you're standing in the dark and somebody tells you, "There's a snake in your hand," you may say that, "It's not, it's a rope," but if there's a little light, you can see that, you will just drop it. So, the cleansing is done by you only nobody else can do the cleansing – first. The second thing is that you yourself get all the powers of awakening the Kundalini, you get all the knowledge about Kundalini, so you can spread it fast. We can say that as it is

a jet age we also have to have a jet Kundalini and it has to work that way. So it has grown up to that. My contribution to this is only, is this that I wanted to find out a en-masse way of giving realization to people because one person is Atmasakshatkari, one person can say, "It's gossip."

Moreover, any discovery, say the discovery of electricity, if it was meant for one or two persons, it was never accepted nor of any value. So the time has come for this en-masse evolution and this is working out through this modern sahaja yog. There's no way we are discarding Vedas or the bhakti part of it but the essence of it, the core of it was to receive Atmasakshatkara, which is achieved through sahaja yoga. So we can say, this is the culmination of all these things in modern times. Shri Mataji, how one could realize that Kundalini has been awakened? That is what I was doing. That point you leave. I'm very happy to hear that; That's a real sadhaka – I see the question. May God bless you! [UNCLEAR QUESTION FROM AUDIENCE] [UNCLEAR] It wasn't very clear.

Now some school of thought believe that the Kundalini can be raised from the Sushumna through the spinal cord at the back of the body. Now what we see in this picture, we raise from the Mooladhara up to the Sahasrara, in the front portion so what is the difference of our Kundalini enunciation and here that... [UNCLEAR] [UNCLEAR N INAUDIBLE] No, no it is on the back. It is in the chart how to show the back so [UNCLEAR] it is not – it is on the front. Of course, the Sushumna Nadi is the Brahmanadi. The Sushumna has also got inside, a very sukshma nadi, called Brahmanadi. Through that only few, few threads of Kundalini rises first and then it starts opening the chakra and then more threads come up So, it is not in the front – it is correct. – Veda gives us three aspects as You said – that is karma, bhakti and gyana. Gyana is the [UNCLEAR] – Alright and it has been accepted. So, but to acquire gyana no karma or no action is necessary? – No – Here this is also a mental action or how do You [UNCLEAR] this?

No, no, no there is nothing to be done. Who told you? Please sit down. Don't be aggressive – just try to understand. Gyana is something that you feel on your Central Nervous System [UNCLEAR] is Bodha – alright? Now, you don't have to do anything [UNCLEAR – IS THAT CLEAR?] It is spontaneous, it's a living process. You don't have to do anything. If you have to do anything, then it is not. Don't have to do anything.

Only thing, once you get your realization, you have to know where are your centers, what is your problem, how to correct them. That is to settle because first you give a connection – suppose – and if it is loose, then you should know how to make it proper because, as it is you know, human-beings have problems and the Kundalini knows, because She is your individual mother. Every person has his own Kundalini and every Kundalini has recorded what that person carries and that Kundalini knows each and every thing about you, so when She rises – She rises although but then again She settles back into the places where you have problems, so you must know how to fix it up – that's all. Who, what made you think that you have to do something? Don't have to do. You can't even pay for it, you can't do anything. It may work it may not work. There's no guarantee. It may work, it may not work. In some people it does not work.

In some people it works immediately. So it has to do also [UNCLEAR] also [UNCLEAR] on inner being. Suppose, you have some sickness you have some mental problems, you have some terrible conditions, then it may not rise but we have to give it a chance. Like, if there's a bad seed, it may not sprout. Then, there may be a seed which is not properly planted something like that may happen but most of the people do get realization. Any bad [UNCLEAR] is a good being [UNCLEAR] [UNCLEAR] That is not just now the problem is. You see, whatever you have written or whatever you have done, is alright. Whatever you have done in the past, you have to forget. You have to be in the present. First thing you must know is to forgive yourself and not to think what wrong you have done, what wrong things they have done or the other, sinner and all that nonsense you don't have to think about.

You must know that everybody can get realization – there's no problem. Only thing, you just, if you start thinking about your past and blaming yourself or feeling guilty, then it's difficult. Then you catch this center here – very difficult to raise the Kundalini. So, to raise your Kundalini, you have to know one thing that you are a human-being and it is your right, it's your birthright to get this Atma Sakshatkar. There's nothing to worry about just now, about food. You see, after realization you will know what sort of a person you are and then accordingly you have to adjust your food. Supposing, if you are a right-sided person, then you have to take more of carbohydrates. If you are a left-sided person, then you have to take more of proteins; It depends on what sort of a personality you are because [UNCLEAR] So, first you have to know what sort of a personality you are and accordingly you should

deal with it. Mother, once the Kundalini has been risen, will it come down again? – [UNCLEAR – PLEASE BE SEATED?]

Suppose you're practicing meditation everyday then it comes to a certain state. Now, I [UNCLEAR – STOP?] meditation for next one week or one month, will it come down or will it stay where it is? It depends on you. Please be seated, I'll explain. I said, sit. The Kundalini certainly rises, no doubt, it has risen but sometimes, you see, in the beginning, as like a little sapling, it may die out if you do not look after it. In the same way, in the beginning you have to be little careful, must know everything about it, respect it and if it is established, it doesn't. Now, as you have seen Mr. Murthy, he came to Bombay for his sickness is a [UNCLEAR] his wife also and that's how he came because when he got his Self-realization, he came to Madras, he started giving realization to people. They had never seen.

All their Kundalinis are alright, working out but some people even after coming to sahaja yoga do not pay so much attention to it and sometimes may, sometimes may lose the chance. So, you have to be little careful that within seven days you can fix up yourself but some people never lose it – it's just there. Supposing, somebody has a liver problem, then the Kundalini will go to the liver to [UNCLEAR] it first and then to rise it later by in Her own working you must know how to raise it. That's a very simple technique which you can work it out for which you don't have to pay anything, it's not [UNCLEAR]. [UNCLEAR] – [UNCLEAR] – Can you come forward please? It's a very big hall na, so we can't hear you properly and echo is there. Kya keh rahin? If through Kundalini awakening people can be cured, how is it that Incarnation – have will be known to suffer from disease? – No Incarnation has suffered – Even Ramkrishna and Ramana Maharishi – Ramkrishna and Raman Maharishi were not incarnations. and they didn't have Mother to tell them – that's the problem – otherwise they could have cured definitely.

You see, somebody has to tell us also, so they suffered especially Ramana Maharishi but nobody was there to tell them. As soon as you catch on anything, immediately you know, as a sahaja yogi. That's why it is necessary to be a sahaja yogi, so you have the full knowledge of the Kundalini – alright? [UNCLEAR] [HINDI – Usspe to aur bhi nahin sunai de raha] Just stand little away from it because of echoes. [UNCLEAR] Atma-sakshatkar thereby completely absorbing ourselves when you meditate for sometime and by forgetting everything and keeping everything inside, so how do you come to know that Atma-sakshatkar is taking place. – (HINDI – Mujhe to samajh nahin aaya) I couldn't understand it. – [INAUDIBLE] Alright, when, how will you know? That's a good idea. Please be seated I'll tell you, please. When you get your Atma-sakshatkara first thing happens, that you feel the cool breeze coming out of your head.

Then you feel completely Nirvichar – first is nirvichar samadhi is established, then you feel the cool breeze in your hand – all over you can feel the cool breeze; This is the beginning. Sometimes you do feel little heat because it's liver problem, other diseases, then you might feel little heat but after sometime you start feeling the cool breeze. Then you must use. By using this you'll be satisfied that you have got these powers. One may go to samadhi and have bliss there but that is not the [UNCLEAR]. You see, Veda declared 'Satyam Gyanam Anantam'; these are the doctrines of Veda. – That's why, that's why – Satya is [UNCLEAR], Gyana is knowledge, Ananta means endless. This is Your state. When this is the state in the state of samadhi, one have, have a little amount of bliss while in samadhi. – When he comes back, when he comes back, you'll have to undergo the prarabhda so he has to [UNCLEAR] – Alright, I'll tell you.

It means you have read too much but not felt anything – that's why but now either your prarabhda and your karmas all these things can be sucked in by Kundalini – She's so powerful. How She sucks in that there's the Agnya chakra – you see there. This Agnya chakra – tomorrow I was going to tell you all these things but today you want to know, I'll tell you, that on the left hand side is the Ida Nadi, the right hand side is the Pingala Nadi. Ida nadi is the power of our desire and take us to our subconscious and collective subconscious. The right side is the Pingala Nadi which caters to our supra-conscious and collective supra-conscious – the future. Now, left side is the one which is the Ichha shakti, is the power of desire and the another one, that's the Pingala Nadi, is the one is the reaction. So, when you're doing something and you feel you are doing it, doing [UNCLEAR] then that ego accumulates and forms an institution, as you see there, on your head. Here all the conditionings – the kusanskaras – also form another institution which is called as superego but you can say mana, so we have two things. On one side is the superego, another is the ego. They cross each other at Agnya.

When the Kundalini rises, then She sucks these two things by which your prarabhda, your karmas, are sucked in. It actually

happens because when these two are joined, this fontanel bone area becomes a calcified but then the Kundalini rises, they open out like this. The limbic area is in between this [UNCLEAR]. It opens out like that and when it pierces through that, you get your Self-realization. But it cannot pierce through unless and until sucked in. It sucks in quite a lot in the first beginning but later on it goes on sucking more and more so you become ego-less and all your parabhdas and karmas are sucked in; That's the work of Kundalini – She does it. It's not question of how much you have read. It's the question of experiencing – you must experience. You know, even Shankaracharya, he was such a great soul and how, there was Mr. Sharma got after him by discussion discussion so that he has written such a nice treatise of Vivek Chudamani, which he gave it up and he just wrote Saundarya Lahiri because he knew that this discussion will lead nowhere – there is no tarq about it. You have to experience.

By tarqas you are not going to reach there . You will only reach there through experience. So, humbly one should ask for that experience. By tarq you cannot.... logic can go up to a point because it is very linear. It moves only one direction and it again comes round. It's rationality not logic even, it's rationality because logic could be supported by these people but it's just rationality. So, one has to understand that whatever you have read has to be proved otherwise what's the use of reading everything. Like Nanaka has said, "Kahe Nanak bin aapa khoje mite na bhram ki khai." Nanak says that, "Unless and until you find out yourself, the illusion will not go," so they go on reading Now it's said, "You have got a headache, alright, you take Anacin." Then you go on reading, "Take Anacin, take Anacin."

By that your headache is not going to go; You have to do it, you have to take it. The experience has to be taken. Unless and until you have the experience, it's just talk, talk, talk, talk, talk and that has been quite a lot. So, by only understanding mentally, you do not work it out. Everything that you have learnt now through your books can only be actualized if you have your Self-realization otherwise it cannot be. You must know all the saints they never went to any University, they never read any Vedas, nothing. Like Gyaneshwara, at the age of 23 years, wrote not only Gyaneshwari but the great book called Amrut Anubhav. I mean, two stanzas of that you cannot write, it's so deep; Only an Atmasakshatkari can understand the beauty of it. and that is the level is so different from the normal level of intelligence, reading or anything or even [UNCLEAR]. Like Namadeva, who was just a tailor; He never went to any university or anything and he went to meet another saint called Ghora Kumhar, who was just a kumhar means a potter and he was busy making some clay.

With his feet he was just trying to make some clay ready for his work. When Namadeva went and saw him he said, "Nirguna cha bheti alok sa gunati," means, "I came to see the Nirguna, the Nirakara and here I see in Saguna." Only a Atmasakshatkari can appreciate another Atmasakshatkari. We cannot, we cannot understand because are not yet that [UNCLEAR]. Only a person who has felt this, experiences Paramchaitanya, can make out this otherwise you cannot – we are all blind and that's why Kabira has said, "Kaise samjhauun sab jag andha." "How can I explain, the whole world is blind," – is a fact. That's why they killed so many people, tortured so many people, crucified so many; They couldn't see because ignorance and we have to get out of the ignorance to the light, to the Truth and not just to the words – it is beyond that. [INAUDIBLE] – Kindly teach us the yoga today. – Yeah, yeah She's going to tell you. – Annh?

Realization, whether You'll teach – Very nice, please sit. This is a real sadhaka, who doesn't discuss, who doesn't argue, nothing; He wants his realization. That is the sign of a sadhaka otherwise you go on shifting from one to another all your thoughts. It [UNCLEAR] thoughts, you have to go beyond thought to experience and it's for your benevolence, for the benevolence of the whole world and one must experience it. So many people have written so many things, so many people have gone [UNCLEAR]. There have been five hundred Gitas – what we understand Gita is very different. From the way other people understand, is absolutely absurd; Somethings are so absurd that surprisingly how people do not see what Krishna must have meant. It's very surprising. So for that, your inner eyes have to be opened, your inner understanding has to be open, your brain has to receive it's excellence, in understanding. The excellence is only possible if your Kundalini rises, otherwise not possible.

You have spoken of the experience. The experience that we undergo in three states is very different that is the common experience of everyone, all the audience here, so [UNCLEAR] a deep state. In deep state what happens we do not know. Only in the morning when we will get up we will recognize what is the thing that has happened – we will be under the bliss. So, in the two states, the former two states, we will be in the state of [UNCLEAR – PLURALITY?] all this so, that is the Saguna function. Nirguna function is only in the deep sleep state. Even then in that Avidya function we never come, so. But this is all Avidya. What you're



talking is real Avidya, I'm talking about Vidya – alright?

Sit down. So, I'll give you the Vidya, that's the point. You must ask for Vidya and not Avidya. "Surdas ki sabhi avidya dur karo Nandlal," Surdas said this after writing the whole of Sursagar. This is the situation [UNCLEAR] But if I'm saying so, why not accept, why not accept. Supposing I say, "There's a diamond here absolutely free available to you." Will you stop coming to that? Even from Australia you will fly out but if I'm saying, it is available to you, why not have it? I mean, I can't understand. I know it is fantastic.

It looks something you cannot imagine but is all predicted, is all predicted – it has to happen. This is in Kaliyuga only you [UNCLEAR]. This is the time when people are in bhranti, in illusion. This is the time it is going to happen; Is all predicted. If you have read Nal Damyanti aakhyaan, once Kala was caught by Nala by the curse of the Kali and he was so angry with Kali because he had to give up his wife and all that, so he caught hold of, one day, Kali and asked him that, "It's better that I kill you so that you do not put people into illusions and trouble them." So, Kali said, "Alright, if you want to kill, you can kill me but you listen to my mahatma, my importance – what is my importance." Said, "What is your importance?" He said, "Those people today who are trying to find, in giri, kandaras, in the valleys and in the mountains, one day will be born as house-holders and at the time when Kaliyuga will come, they will find the reality." But this is just, you can say, the mythology but also in Nadi Granth, if you have read, by Bhrgumuni, he has clearly written – even the deities are so clearly – there's one gentleman from your Bangalore itself, his name was Bhujander, who has transcribed it and brought it to such an [UNCLEAR – UP TO DATE?] thing.

If you also see William Blake, he has also said the same thing and he has absolutely predicted the whole thing. There's one [UNCLEAR] who has talked about it. Even the Rabindranath Tagore has talked about it. So, I mean, if you see to the prophecies also it is to be done now and it is done. There are 40 nations who are following sahaja yoga. Only unfortunate part is that in Bangalore I have come very late – that's what but there are other places like Hyderabad and all that; We have lots of people who are following sahaja yog. In Bombay there are 18 centers. There are 14000 people who are following sahaja yoga, in Delhi there are 12000 people following, in Noida there are 14000 people following so it's not something, something that is not happening and they don't have to pay anything, they don't have to spend any money – little time has to be given – that's all. About five minutes in the morning and ten minutes in the evening and you establish yourself. It has to be, it has to be sahaja otherwise in these modern times when we have not time for anything how is it going to work out And it has to work out in modern times, so how do you work it out?

You must see if it works out or not. If it does not, you must come to the center it will work out. So please, understand that it is for your benevolence. I don't need sahaja yoga, you need sahaja yoga. I've come all the way from England to give you sahaja yoga. So now, if you could understand what is sahaja yoga is, it's for your benevolence, it's for your good – so why don't do it? As a Mother I would say, "I've done the cooking for you." If you're hungry, you say, "Alright, Mother, let me have it." But if you're not hungry, you'll ask Me, "From where did You get this, from where did You buy that, what did You get this, what did You..," but if you're hungry, "Alright, let me have it." So the, all the audience is not of the same kind because they asked Me, "How do you get it?"

that's the point. – Mother, as I understood [UNCLEAR] – Come little forward Mother, as I understood, the Kundalini shakti, the Grace by our meditation. Now while we are doing this meditationing to raise the Kundalini Shakti, what is the purpose of this Kundalini they are raising it to clean our karma. When the Kundalini shakti rises from the Mooladhara, when it comes to the various chakras, it cleanses the karmas in those chakras How does it clean? – like a car wiper going up and down, it cleans. It comes forward that is said to reach the Sahasrara or whatever maybe. Now Mother, I ask you, whether by stopping meditating for some days will it come down to Mooladhara? – [Shri Mataji Laughs] Don't be so much. Listen, don't be so much worried. – No, my point is – You see, what I am trying to say Just now let Me raise your Kundalini – alright.

It won't come down normally but if you are a sick person, – it has to attend and get there – you're sick there – you're not sick. – Mother, my point was the Kundalini rises and cleans a certain portion. Now [UNCLEAR] up to the Mooladhara It has cleaned all the other chakras. I fall sick for one month – then... No... – Will it come down. It has already cleaned – Then it will not. – My second point is – Hunh – How I need for our sakshatkar, Atmasakshatkar but we might find Atmadarshan. Now Atmadarshan

will come only when all our karmas are clean. Yeah. So, I tell you what is this that we call it the sprouting of the Kundalini is the beginning of Atmasakshatkar – is the beginning. A small light comes in, you see and then gradually it grows and grows and then you you get into a state, which we call as Nirvikalpa samadhi.

If you want you can call at that time Atmasakshatkar. It's no question of simply fighting with the words. No need to fight with the words. Why say Atmasakshatkar, because in the beginning the light that comes to you is also for your Atmasakshatkar so the sakshatkar starts. You see, if you should see Me from a distance or you see from here, it's the same. Once you come closer, you see Me clearly – that's all but to say that it is Atmasakshatkar, doesn't mean that it is a full fledged happening. I understood it. The Atmasakshatkar is seeing your Atma in front of you. achcha. Now what is the Atma?

The same as Parbrahma. So, seeing Parbrahma in front of you is just seeing your Atma. – Now what do You mean by ... – You don't see your Atma. If you see something, then you are not that. If you see the light, then you are not the light but you become that. Your Atma comes, the light of the Atma comes in your wisdom, which I will tell you tomorrow what happens in Atmasakshatkar – but it is the beginning of Atmasakshatkar. – Now next point is, we must spend most time, most of our time, precious time in meditation – so we should not spend our time in the rituals like homa or going to the temple etc. Am I correct? – Yes. You see, once you enter in the hall, whether you are there or here, you are entered in the hall.

Alright. When you come closer in the front, you have a better view – that's different but once you've entered in the hall you are entered in the hall. If you have jumped in the sea, you have jumped in the sea – alright? But how far you have gone with it, is a different point. So now, I think, we can have the realization of oneself. To begin with the Atmasakshatkar, which is the Kundalini awakening within us, for that I have to make humble things to you that you should also know what are the centers you have to cater and how to awaken those centers yourself. So, it's very simple, it is a very simple method which I'll tell you. So also you can raise your own Kundalini in My presence plus you will also know which are the centers you have to look after; It's very, very simple thing you have to do. Nothing strenuous or in any way difficult – it's very simple. So, as I told you, please you have to take the help of the Mother Earth, so you can take out your shoes – will help you a lot.

Just take off your shoes to touch the Mother Earth because She takes away most of our problems. And take out the chappals and shoes and just put it like this. So, best it would be that sit on the ground. If you have to sit cross-legged better to sit on the ground, just in front or put your both the legs. Surprisingly, you are sitting already as people get realization; It's the blessings of the modern sahaja yoga. Can you move forward some of you people? Better move forward – there's space – so man seats. I wanted to a question to you all. While doing this, sometimes the mind just jumps out. So, it's better now to quieten your mind.

Now, Kundalini is the power of Pure Desire. As you know, Economics says that, "Desires cannot be satisfied – not satiable in general." From one desire to another you try. So that means these desires that we have are not pure. There's only one Pure Desire and the Pure Desire is, whether you know about it or not, whether you're conscious or unconscious about it, is to be one with the Divine. Unless and until that happens, you can never be satisfied with whatever you might have. So now, you have to put your left hand towards Me – it is symbolic; This is very symbolic, saying, that you want your realization – this is a desire, this is the desire, not pure desire, the desire that you want your Self-realization. The another hand, as I told you, is the kriya, is the kriya shakti. So, we have to use it to give confidence – with our confidence to nourish ourselves, to nourish our centers on the left hand side – it is very simple. So, first you have to know that the Spirit resides in our heart, so put our hand on the heart.

The peetha of the Spirit is here, on the fontanel – peetha, is the seat but the Spirit actually resides here in human-beings, in the heart. Now, you must know that you are the Spirit – that's true but if you are the Spirit, also you are your master, your guru because your Spirit guides you. So, then you put your right hand – we've got to work on the left hand side – on the upper portion of your abdomen, on the left hand side. This is the center of our guru principle, guru tatwa, left hand side. upper portion of your abdomen, over here, upper portion of your abdomen on the left hand side. Now, this is the principle of your mastery. This is been created by great saints and great masters – satgurus. Then, you have to put your right hand in the lower portion of your abdomen which is the center of Shudh Vidya, of Pure Knowledge. Now, this Shudh Vidya, pure knowledge manifests through your Central Nervous System. You become conscious of it, know through your awareness, work through your Central Nervous System.

Then, you have to again raise your hand in the upper portion of your abdomen, on the left hand side. Then, you have to raise your right hand on your heart. Now, you have to raise your right hand in the corner of your neck and your shoulder and turn your head to your right. Now, this is the center which is called a [UNCLEAR] guilt when people say [UNCLEAR]. You forget the past – you have to forgive yourself, forgive yourself absolutely. Turn your head to your right. Now, you have to put your hand on your forehead across and press it on both the sides and put down your head. You have to press it hard on both the sides. This is a center where you have to forgive everyone. Now, you have to take this hand on the back-side of your head and push back your head, look upward and here is the center where you have to ask for forgiveness from the All-Pervading Power but you're not to feel guilty, you're not to count your mistakes.

Then you have to stretch your hand and put the center of your palm on top of this fontanel bone area, which is taalu, which was a soft bone in your childhood, press properly you put it there and push back your fingers, push back your fingers and press it hard. Press it hard. Now you have to move your scalp seven times, clockwise, slowly, clockwise, don't move your hand but move your scalp. Vibrations through the scalp, push back your fingers – this is important – seven times because there're seven seats of these seven centers in our brain. Now, that's all we have to do. Now we have to close the eyes. Before closing the eyes, I've to tell you again and again, that we have to be pleasantly placed towards ourselves. We have to be prasanna because we have to enter into the Kingdom of God and we should not blame ourselves for anything, we should not be sorry for anything but in the present you're sitting here about to enter into the Kingdom of God, so you have to be very pleasantly placed towards yourself, not to feel guilty, not feel any way, feel diffident; Every person is capable of getting realization. Some people may not get today but [UNCLEAR] if they come to the center, all of them will get and you all can get your Kundalini properly fixed with Atmasakshatkar – no doubt about it. It has worked in thousands of people, so why not it will work in you also.

So, if you have anything black thread or anything tied or something like tight on your waist or tight on your neck, you can little bit loosen it or if there are any malas or anything – of course, mangalsutra you can have. Rest of it, any malas of, say, Rudraksha or anything like that, please take it off – that's all. Now, put the left hand towards Me. Firstly, you should be comfortable and sit in a way that is not slouching, neither very straight but in a simple manner. Put your left hand towards Me and the right hand you have to put it on your heart. Now please, close your eyes. [Hindi – Baat suno] Listen to Me. [INAUDIBLE] [INAUDIBLE] Now, please close your eyes and unless and until I'll tell you, please don't open your eyes because your attention has to be inside that's why please don't open your eyes. Here, you have to ask Me a question – as we ask a computer we have to ask a question – very important question – you can call Me Mother or you can call Me Shri Mataji. "Mother, am I the Spirit?"

Ask this question, three times, in your heart. Ask this question, three times, in your heart, "Mother am I the Spirit?" Ask this question three times. [ASIDE – Just a minute, hello.] [INAUDIBLE] [INAUDIBLE CONVERSATION] sit in the front. Go and see what's the matter. Now, if you are the Spirit, if you are the Spirit then, you are your master also, you are your guru. Now take down your right hand in the upper portion of your abdomen on the left hand side and press it hard on your stomach, left hand side. Press it hard and here, you ask Me a question, "Mother, am I my own guru, Mother, am I my own master?" Ask this question three times.

Please put your both feet apart from each other [UNCLEAR] We should not be [UNCLEAR], please put them apart. Ask this question now, "Mother, am I my own master, Mother, am I my own guru?" ask this question three times. Now, I respect your freedom. The Shudh Vidya or the Pure Knowledge cannot be given to you unless and until you want in your own freedom – I respect it, so now, put your hand in the lower portion of your abdomen and ask by saying, "Mother, please give me Pure Knowledge." Please say it six times. Six times you should say. You should say it six times. "Mother, please give me Pure Knowledge." Six times because this center has got six petals.

As soon as you say that, your Kundalini starts moving upward. Now we have to nourish the upper centers with our confidence. Don't doubt, keep your mind open, keep your heart open, don't doubt, otherwise Kundalini will not rise. Now, raise your right hand in the upper portion of your abdomen on the left hand side Here, with full confidence, you have to say ten times, "Mother, I am my own guru, Mother, I am My own master," this is the [UNCLEAR – PROPHECY?] you are talking about. I've told you at the very

outset, that the greatest Truth is that you are the Spirit. You are not this body, you are not this mind, you are not this ego, you are not these emotions but you are Pure Spirit. So now, raise your right hand on your heart and here, with full confidence, you have to say, twelve times, "Mother, I am the Spirit." "Mother, I am the Spirit," please say it twelve times. We have to know that this All-Pervading Power is the ocean of love, of bliss and of joy.

It's the ocean of knowledge but above all it is the ocean of forgiveness, so whatever mistakes we commit or whatever, so called, sins we commit, can be easily dissolved by the power of this ocean of forgiveness. So, please forgive yourselves. Now, with full confidence, put your right hand in the corner of your neck and your shoulder and turn round your head towards the right. Here you have to say, again with full confidence, three times "Mother, I am not guilty at all," please say this. "Mother, I am not guilty at all," please say it – this is the worst center we have and this all the kinds of problems like spondylitis, like angina. Now, we have to forgive everyone. You might say that it's not easy to forgive but whether you forgive or don't forgive, you don't do anything – it's a myth – and when you don't forgive, you play into wrong hands. So now, you raise your hand and put it on your forehead across and put down your head, as much as you can and press it hard. Here you have to say, without [UNCLEAR – ASKING?] whom you have to forgive or for what you have to forgive, you just – not how many times but from your heart, "Mother, I forgive everyone."

It's a very powerful center here Get rid of all the [UNCLEAR – FANTASTICAL?] ideas. Now, take back your hand on the back side of your head and push back your head, as much as you can, on that line. Here, without feeling guilty, without counting your mistakes and things, just for your own satisfaction you have to say, "O Paramchaitanya, O All-Pervading Power of love please forgive me if knowingly or unknowingly I've said something or I've done something which is wrong." Just say it from your heart again but don't count your mistakes, don't feel guilty. Now, stretch your hand and put the center of your palm on top of the fontanel bone area which was a soft bone in your childhood – it is called as taalu. Now, put down your head as much as you can, press it hard [UNCLEAR] and push back your fingers. Now, you must know [UNCLEAR] I cannot give you Self-realization, unless and until you want it in your freedom, as this freedom as this freedom has to be respected for you to get the ultimate freedom. So, you move your hand seven times clockwise saying ten times, "Mother, please give me my Self-realization." Just say it seven times moving your scalp.

[SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] [SHRI MATAJI BLOWS INTO THE MICROPHONE] Now, please take down your hands. Open your eyes. Put your right hand towards Me, like this and bend your head and see for yourself if there's a cool breeze coming out of your scalp but don't touch it – keep it away from it and see for yourself. It is you who has to certify; Nobody else is going to certify. Just see if there's a cool breeze coming out. Some people might get some heat – doesn't matter. After sometime it will cool down. See for yourself. Put your left hand towards Me and now again put down your head and see with your right hand. Some people get it quite far it's like this.

They just [UNCLEAR] but start getting cool breeze slowly emitting from this. We have no fans, nothing , so not to doubt. Now, again put your right hand and again put your head down and see for yourself if there's a cool breeze coming out of your head. Now, raise your both hands and ask a question, "Is this the cool breeze of the Holy Ghost?" "Is this the cool breeze of the All-Pervading Power?" "Is this the cool breeze of Param Chaitanya?" Just ask these questions, any one of them, three times, looking upwards. Now, take down your hands. Now, watch Me without thinking [UNCLEAR – IF YOU CAN DO IT?] Now, those who have felt the cool breeze in their hands or out of their fontanel bone area, please raise both your hands.

So nice to see. This is the experience! Now, how to work it out? What is this Power? You have to come to our center. In any case you come tomorrow. Those who haven't felt, you have to feel tomorrow. All of you will feel it and I'll tell you clearly what is this Power and how it works. May God bless you! Now don't discuss about it, don't talk about it – just give time because time you have felt enjoy it.

## 1990-0212, Press Conference

View [online](#).

12 February 1990

Conference

Tharapore Guest House, Bengaluru (India)

Talk Language: English | Transcript (English) – Draft

### Press Conference

Shri Mataji: (Addressing the room). There are lots of people who are seekers today. That's how I have come back again.

And the truth is, that we are the Spirit. Now in these modern times when people only talk of science, people cannot believe that there is something like the Spirit and that there can be all-pervading power, a subtle pervading power which does thinking for us, organizing for us and which also loves us.

Some [UNCLEAR] think too much of it. [UNCLEAR] important so [UNCLEAR] equally important.

But if you have a scientific attitude towards it, then it can be proved. If you take it as a hypothesis, then it can be proved that there is an all-pervading power, subtle power that exists. Because it is the rule of English, and then later on followed by the certain attitude of intellectuals, we should say, we have tried to sort of put some clouds on this truth which was there. But it exists. It is there. And, in Sahaja Yoga, we can prove the existence of this all-pervading power.

That means you can feel it on your fingertips. This all-pervading power, you can feel it as a cool breeze on your fingertips. And when this power which we call as Kundalini rises, it pierces through six centres, subtle centres, and emerges out, of your fontanelle bone area, which we call it as "tat". And that's how you get your self-realization. Now we had saints in this country, so many saints have been there, and they were people of extraordinary character. They never did anything wrong, they never murdered anyone, they never hankered after money, they didn't trouble anyone, and they were such righteous people. And nobody told them to be. They were just like that, they were like angels. And now the time has come, that/then we have to become like that. This is a very big evolutionary step, one more jump. We have come to the stage of human beings, we have to jump one more where we have to become saintly, in the sense we become righteous, virtuous, very powerful, dynamic as well as very compassionate. So these things have to happen. Have been predicted by many people. And the time has come in this Kalayuga, as they call it.

People are so much under pressure, that they are seeking much more than ever did before. This trouble of life is too much, and they have no absolute answers. Everybody says they are right. But nobody has been able to prove that it is an Absolute. In Sahaja Yoga, you can prove it, that it is an Absolute. Because you can feel it on your fingertips, even on your hands, you can feel it. And then if you can decode it, and you should know what are the centres five plus, seven centres, left-hand side, emotional side and [UNCLEAR] mental side, you can easily even diagnose the disease of a person. You can cure. You can bring mental peace to a person.

Now people talk of peace foundations. But they have no peace in them. Those who get Nobel prizes for peace, I have seen they have no peace in themselves. You don't have peace within yourself, how can you talk of foundation?

So, you become a person who is in a witness state. That means you become thoughtless. And you can see you are aware, very aware. And you can see the beauty in art, the joy of that image within yourself without thinking about it.

Apart from that, the whole system transforms into a personality which feels the collective consciousness [UNCLEAR] "Samuhik Chetna". Now, this collective consciousness is vibrations means vibrations, you can feel another person's centres. You can feel your centres. Sitting down here you can feel the centres of anybody you want to. Because it is like a very subtle ether. Into every, anyone Kundalini [UNCLEAR], that knowledge is there.

And this is our heritage. [UNCLEAR] is our heritage. Science is not our heritage. Science has no humanity. The countries who have gone, too far in science have to sit back now. Because it has created problems. Tremendous problems of humanity, social life and even...(pause)

Question: [UNCLEAR] people from history?

Shri Mataji: So people have taken to extreme quality and, ah, democracy, democracy. And somebody said no, communism is alright. But both are wrong, in their own style.

Communism is wrong because the wealth is of [UNCLEAR]. Now say, I have got powers supposing, of healing others, curing others, doing everything, joy, everything then I am capitalist. But I can't keep it to myself. I have to give it to others. So I am a communist. So these theories are artificial because they deal with material things. And material things cannot be useful. Because in a sense, economic wants are not satiable, in general. That doesn't mean.. you should have material things. But there should be a balance. Out of the way they have gone to produce now, plastic. In America now they have created mountains and mountains, in bags. Mountains and mountains of plastic, they don't know what to do. Cannot dump it in the sea. You cannot burn it. Now they have got acid rain, another problem which is such a big problem that they are saying at least 70% of their trees will be lost in acid. The ecological problem, then all the ports you will find the problem, on the seashores where they are full of trash from the many ships which, they have carried all these oils and everything.

So out of proportion they have...and we have to know that machines are for us, we are not for machines. Now, they have become the slave of the machine, they can't take it. You will be surprised that in England, you cannot get anything fresh, everything has to be deep freeze?. If you want to take something fresh, then they will say, a fresh pizza will have this type of [UNCLEAR], this kind of insecticide, another will have this kind of poison [UNCLEAR] it will cause you cancer. Every day there's in the newspaper it's "don't eat this because it will cause cancer".

So this artificiality...(pause)..has created this problem. We have got too [UNCLEAR/proud]. We have to learn from them. Now they are waiting for a shock. Anything is possible. Now, America has taken to drugs. At least sixty-five per cent of people in America are nervous [UNCLEAR/wrecks], they are twitching their eyes, twitching their faces, hands start shaking like this. I mean, you won't find people like Indians there. I mean you get quite nervous; their hands are shaking like this. Young people. And drug addiction. Drug addiction is a tremendous problem. That has come because they are not satisfied with life. They want to run away, its an escape.

But why are they trying to escape, if they are affluent, which they are? And in the most affluent countries like say, Switzerland, and Sweden, Norway, these are the most affluent. In those countries, there is a competition going on, in committing suicides. So Indians must [UNCLEAR] of course we have to come in the centre. We are too much materialistic; too much bound by conditionings and our wrong ideas about God, in general, the caste system. Dominating women everywhere. And all kinds of injustices in the name of religion, scheduled caste this, that. Religion cannot be unjust, cannot. But it has happened. Because it has gone into the hands of people who are not religious, actually. They just claim they are. They are mostly fundamentalists.

It has to go into the hands of people who are saints. But the saints when they came here they were tortured. That's how spirituality is on the wrong lines. If it comes to the right side, right, proper righteous way, you will be amazed, Sahaja Yoga you can increase the yield of the crops ten times. Some with that you can have...I had a sunflower which was so big a plant. I produced out of sixty kilos of rice, one-thousand-four-hundred kilos of the husks, rice, we can say. One-thousand-four-hundred that, in one acre. because this Chaitanya starts flowing through you. This All Pervading power starts flowing through with that you can do anything, there are many..but.. [UNCLEAR]

Question: How can this power? You mean this Kundalini, Sahaja Yoga and all.

Shri Mataji: Pardon?

Question: The power Sahaja Yoga, transforming...

Shri Mataji: Yes.

Question: That is actually Kundalini Yoga.

Shri Mataji: Yes, Sahaja Yoga. Sahaja. Sa means with, ja means born. Born with you. It is within yourself. In the triangular bone lies this power. It's like any instrument has to be put to the mains. In the same way, we are [UNCLEAR]. Then we start acting like a computer.

And the whole transformation takes place. Now the Sahaja Yoga is working out in quite.. [UNCLEAR].

In Russia, we have very good people. Russian people, I don't know how to say, they are very silent minded, their bent of mind is, they are very intelligent. And when I went there, I was amazed at the way these people accept it. Absolutely. Two thousand people in the hall, some were outside. I didn't know what to do. They said, "Mother" when I came out they said, "Mother, aren't you going to give us Self Realisation?" And I said "Alright tomorrow you come along, you sit outside. And all those who were inside, and outside were there in the morning. It's spreading like a religion. People are just taking to Sahaja Yoga.

And we had called some from doctors there, they came there. They gave some papers. Also, we had three doctors in Delhi who had done M.D. in Sahaja Yoga on different subjects of, [UNCLEAR], asthma and psychosomatic diseases. There they saw it, they understood it and accepted it. And the doctor who is in charge of the department there. Immediately he said, I am not going to

visit anymore. And he gave us an independent charge, independent organisation. We are the only ones who are an independent organization. So see their alertness, see they are [UNCLEAR]. And it is our heritage. You see, the problem is, so difficult to take to that.. [UNCLEAR]..talked of Atmasakshatkar (Self Realisation).

All the saints have talked about it. And it should not be difficult. Where they have not done anything about religion, how they jump in. Because there is no conditioning. Because of our so-called religious conditioning, we are spoiled.

Question: In what way is it religious conditioning..other forms of yoga, so many forms of yoga?

Shri Mataji: See, there are other forms like you can say, Hatha Yoga is there. But actually, the modern Hatha Yoga is not the Hatha Yoga. Because it has to be "Ha" and "Tha". "Ha" is the Surya, that is the right side and "Tha" is the left side. So the modern Sahaja Yoga does not consider?...[UNCLEAR]. They just do work, right side exercises, this that.

This was Patanjali's work was done, thousands of years back when we had four ashramas. First of all, Brahmacharya. At that time, they used to select some boys for realisation or they used to cleanse people who used to [UNCLEAR].

Question: This was conceived by Patanjali?

Shri Mataji: Beg pardon?

Question: Was this was conceived by Patanjali?

Shri Mataji: So he accepted it. It was conceived much before that. You can say there were three types of movements in our country. The first one was where the Veda, started where they [UNCLEAR/"vedha"]. Now Veda also [UNCLEAR] "vidha". "Vidha" and "bodh", means you should feel it on your central nervous system. It is not mental. Vedas were done just to develop the right side, find out about elements. How we can excite the elements, how we can make them awake for us. That is called the Vedas. Left side one is the Bhakti by which people tried to call God, invoke Him and make Him.. [UNCLEAR].

The third one was done by Natpanthis and also [UNCLEAR] and all these people. They worked on the central path [UNCLEAR]. Very, very few people really achieved. We can say that in the tree of life, there were one or two flowers. At the time of Janaka, only one person Nachiketa was given realization by him. He had to go through lots of "pareekshas", lots of tests were taken and then he was given realisation.

But today I feel its the blossom time. And there are many people who can get realization. So the modern Sahaja Yoga, you can think. Sahaja Yoga is a very ancient thing, nothing new. But Sahaja Yoga which is working en masse today, it has two specialities. The first one you can give it en masse, you can give it to many people. Thousands of people can get their realization. Secondly, without doing any manner, without doing [UNCLEAR], whatever may be the person, he has to first feel [UNCLEAR/awakened]. So when the waking takes place in the Brahma Nadi, there is a little light comes and the person can see what's wrong with him. Like say you are holding a snake and it is dark, you cant see. You might say it's not a snake, its a rope. But there's a little light, you can see and throw it away yourself I don't have to tell you. In the same way, a little light of the Spirit comes. And in that, and you become your own master. You become your own Guru. You don't need anyone. And then you yourself correct [UNCLEAR]. And the third thing, you have all the powers. So you can give realization to others. You can cure yourself. And that's how you know the Spirit.

Like Mr Murthy now. He's [UNCLEAR]. He's from [UNCLEAR]. He came to see me in Bombay. He had some physical problem. His wife had some physical problem. They got cured. Then he came down. Nobody saw me in my car. He came. And he gave realization to others and started the session. Then I went there.

So like one enlightened light can enlighten another light. But by itself, it cannot be enlightened. And this is for the emancipation of the whole Earth. See how these people here who are changed or [UNCLEAR], you won't believe, these are the people from countries like Germany or England, they are so changed, so changed. When they come to this country, they touch this country with their forehead. They say [UNCLEAR].

You can't pay for it. It's a living thing. It's a living thing. Firstly, you cannot pay God money because God does not understand money. You cannot. Those who live on God's money are [UNCLEAR]. And this is something like the sprouting of a seed. You put the seed in the Mother Earth, it [UNCLEAR/comes out] by itself. You don't have to pay to the Mother Earth. She does it inside. In the same way, it starts within you, the process of evolution. You don't have to pay for evolution. This is one thing one should understand. And then it works out.

Question: How is it that good people have some problems? Disease [UNCLEAR].

Shri Mataji: Problems. Very simple. You see, supposing a tree is sick, which is there. Now if you try to treat the leaves you cannot cure that. You have to go to the roots. So we go to the roots. And in the roots of our being, there are seven centres. And these seven centres when they go out of order, then these all problems start. Some will be physical, some will be emotional, some will be financial, and some will be [UNCLEAR]. So once the Kundalini starts rising, she puts these centres right. By they get

connected, you get integrated, plus she nourishes. And then, when shes connected, all the time you are nourished.

Question: Kundalini is raised through Yoga, Sahaja Yoga?

Shri Mataji: Beg pardon?

Question: Kundalini is raised through Sahaja Yoga.

Shri Mataji: You see, we call it as Sahaja Yoga because Sahaja Yoga has many other things apart from Kundalini. First of all, it establishes a very pure innate wisdom that means, you become absolutely righteous. And you become very powerful, very much very powerful, very magnetic. And you are helped by the all-pervading power. So you don't have any darr (Hindi: means fear). Whatever you decide, it happens. So you do not have to worry or hanker about anything. So Kundalini Yoga may be a little bit you raise it, then you stop.

After raising the Kundalini, when you are connected you have to grow. Not only just a sprouting an of the Kundalini, but you have to become a tree. So the becoming is important. Like you are of a religion, you can call yourself Hindu, Muslim anything, but you can commit any sin. Not in Sahaja Yoga. Once you get it, you are innately [UNCLEAR]. You just don't do it.

And we are that. Human beings are that glorious thing. We have no idea about yourself. We don't know all that. That's the main point. Once we know ourselves, then it is tremendous. Tremendous. After all, God has not made us just for the waste of time. There must be some purpose.

Question: [UNCLEAR] speaking in [UNCLEAR/Manor]?

Shri Mataji: [UNCLEAR/Manor]..two nights I am speaking there [UNCLEAR]. And we have a very nice centre. And we have many people there, who are very capable. And they can help other people establish themselves. In the beginning, you have too little bit, establish yourself to know where [UNCLEAR] It is very easy to do. And it works out.

Question: [UNCLEAR]

Shri Mataji: [UNCLEAR]..a statement? (To Sahaja Yogi): Have you said anything?

Sahaja Yogi clarifies: [UNCLEAR/feeling?]

Shri Mataji: Which is not. We have had so many people [UNCLEAR]. Only thing first people feel a cool breeze coming out before that sometimes there will be heat coming out that's all. On their hands, they feel [UNCLEAR], nothing has happened. Except for very few people like Rajneesh's disciples, collapsed, what can I do? They came to my program, they just collapsed. So, I mean, they are people who have done really wrong things.

Question: How is this practice of Sahaja Yoga, some [UNCLEAR/form of meditation]?

Shri Mataji: No, you become. You are in meditation. You don't have to meditate. But cleansing has to be done morning and evening. Five minutes morning and evening ten minutes. Not too much time. But it cleanses you completely. Then once you are established, there is no point.

Question: For Sahaja Yoga, you start all the centres in India.

Shri Mataji: All?

Question: You manage all the centres?

Shri Mataji: Yes, they manage that. We have centres all over. We have in Bombay, I don't know how many, maybe more than one dozen, but...

Sahaja Yogi: Eighteen.

Shri Mataji: Ah?

Sahaja Yogi: Eighteen centres.

Shri Mataji: (In Marathi) Kiti? (How Many?)



Sahaja Yogi: Eighteen. One eight.

Shri Mataji: Eighteen centres.

Question: Are you paying any money?

Shri Mataji: No, no not paying. But only knowledge. And then collectively being there. And they listen to my lectures. And understand more. But you see, I have given at least, I don't know how many, a thousand lectures in English, Marathi, Hindi. So they try to understand further. How to live, how to work it out. Also, we have music. We have international marriages. Very interesting. People are very joyous. Happy. So there is hope for all of us. (Laughing). Only we have to ...UNCLEAR.

Note: There is a break in the recording here and then it resumes again. Q&A; seems to have gone on without being recorded.

Shri Mataji: ..Supposed to be absolutely useless. And passed with flying colours, got scholarships. Recently one boy came and told me he got ninety-four per cent marks in. [UNCLEAR]. He's in Sahaja Yoga. So it can be really marvellous. And you don't feel tired. See now, my age is sixty-seven years I have completed. And I am travelling, all kinds of things I am doing. All the time I am travelling. Forty nations, you can imagine.

Question: You travelled through forty nations?

Shri Mataji: Yes, above forty. But I think twenty abroad and on this side, Australia. I have been to Australia, Hong Kong, Taiwan, Singapore, maybe Japan also. Then I have come back to all the European countries. I have been to South America, Colombia [UNCLEAR].

Question: And Sahaja Yoga is known in more countries..all countries where in.. ?

Shri Mataji: Yes.

Sahaja Yogi: Mother is the greatest traveller [UNCLEAR]. I don't think...[UNCLEAR]

Shri Mataji: Yes. Even my husband who represents a hundred and thirty-four nations. He tells me you are [UNCLEAR/worse] than me.

Question: [UNCLEAR]

Shri Mataji: I don't feel because see if you are there, you are there. If you think you are travelling, there may be a problem. I never think .. if I am sitting here, I am sitting on the plane, I am sitting there, it doesn't matter. If you are with yourself you don't even feel bored. Enjoy it. As [UNCLEAR] said you are never alone than alone. That's the situation. And such nice people coming on?. We have many experts, scientists but we have lots of.. [UNCLEAR for almost 30 seconds with side conversations over the audio].

Shri Mataji: We have other projects also. Schools that we have got [UNCLEAR]. Now we have those started. We have got an ashram also. There also we are; we want to teach our children about electrical work. Those children who fail in eighth class, there is no future. So we teach them all these things. Brickwork and electrical work, plumbing work, all these kinds of things. So they have something. Some sort of depth in their hands.

So, there are many ways by which you can improve the capacity of the body. And then you can, it improves the capability, I don't know why. You will be surprised, there are Indian Sahaja Yogis they have become so artistic. Very [UNCLEAR]. You can imagine. Very poor people also. There was one poor boy who got scholarships and now he is a graduate in the art college. You must have heard about J.J. School of Arts. He graduated with flying colours. He got scholarships for art. He was a very ordinary boy.

Question: And tomorrow you are giving just a lecture about this?

Shri Mataji: No, no, no I am giving realization also. And also with that.

Question: What methods of realization do you..how do you..?

Shri Mataji: After realization, you feel the cool breeze in your hands, in the beginning. You feel the cool breeze out of your head. You feel very peaceful and calm.

Question: I mean [UNCLEAR/during] lecture?

Shri Mataji: No, no, I just ask them to put their hands towards me [UNCLEAR]. But then you can do it, once you are realized.

Question: How long does it take?

Shri Mataji: The question was asked to Ramadasa.

Sahaja Yogi: You can have it now (laughing).

Shri Mataji: No, the question was asked to Ramadasa. Ramadasa said "tatshan", that moment. But there should be the authority to do it and there should be the one who wants to take it. So "tatshan" was the word he used. He was the guru of Shivaji. He said that "tatshan", that moment. They all have talked about it. Kabira has talked about it, all of them have talked about it. Specially Gyaneshwara, have talked about it. If we have the knowledge, knowledge of the roots we have, they have knowledge of the tree. But the tree can't reach out to the roots. We have to learn it.

Question: You think all people have the same capacity to receive or some people are more willing than others?

Shri Mataji: Then it cannot be forced. You see, you have to respect that person. Because you have to ultimately get the cool breeze. So you cannot force on anybody. If somebody does not want it, they cannot get it and we cannot force. Sometimes we have to ask. I mean God is not. UNCLEAR. It is not.

Question: Are some races by nature more receptive. People in Asia for example?

Shri Mataji: Sometimes, we have in all races people who are realized, race does not matter. But Indians are very spiritual, very much. But as they have got their independence so easily, they don't have much value. I think Indian Sahaja Yogis are not..do not have as much value for Sahaja Yoga as western Sahaja Yogis. They got it, so religiously work it out. [UNCLEAR] they do this, they do that, going all over the world, in every conference they are there to help [UNCLEAR/others]. So many Germans went to Russia to give realization to Russians. Can you imagine the Germans going to Russia? So they think the cool breeze is the greatest thing and the glorious thing which they have achieved.

They have to be established, so they go all out. In India of course, people get realization all right. But we want my mother to be realized, sister to be realized, bring the whole family into realization, it's like that. But doesn't matter. Still, we have some very great Sahaja Yogis.

Question: You are talking about Self Realisation. In your lectures, [UNCLEAR] get self-realization?

Shri Mataji: I think in Hyderabad, at least eighty per cent did. Madras I would say? (to Sahaja Yogis)

Sahaja Yogis: Seventy.

Sahaja Yogis: Seventy percent. Bangalore?

Sahaja Yogi: [UNCLEAR]

Question: Afterwards, they, what, practice this Sahaja Yoga or..?

Shri Mataji: No, no they have to come to the centres to understand. First of all, they need to understand what is the problem with them. Then to understand how to develop this. And then they have, must know how to give it to others. Very simple, its very simple. Because, you see its like, as we have got eyes, we can see clearly, in the way we get special eyes, special awareness. By which you know within yourself.

Question: And what is role played by Sahaja Yoga in that?

Shri Mataji: What is it?

Question: Role played by Sahaja Yoga in that.

Shri Mataji: Sahaja Yoga is the system by which the Kundalini rises, and you get your realisation. That is the fourth thing I should say, for the time being. By Sahaja Yoga, you achieve that state. That higher state. It's a higher state of realization which you achieve. Which one has to achieve.

Question: By himself?

Shri Mataji: Not himself. It is somebody who is a Sahaja Yogi, can do it. If somebody has an enlightened light, can enlighten. If one Sahaja Yogi can give it, that person when he gets it he can give to others. One Sahaja Yogi can give realization to thousands.

Question: Thousands?

Shri Mataji: There are some who did that.

(33:33 )

## 1990-0213, Mother, please give me pure knowledge

View [online](#).

13 February 1990

Mother, Please Give Me Pure Knowledge

Public Program

Bangalore Tamil Sangam, Bengaluru (India)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2, Bangalore, India, 13-02-1990

Now the truth is, you are not this body, you are not this mind, you are not these emotions. But you are the Spirit. And another truth is that all this Universe is guided, nourished, looked after, ultimately [UNCLEAR] by a very subtle energy which is called as paramchaitanya. In the Koran, it is called as “rooh”. In the Bible, it is called the Holy Ghost.

This truth is [UNCLEAR] and you must understand it as a hypothesis. And you need not accept it. You have to keep yourself open. There should be no [UNCLEAR/bias about it]. No bias. Unless and until you feel the pulsation on your central nervous system, you are not to believe what I am saying.

But that does not mean that you deny it. [UNCLEAR sentence/just to avoid]. In the same way, if you try to see for yourself, you will be amazed that you are the Spirit, and we are [UNCLEAR/part] of the all-pervading power of love and compassion. Yesterday [UNCLEAR sentence]. But today [UNCLEAR], I would like to tell you something about this power [UNCLEAR], connects us to the all-pervading power [UNCLEAR].

In the triangular bone, at the base of the spine, which is called the sacrum bone, is placed this power – which is called Kundalini. Kundalini means coil and it is placed there in three and a half coils. [UNCLEAR]. This power resides in the sacrum bone. Sacrum means sacred. That means the Greeks knew it was a sacred bone. That they should call it sacrum. In Latin sacrum means sacred.

This triangular bone contains within us, this power which is lying in a dormant state. Now there are three [UNCLEAR/nadis] within us, [UNCLEAR], the left and right sympathetic nervous system and the parasympathetic nervous system. We call it the autonomous nervous system. When we call it autonomous, who is this “auto”? Who is this auto who manages [UNCLEAR/the whole show]?

So, just to give it a name, doctors call it the autonomous nervous system. The left side is a channel, which is called the Ida Nadi or the moon Nadi. Is the channel for storing of our subconscious. So, we have the conscious mind, and we have the subconscious mind. The subconscious mind is [UNCLEAR] and beyond that is the collective subconscious, where whatever is there since the whole Creation is stored.

On the other hand, is the Pingala Nadi. This is the centre of the sun. Here we have all the [UNCLEAR/ideas of the future], all the futuristic people inside. This Sun Nadi is used for our physical or mental work. Whatever physical work we do or mental work we do, we have to use this right-side channel.

Now on the left-hand side, we have the power of [UNCLEAR/mind] or emotion. And on the right-hand side, we have the power of action. So, the left-hand side is called as “kriya shakti”, not left-hand side, the right one is called as kriya shakti and the left hand one is called as “mana shakti” or “iccha shakti” (mind power or desire power).

When these two channels go into action, they create two [UNCLEAR/illusions] on top of our head. The one which is the kriya, when we put some effort thinks, when it starts thinking that “I am very great, I am like this, [UNCLEAR]”, then this illusion called

ego is created like a balloon. And when [UNCLEAR/sanskaras], then [UNCLEAR/our active mana and also past], which we call as superego but in the Sanskrit language, “mana”.

These two join together and they join together and form a cloud [UNCLEAR]. And by the time we are twelve years old, the calcification is complete. Thus, we become a person [UNCLEAR]. In the sense, [UNCLEAR]. [UNCLEAR]. You are not aware but [UNCLEAR], innocence, one which is completely one with the all-pervading power.

This Kundalini is the individual mother of each and every one. She knows each and everything about you. Like a tape recorder, she has full knowledge of what you are. What are your [UNCLEAR/experiences]? What are your [UNCLEAR]? What you [UNCLEAR]. And she is just waiting for the moment to be awakened when she can pass through the six centres and connect you to the all-pervading power, [UNCLEAR/which is a subtle power].

Just like this instrument is made – unless and until it is connected to the mains, it has no meaning. We too have no meaning if we are not connected to [UNCLEAR]. So, this power is the one which connects us to the all-pervading power.

But Kundalini awakening is a process which is a living process, of a living energy, of a living God. Just like a seed sprouts in the Mother Earth, in the same way, the Kundalini sprouts. She rises and ultimately, establishes your Self-realisation. In some people, it immediately happens. In some people, it takes a little time to get established.

The method today is that en masse realisation can be given to people. You can get this en masse realisation. You do not have to do any sacrifices, you do not have to do any exercises, you do not have to depend on anyone. Because of your [UNCLEAR/previous births that desires]. [UNCLEAR]. So, we have to [UNCLEAR] and not condemn ourselves. How can we get realisation? This attitude should be changed and you should have a very [UNCLEAR] about yourself.

Above that are placed six centres and below that is placed the seventh centre. Or we can call it as the first centre. This centre is important; Shri Ganesha – because it has innocence as its quality. It has got innocence. [UNCLEAR statment], but gradually the fontanelle bone area gets calcified.

But innocence is never lost. After your Kundalini awakening it [UNCLEAR/saintly and holy]. [UNCLEAR passage]. Now Kundalini awakening helps us restore our centres. [UNCLEAR passage].

Now the second centre gives creativity. For most of the people [UNCLEAR statement]. Now the second centre, as I told you, is called as Swadishthana. Now this centre has a very crucial role. And that crucial role is that it converts fats in [UNCLEAR] for grey [UNCLEAR/cells] in the brain. [UNCLEAR passages]. Also, this centre has to look after your liver. It has to look after your pancreas, your spleen, part of your breathing and also [UNCLEAR]. All this work it has to do.

Now those people who are [UNCLEAR] and all the time running, use this centre [UNCLEAR]. Under these circumstances all the organs [UNCLEAR]. As a result [UNCLEAR] you get a bad liver. People who are [UNCLEAR], they get a very bad liver. And the main function of the liver is to take out the heat from your body and cool down the bloodstream. This function becomes [UNCLEAR statement]. Then [UNCLEAR] and the person gets very heated up, hot-tempered and [UNCLEAR].

[UNCLEAR passage]. The second function as I told you is of the pancreas. The pancreas also goes out of order and people develop diabetes. In Maharashtra villages [UNCLEAR/also], the people add so much sugar that the spoon must stand up in the cup. They do not get diabetes at all because [UNCLEAR]; they are not bothered. They don't have to worry about it. [UNCLEAR] eat sugar and all kinds of nonsense.

They are happy and such people do not get diabetes. But people who are too much futuristic; even if they take a little bit of sugar, they cannot [UNCLEAR]. It is because [UNCLEAR]. And we believe in Sahaja Yoga it can be cured. It can be cured very well.

The third one is the most dangerous organ – is the spleen. The spleen is the speedometer. [UNCLEAR statement]. It takes to all

kinds of activities [UNCLEAR]. But, in these modern times, we have no time. Early in the morning, we get up and we get shocked. Because we read the newspaper, [UNCLEAR/all kinds of shocks]. Also [UNCLEAR].

Now, this spleen has been created for the purpose of any emergency that might happen. And it goes in a hectic [UNCLEAR]. And it does not know, every time there is a shock, it goes in a [UNCLEAR]. [UNCLEAR] we go on. [UNCLEAR passage]. And then suddenly if it is triggered, people get blood cancer.

[UNCLEAR passage/doctors treating blood cancer]. We had patients who were told in eight days they were going to die. Now eight years have passed, they are alive, [UNCLEAR]. Through Sahaja Yoga, you can cure cancer.

[UNCLEAR for one minute].

So, then you are completely in command. To give an example, we take the example of a car. The car has got [UNCLEAR/accelerator and brake]. If you use only one, the car is going to [UNCLEAR/fail]. So, we have to use both [UNCLEAR]. In the same way, the left side is the brake, the right side is the accelerator. And we have to learn how to use these two [UNCLEAR/forces together].

Once we know that, we become automatically a driver. And we don't [UNCLEAR]. We automatically drive the car. But still, the mastery is with us. But, when you become the master, then ultimately the driver is you, the brake is you and the accelerator is you and you become the master of that. This is exactly what happens in Sahaja Yoga. And [UNCLEAR/when a person come to you], you know what the problem is, how to control it, how to manage it and how to [UNCLEAR].

The first thing that happens to you, is that your pupils get dilated when the Kundalini rise and [UNCLEAR statement] when it passes through the Agnya chakra. After that, you start feeling the cool breeze flowing out of your hands from the ten fingers. And you also start feeling the cool breeze coming out of your head when the Kundalini rises. These are the first few symptoms that you first have; that you heard about it [UNCLEAR].

This is the first time you start feeling, the first time you start knowing. Knowing does not mean [UNCLEAR/meditation]. [UNCLEAR for almost a minute and a half/Shri Mataji is describing how you become dynamic and get into the new awareness - "samuhik chetna" means collective consciousness. What the cool breeze or chetna flowing from the hands means].

You can feel your own [UNCLEAR/vibrations] and the [UNCLEAR/vibrations] of others. [UNCLEAR for several seconds]. All the Sahaja Yogis will say the same thing. Supposing there is one person and he says that [UNCLEAR]. They will all come and say that "Mother, [UNCLEAR/Right Heart is catching]".

[UNCLEAR]. He will come and ask Me, "Mother why was everybody asking me about my father?". I say, "Because the right finger represents your father". [UNCLEAR]. "Everybody came and asked me the same question, 'What about your father?'".

So, [UNCLEAR for next four minutes till Mother concludes the talk/Gist – Shri Mataji says about the vibrations are absolute. Saha means "with you" and ja means "born". And that the process of Kundalini rising is scientific. Unless the Kundalini rises there is no use in saying mantras. It is such a simple method.

Shri Mataji says a lot of time was spent the day before in answering questions, so would like to have the realisation today. If anyone has questions, they should ask them but not to be aggressive with Her. Mother has come to share the knowledge but there is no obligation. There is no guarantee of Kundalini rising because it depends on the Kundalini and she has to be looked after].

Shri Mataji: May God Bless You.

[Break in video].

Shri Mataji: Place your hand on your heart.

Then we place the right hand in corner of our neck and turn as far as possible and [UNCLEAR] your neck. This is the centre which is [UNCLEAR/the most caught up] because you all the time feel guilty.

Now we take our hand on the forehead, across and press it on both the sides.

This is the centre for asking forgiveness.

Now take back your right hand on the backside of your head and push back as far as possible.

This is the centre where you ask for forgiveness from the Divine. But you are not to feel guilty or [UNCLEAR] about it.

Now we stretch our (right)hand, at the centre of the palm and put it on the talu, the soft bone which is called as brahmarandra. Push down your fingers as much as possible so that the pressure is felt on the [UNCLEAR/talu].

[Break in video].

Put your hand and then I will you when you have to open your eyes.

Now, please put your left hand towards Me and right hand on the heart.

[UNCLEAR sentence].

Now you close your eyes. Here you ask Me a question. A very fundamental question.

"Mother, am I the Spirit?".

You can call Me Mother or Shri Mataji if you want.

Please ask this question three times.

"Mother, am I the Spirit?".

In your heart.

"Mother, am I the Spirit?".

[UNCLEAR sentence].

Now take down this hand on the upper portion of your abdomen on the left-hand side and press it hard.

Here again, you have to ask the fundamental question, "Mother, am I my own master?" Mother, am I my own guru?".

Please ask this question three times.

Now, take down your right hand to the lower portion of your abdomen.

(To someone): You can come in.

Take now your hand [UNCLEAR].

Here, I respect your freedom. And the pure knowledge cannot be forced on you.

You have to ask for it. In your own freedom.

So please ask this time, "Mother, please give Me pure knowledge".

Six times as this centre has six [UNCLEAR/petals].

Six times [UNCLEAR].

"Mother, please give me pure knowledge".

As soon as you ask the question, the Kundalini starts rising.

So, we have to make way for that on the upper side [UNCLEAR].

So now place your right hand on the upper side of the abdomen on the left-hand side and ask. And here say with full confidence, "Mother, I am my own guru. Mother, I am my own master".

Please say this time times, with full confidence. Anyone of these. Ten times. With full confidence.

I have already told you, that the greatest truth is that – you are not this body, not this mind, not these emotions, not this [UNCLEAR/seeking?] but you are the Spirit.

Here put your right hand on the heart and say with full confidence, "Mother, I am the Spirit". Twelve times.

"Mother, I am the Spirit". "Mother, I am the Spirit". Please say this twelve times.

So just raise your hand to the corner of the left (shoulder). Put your hand to the corner between the neck and shoulder and turn your face to the right.

Here we have to say, again with full confidence, sixteen times – "Mother, I am not guilty at all". Say it. "Mother, I am not guilty at all". Sixteen times.

Now, you have to forgive everyone. You might say, "It is very difficult to forgive". But whether you forgive or don't forgive, you don't do anything. But if you do not forgive, you definitely play into wrong hands.

So now, raise your right hand. Put it on your forehead across and put down your head. Now press it both sides, keeping your left hand towards Me. And here, you have to say without thinking who you have to forgive, what you have to forgive, in a very general way. Say, "Mother, I forgive everyone".

Say it from your heart. Not how many times. But say it from your heart.

Now take back your right hand on the backside of your head. And push back your head on your hand as far as it is possible. Here you have to say without feeling guilty, [UNCLEAR], for your own satisfaction, only once, "If I have made any mistakes, knowingly

or unknowingly, please forgive me". Say it again from your heart.

Now, stretch your hand fully. And the centre of your palm and place it on the soft bone known as talu or the fontanelle bone area. Now press it very hard. This is very important. Press it hard and push back your [UNCLEAR]. Proper.

Now, here again, I cannot force atmasakshatkara or Self-realisation. You have to ask it again. [UNCLEAR sentence]. "Mother, please give me my Self-realisation". You have to ask for it.

[Shri Mataji blows into the microphone several times].

Please open your eyes. Now raise your right hand towards Me like this. And put your left hand (on the talu) and see for yourself. Not the top of your head. Your left hand. Away from it (above).

See if there is a cool breeze coming from the fontanelle bone area. [UNCLEAR sentence]. Again. Now see if there is a cool breeze coming or not.

Now take your left hand and put it like this (towards Mother). Now take your right hand on [UNCLEAR/the head] and see if the cool breeze is coming. If the cool breeze is [UNCLEAR], hot breeze. Doesn't matter. After some time the cool breeze will come. Just see for yourself.

Put your right hand towards Me again and your left hand up. And see for yourself. If there is a cool breeze coming out.

Now raise both your hands towards the sky and push back your head. And ask the question three times, "Mother, is the cool breeze of the Holy Ghost? Mother, is this cool breeze the all-pervading power of the Sadashiva? Mother is this the paramchaitanya?". Anyone of these. You can ask the question, three times.

Now, see Me without thinking. Those who have the cool breeze from the fontanelle bone area or from your fingertips; little hot does not matter – please raise both your hands.

May God Bless You. So many of you. So many of you. Maybe some of you did not get it just now. Does not matter. [UNCLEAR sentence]. Now you have felt the cool breeze for the first time. This is the sprouting. You must attend our centres. No money will be charged. Nothing will be asked for.

Give some time for yourself and honour your Self-realisation. And practice this and become your own masters.

May God Bless You.

[End of recording].



## 1990-0223, Mahashivaratri Puja: Atmasakshatkati ki visheshtaye

View [online](#).

23 February 1990

Mahashivaratri Puja

Pune (India)

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

SHIVRATRI PUJA TALK, Pune, 23.02.1990

(Translated from Hindi)

Today is Shivratri and today is the day we pray to Lord Shiva. On the outside, we can gain mastery on our body, its movements, the mind, ego and various functions. Whatever is there in the universe, we can know it and use it like whatever elements that there are in the earth, and what grows, we can use them. We can gain complete supremacy over all this. But this is all an outside manifestation.

What we are within is the Spirit. We are Shiva. What is on the outside is destructible. What is born will die. What is created will be destroyed. But what is within, is our Atma, who is our Shiva, who is a reflection as Sadashiva, is indestructible, desireless and free. It is not stuck to anything. It is stainless. By obtaining that Shiva, and getting the Light of that Shiva, we also slowly get renounced. The outside remains as it is, but within, is the atma -permanent and indestructible, always emitting its Light.

After Self-realization our life becomes Divine, auspicious and sacred. That is extremely important for human beings to attain. Without that, we cannot lead a balanced life and be truly collective. Nor can we have real love. Also, we cannot know the truth. The pure knowledge can be known only in the light of the Spirit. When one becomes enlightened by the Spirit, then his attention also becomes pure. He does not get involved in anything. Just by his attention, he gets the whole knowledge of that thing. But when a person is not fully Self-realized, then he always thinks of himself. He thinks: what he will eat today, when will he get good food, what kind of food should he cook. Or he thinks: "Where should I go today? Where will my importance be felt more? When will people give me respect? In what gathering will I gain prominence?"

The other style of person will think about how to make more money, gain the entire wealth of the worlds and put the world right. Another kind of person thinks, only about his children, grandchildren, relatives, etc.

These kinds of thoughts which are self-centred like: "What is my position? What great advantage I will get out of this? What clothes should I wear. How should I impress people so they think how clever I am, how great I am?" Another person is one who considers himself very humble and keeps bowing before everyone, to show how he respects everyone? How cultured I am? The third person says, I am so learned and will have a discussion with intellectuals and read many books to show off his knowledge. And another one thinks like this about his music or art. How best to impress others is what man thinks most.

People do lots of social work also or sacrifice for their country: "My country should be happy and prosperous." Some think that: "My art should spread all over the world so that my country gets a name." In this way man becomes happy seeing himself mixing in the collective. But in all this, there is the desire for victory, recognition and praise. He is always looking for something and that is why he gets stuck in the cycle of joy and sorrow. His attention remains stuck to this sense of "I".

But when he is one with his Spirit, then he thinks differently – like, he will think of how to use this thing so that humanity is benefited. People are suffering so much. What can be done to help them? His whole thinking shifts from self-interest. When he sees a tree, he thinks how beautifully God made it.

"If only I would be like this and give shade to others. But I am not like this and I must become like this tree." If he sees the Himalayas then he will start singing praises of the Himalayas. But the one who does not know his Spirit will keep singing his own praises. "That I went to the Himalayas. I did this and that, make my grave on the Himalayas. Put the flag of my country there".

So there are two levels of human beings. The first who are Realized souls and by the Light of the Spirit, they see everything. They never think that by doing this or that, they will get a great name, or people will praise them. They may even be killed, tortured or criticized, but they will never be deterred. Like Jesus Christ who was crucified. But while being crucified, he prayed that "O God, forgive them, for they do not know what they do".

A Realized soul is beyond any temptations and pulls – that this should happen, this should get made, he does not desire. If it gets done, it's fine. If it does not get done, it's alright. He does not seek praise or fame. So he does not get stuck into the cycle of joy and sorrow. They are alike for him. He can witness both sorrow and joy, as he understands that it is like day and night. He is himself drowned in the joy of the Spirit. He does not have to control his mind for his mind and senses are fully in control. There are such people who run after something or the other as if their whole life depends on it. When they attain it, then they start moving after something else. Supposing they cannot get it, then they feel so upset, that they think their entire life is finished.

But a Realized Soul's attention is such that he moves through life knowing everything. There is so much power in his attention (Chita) that where his attention goes, it starts working.

'Chitta' or attention is the gift of Shri Brahamdeva. When only the Brahma remains of Brahamdeva, then this attention becomes so powerful, so loving, so knowledgeable and so clever, that it does its work in a very easy way. Which means that such a person's attention becomes one with the Param Chaitanya or Divine vibrations. When this happens, then the Param Chaitanya does all. So all the work of this world is done by the Brahma Shakti and Param Chaitanya. When such a person does anything he does not think that he is doing it. He does not ever feel the need to think like this. He just thinks that it is happening. It is being made.

It means to become Non-doer because Param Chaitanya does everything. So he is just a medium through which Param Chaitanya works. It is happening through the light of the Spirit. Otherwise, a person who thinks he does everything but says, leave it to God, is unable to leave it to God in reality.

The truth is that Param Chaitanya does everything, very simply and easily. So beautiful is its skill and commands, that man is left wonderstruck as to how it happened. We do not do anything. All deeds are performed by vibrations. We can only take some dead thing and make dead things from it – like from silver we make jewellery and then think what a great thing we have done. But all the living work is done by the Param Chaitanya and the experience of the Param Chaitanya is possible only through Self-realization. Because Param Chaitanya is the Adi Shakti who is the Power of the Desire of Shri Shiva. It is His light. By the grace of this Param Chaitanya only, will you do everything and when this happens within you, you become unique people.

Whenever the idea comes "I" am doing this, "I" have done this, "I" want to do this or any kind of aggressive behaviour, then you know that up till now, you have not got the light of the Spirit within you. When you come into the freedom from action and you do not do anything, like if this bulb says that I am giving electricity, so it is wrong. Within you, who are Realized souls, it is the Param Chaitanya that is doing everything, which has made you, every part of your body, and made you grow. And now after becoming human beings, you have become Realized souls, that is also the blessings of Param Chaitanya. So how can such a person be egotistical, when he knows that "I do nothing".

The flute of Shri Krishna said that why do people say: "I am playing? Because I am hollow." This hollowness means egolessness and which gets established within us fully then we think that what I thought that 'I am doing this or that' is so painful and so troublesome. Because I thought I was doing this work and failed to materialize. So now I am so unhappy and "I" did this and got such a great name and it went to my head. But a Realized Soul knows "I" have done nothing. It is the skill of the Param Chaitanya, so whatever happened is alright. Supposing we lose our way, one person will think that I have gone in a wrong way and now I made a mistake. But a Realized Soul thinks that perhaps I had to come this way, so he does not feel unhappy. You keep him in a palace and he can live like a king. You keep him in the forests and he will live there. How can he complain when he knows that Param Chaitanya places him in these various situations.

You can hit or garland such a person, it is the same for him because the Spirit does not get attached to anything. He can be, in

any kind of crowd or meeting, he will never be affected as he is satisfied in his Spirit. If he needs to talk, he talks, otherwise he does not. If someone said something, he listens, whether it is words of knowledge and wisdom or folly. Others may talk about the good or bad qualities of people, but he will never say "I hate so and so". Because to hate is a sin. Whatever he will do will be auspicious. For example, the Devi kills the Bhoots. It is not a sin. If she does not kill them, sin will spread. So he does not back out of doing his duty, because it is the Param Chaitanya that is killing and not him.

However, before talking about Param Chaitanya, he should at least be one with the Param Chaitanya. When you achieve oneness with the Param Chaitanya, then whatever you consider wrong, you can speak against it. Great sages and saints were forthright and spoke openly about the untruth. Socrates was poisoned for speaking the Truth because Param Chaitanya will make him speak the Truth. He will firmly adhere to the truth. His intelligence will be able to recognize truth and untruth because the light of the Spirit has come on to his brain and enlightened it. With a single glance, he can know who is at what level. Param Chaitanya informs him of everything, as the Param Chaitanya does everything.

We are not concerned with results. Its results only God enjoys.

We can only watch this play. The only thing we can enjoy is the play of the Spirit. It's working, its play is a science of the Light of the Spirit. The one who can understand this, that the entire science of this universe comes from the Spirit. That till the knowledge of this science does not come within us, the outside science is absolutely useless, because there is very little of science in this outside science. No collectivity, no humanity, no love, no art, no poem, no respect. There is nothing alive in it. It becomes like a machine. To understand sciences also, man needs the Light of the Spirit. By this Light of Spirit, you can open many shores of Science, which up till now have not been revealed. But in a way, everything is known. And it is not necessary that the one who knows all may reveal it to all.

Because everyone must know how to understand it also. When the time comes, then only one should reveal. Even in Sahaja Yoga, many people get upset. My father is not in Sahaja yoga, my mother, sister, brother, etc. are not in Sahaja Yoga. Let it be. At least you are in Sahaja Yoga. You remain joyful with yourself. Because as much as a person remains joyful with himself, he cannot remain with anyone else, because everything is within you. To think he is not in it, he is not in that, to think like this means that doors of your heart are still not fully open. This question arises only with those people who are still half in darkness and half in light. They keep thinking about their families. Leave them alone. They will come into Sahaja Yoga by themselves. You cannot force anyone.

A Realized Soul does not think like this. He keeps watching everything and enjoys it. He even enjoys the madness of human beings and also enjoys their wisdom. If someone speaks foolishly, he also watches and enjoys that and if someone speaks sensibly, he also enjoys that. In everything, he sees only joy. If someone lives in a strange manner, then he says what a drama this is. When a Realized Soul sees an angry person, he thinks "O what anger" see how it has climbed. Now it's above the Agnya, he does not worry. His sight is not an entangled vision but an unstained and pure sight, or a witness state. In such a state, he can explain society in a humorous way. When the compassion and anxiousness will come within us, then through Realized Souls, the Param Chaitanya will immediately know, and then those who are spreading terrorism will be finished. That compassion and anxiousness also in a way starts getting manifested. It's alright if something is joy giving, but something which creates a grieved state where a person thinks why such terrible things happen, and immediately its solution will start working.

When I went to Russia, there was to be a Yoga Seminar. So in my home, it was said that why do you want to go there only for two days? I said: "I have to be there because I have to break the Eastern Block. People of the Eastern Block will come to that conference and when these people get Realisation and go back to their countries, then the Param Chaitanya will start doing its work there." I spoke only for forty-five minutes there and in fifteen minutes, gave Realization, and then these people went to their countries, the work got done there. So for the work of Param Chaitanya, it is very necessary that the people should be Self-realized. Because the work of Param Chaitanya gets done through the desire of Self-realized people. The desire should be pure and unselfish because this work gets done on the strength of the Atma.

The Atma is our Shiva, who is absolutely free, perpetual, constant and eternal. These qualities will come into a person after

Self-realization. If these qualities are in you, you may be a king or anything but from within, you are free and detached. From within, you do not curse anyone, nor do you crave for anything. The greatest Light of Spirit is that you do not have to try for anything, you do not have to control anybody. As you keep going deeper in the Self-realized state, the darkness keeps getting eliminated in that light. This is the real gain. The one who has not gained this should know that as yet his Self-realized state has not fully matured.

If it has matured, then we should realize that in our lives, in the society around us, in our Sahaja Yoga community, a new type of person should be ready, who is a form of the Spirit, one who is overflowing with the Light of Spirit, in whom one can see Shiva. When Shiva got married, he went to his wedding in just the way he was. This means that when you have the Light of the Spirit within you, then you could be of any face, anybody, any type, but when you have that light, then Shiva will recognise you.

He has two forms, on the outside is the Vishnu form and within is Shiva form. We have to be like Shiva, free, independent and detached. Then outwardly, you may be Shiva, Krishna or anyone, but the Shiva within you shall remain steady and established. When you have become the Spirit form, then the outside part does not remain important anymore. Then your feelings for such things will completely change. When Shri Eknath went to Dwarka, he filled a pitcher with water. But then he saw a donkey almost dying of thirst and so he gave the water to him, which was meant to be offered in the temple. People said, what are doing? You have walked so far, barefoot to fill this water and now you have given it to this donkey? Eknath replied that my Krishna himself came down to drink this water. This subtle feeling of Shakti, only a Realized Soul can understand.

To see the outside that how “We” took the pitcher and “We” offered it to God. Who are this “We”? When this feeling of “We” is not there, the Param Chaitanya has done this work. When Eknath came on this earth, nobody understood him, people troubled him, but because he was the image of the Spirit and he was settled in Shiva, so he was of the form of Shiva. Such a person may be anything on the outside, but his Shiva State gives light even on the outside. The greatest thing is to be magnanimous. This magnanimity is the power of Shiva. Shiva is so generous hearted that he gives boons even to Rakshasas knowingly. In the same way, the one who is firm in Shiva is very deep and at peace with himself. He will not say, but he knows everything.

The greatest power of Shiva is love. It is a “nir vasana” love, that is, where there is no expectation. It is flowing. This power of compassion is so great that it surpasses everything. Similarly, in a Self-realized person, the power of compassion grows and it is so ecstatic that you do not enjoy alone. His very nature becomes like this, that he becomes extremely powerful. His fear, doubts, all vanish. He is able to do beautiful works in a very beautiful way. He also understands everything beautifully.

Some Sahaja Yogis will say on the face that: “You have a Bhoot.” It should not be said like that. If you have to break someone’s ego forever, you just think about it that he is full of ego, then the Param Chaitanya will itself break his ego.

But first of all, a Realized soul has to think that:

“Now, I have taken refuge in Shiva. I have taken refuge in my Spirit. Through my Spirit only will the Param Chaitanya do all this work, that is why I am not worried about anything. Who is my enemy? Who can kill me? I am living in the Divine, he is doing everything, so what am I doing?”

When one starts feeling this way, then one can say that we have recognized Shiva within. We understand the outer, our body, etc. but we should understand this Shiva which is within us, which is the support of our entire power and which we can call Sat-Chit-Ananda – we should believe in that Shiva.

May God Bless You.

H. H. Shri Mataji Nirmala Devi

## 1990-0228, Talk to Sahaja Yogis

View [online](#).

28 February 1990

Talk to Sahaja Yogis

Singapore Changi Airport, Changi (Singapore)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis, Singapore Airport, February 28th, 1990

...Otherwise we have lots of people here. People are getting aware of it. I think Chinese will take to Sahaja Yoga very easily, you see, because they're very wise people to begin with and they have such an ancient tradition. And all the traditional people take to Sahaja Yoga very fast, I've seen.

Like in Egypt some people I met, they've been calling Me but I said, "Let there be some more, then I'll come." Also in Italy itself, Italy is doing very well. And China I think is such a wise country, you had such great philosophers and you had Lao Tze, such a great philosopher because he's the one who came up with absolutely clearcut ideas about... , very clearcut ideas and what he has preached in the Zen system of religion is the same as Sahaja Yoga.

Zen means dhyana, means dhyān, is the meditation. And Zen system is practised in the same manner as we practise Sahaja Yoga. But you have to have realized souls to practise it. So the last person I met, the head of the Zen and he was so sick, very sick and that's how I met him because they called Me to cure him. So I asked him, "How do you follow Zen because you're not a realized soul?" So he said the Zen system, they had only up to the twelfth century about twenty-six realized souls. They used to call them kasyapas. So with twenty-six they had. After that they never had any realized souls. So he's without realization and I said, "How can it be Zen?" You cannot. So what they use in all the chakras, they put some sort of an ebonite god and raise the Kundalini, see, like that. But it cannot work out because there are no vibrations. So the fellow was very, very sick when he came, I don't know what he's doing now. But the talk about... . This could be started with the Zen system and also it's very popular in Japan, Zen system. Without understanding, you see, without understanding.

Like they have a garden which is made of stones and sand and some sort of a pattern is made round it. So they say that, "You just sit here, watch it. Then what do you say?" Then they start saying, "This looks like a boat." He said, "No, don't think. You have to sit here, not to think, just see it." So that is thoughtless awareness, they're talking about thoughtless awareness, you see, just see. Then they have one garden made out of moss, little flowers of moss. There also they say the same thing: "You sit here and don't think, don't have to think."

Then they have one very nice ceremony called as tea ceremony, tea ceremony. And in the tea ceremony they give you a kind of a bowl, first of all, to see. It's a very nice beautifully made, hand-made bowl out of ceramics. They say, "You see the bowl now, three times like this and don't think about the bowl, just move it." So you see, he tries to tell people to go to nirvichara, like that. Then so many things they do which is nirvichar samadhi, they try to, they try to establish. But as there is nobody who's a realized soul, nobody can give realization is the point. You can't give realization to people who have no vibrations, without vibrations. So it has gone into a kind of a social, social sort of a thing, the Zen system, it has no life in it. It's sort of, as every religion has deviated from reality, Zen also has deviated, that's the point. Otherwise in every religion there is fighting about it.

Even in the Islam they showed Me a complete surah written about Me, that the Sent One, they call Me a Sent One, and that person will give you realization, that would make you pirs, that will give you collective consciousness, everything written in that, so beautiful you won't believe it. "But you will not believe, you will be non-believers." Like that it is written in that.

So as in every religion they have described, you see, here also in Zen it's described but the attention is not there, they just think Zen is a kind of a ritual to do this, what you call, they do it, this tea ceremony or anything, just like a ritual, nothing. But they can't

explain it, why it is so, they can't. They take all the people round the places, show them, nothing. So it was one of the first disciples of Buddha, his name was Vibhithama who went there and they called him Barabodor and that's how they started the Zen system. But it's useless.

And now the Chinese Government said they were following what you call, Confucius, Confucius because he talked about humanity. He said that humanity's important and the collective. But without realization how do you understand collectivity? Otherwise how could they kill their own people? If they were realized souls they would not have killed these young there. So there's a big reaction when I went to China there's a very big reaction and so many Chinese came to My program saying this is happening, in America, because there's a reaction against Chinese style of suppression.

What happened in Malaysia? People didn't like that idea, the suppression of the... , they didn't like? But it's much worse now, China has got a very bad name unnecessarily, sorry for that but .

Have you got diet Coke? That's universal, anywhere you go they have, otherwise they'll have on the plane this one, they have all kinds of hard drinks, only Coca Cola. I said, "All right, give Me Coca Cola." Nothing else. They only have hard drinks, only hard drinks.

(Shri Mataji was shown some photographs.) He's a very good photographer. Oh how beautiful, there's not one like this, I tell you. You send it over to these people, they'll be very happy. Delhi? They didn't show Me. How did you enjoy there? Look at the vibrations. So many of My feet have come out, beautiful. Will you send some also to David? Please send it over, so he'll collect it and see to it, he'd be very happy. Madras I've been but they never showed Me, I don't know. Recently? That's why. Yet I've not been to Delhi, I'm going in April because I've to work various places so .

Actually I wanted to do the after coming from, I was coming the other way round, Australia and I was going to stay for two days in Malaysia, two days at least. But what happened that they organized My birthday on the twenty-fourth in India, they said, "This will be the first time you won't have your birthday, you're having in Australia," so they have arranged it. So I have to be back, that's how we changed the whole thing. On the twenty-third from Hong Kong, Hong Kong we have some Sahaja Yogis. Sydney to Hong Kong and Hong Kong to Bombay. It was the other round, the whole thing was the other way round, first Sydney, Melbourne, everything, last Perth, and then Singapore. First Hong Kong like that it worked but because of My birthday the Australians wanted to celebrate My birthday, so we did it this way. I was so happy because few years I didn't go to Australia, I was very happy about it.

I'm going to come, no doubt. He has told you all the tricks of the trade. They were staying in Prathistan, in My house, some of the Sahaja Yogis and in the morning they got up and they were shoe-beating, so My husband saw and said, "What are they doing, what are they killing?" he thought, some sort of scorpion or something.

Rajneesh died, you see, they celebrated with lots of fireworks and everything. I'm very happy about it, very happy that Rajneesh died. They were so happy in Poona and also there's another fellow called Bhootnath who was another horrible fellow, he also died. I hope most of them finish off, it'll be better. But in Malaysia here, small, small here and there, so many Indian gurus are there, so many Indian gurus.

The Chinese follow which religion here? But now do you have Muslim government. But they won't object to our work there, in Malaysia now. We can have a public meeting all right. They're the worst, such fanatic people I tell you. And they call others fanatic.

There's problem in India. There's a birth place of Shri Rama, according to many people that's the birth place. There was one old mosque made by, they said so it's made by Babar. And this mosque was built, they say it was Babar. It's not a mosque, it's just a story, because it has no minarets, it has no minarets and they always have a water supply for washing feet, it's not , they're buildings that's all.

But when people said there is near that mosque is the birthplace of Shri Rama, they all started going for Namaz. I mean, such a mischief and they would not spare it. These people in... , Hindus wanted to erect a monument for the birthplace of Shri Rama. They have created such a problem that, "We'll die here, we'll do this, nobody dare come here." It's not a mosque. And there's another mosque nearby, there're so many mosques, you see, so many temples were finished by these Muslims and this was another work with them.

Now according to them this mosque they must keep and they must worship. They said, "You can come and worship," but if they're worshipping in the mosque then they don't want to hear any bells or music or bhajans, . So then there's a big problem going on about it and they're fighting it, but what I've said, "Baba, you have so many mosques all over, you can go and pray anywhere there's another mosque," but Shri Rama cannot be born anywhere else.

Though we are in a majority we're so oppressed by them, they're so aggressive, you know. And in the election also, now yesterday I read, I was surprised why in India they're like that. But in Turkey they're better. So in this election they give a ink mark on the finger, those who vote. So they devised them, method for removing that mark and after removing that mark now they're free to vote again. So many people voted five times, the Muslims and there was a big fight but I don't know what has happened now in India. You see they don't understand they have to live in India they should live like brothers and sisters but the way... .

(A Sahaja Yogini asks about her mentally retarded son.)

What is the problem? Did she see the lunar eclipse when she was pregnant? You must have, by mistake you must have, that's the reason. It's not difficult, he's a left-sided person. Put the left side towards Me and right hand on the Mother earth. You see this is how you have to make him sit before My photograph and a candle here, and also put a light near his left Swadishthana and keep it there. And raise his Kundalini with the light but no water treatment for him. Raise the light. Three candles, one in front, one here, one there to raise the Kundalini.

(It was the learnt that Shri Mataji's flight to Perth had been delayed by one hour.)

I don't want them to be delayed, it's very late there. It's eight o'clock now on your watch?

(Referring to the retarded child.) And he has to avoid eating carbohydrates, he should eat more meat or fish. He'll be all right, just see if there's a cool breeze coming in his head, put your left hand towards Me. Started now, just put your left hand... . Feeling the cool breeze in your hand? Are you feeling cool? Look at that, just sit here comfortably. Be comfortable, after some time it'll clear out maybe, may not be, but still you do it at home.

I'm sure she must have by mistake seen an eclipse, because Chinese know that, Chinese know that it's wrong to see an eclipse. You know that, isn't it in your philosophy? If you see the lunar eclipse this happens and if you see the sun eclipse you get a deformation of the body. Especially the pregnant women, not for everyone.

(Shri Mataji continued with advice to some Sahaja Yogis on their private and personal problems.)

1990-0301, Ham sab Hindustani hai

View [online](#).

1 March 1990

Talk to Sahaja Yogis

New Delhi (India)

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

1990-0300 Hum Sab Hindustani Hai (We all are Indians)

[Hindi to English translation]

We all are Hindustani [Indians] and are living in Bharat [India]. We are nurtured from the grains and water of this land. This land is supporting our livelihood and will continue to do so in the future. For our children, for our future generation, our message should be – “Love our country. We should have a lot of affinity towards our country”.

I have seen abroad and it's very surprising that in every country, each and every one knows about their country and are proud of their country. When we ask them, “There is so much of poverty in your country.” They say, “So what? This is our country. This country gave birth to us, we have grown here, we have brought up in this culture. This is our country and it is of great pride to us”.

In the same way every Indian also should think that Bharat [India] or which is called as Hindustan is our country. We should be patriotic. As soon as you become patriotic, you will be surprised that you will develop a lot of good qualities.

First characteristic you will develop is - all the useless aspirations, all wasteful desires will end. You will feel that if the country progresses, we will also progress.

In My lifetime, I have seen such great people. Our time was different that We saw many great people who sacrificed so much. On seeing them I felt that they earned the Independence of this country. What happened after Independence, you all know.

Now as you are in Sahaja Yoga, it is your duty that whatever is bad whatever is regressive, should be removed. And towards this you should be totally dedicated. Only then your country can be strong. Otherwise the kind of people who are there now a days, you all know, I don't have to say it. But we should not be like them.

For the country and for the people of the country we should do all that we can.

I bless you all.

Tomorrow again there will be a program. All of you are invited again. Please bring your friends also. Everyone is invited.

Many blessings.



## 1990-0301, Talk to Sahaja Yogis after Arrival

View [online](#).

1 March 1990

Talk to Sahaja Yogis

Applecross ashram in Perth, Perth (Australia)

Talk Language: English | Transcript (English) – Draft

1990-0301Talk to Sahaja Yogis Applecross ashram in Perth, Perth (Australia)

Thursday, March 1st, 1990

The conversation starts midway.

... But this time 3 / 4 came for the program from there. And when I arrived at the airport there were about 25 to 30 people. I was so surprised you know. Such a surprise. And they did a trick. They came all the way from Malaysia by plane so they were inside the airport so they didn't have to come inside. Just I was there. So no problem. It's spreading very fast. I don't know. They say 1990 is a very good year for Sahaj Yoga. It's going to jump. But Russia is the thing... (inaudible) it's unimaginable. You won't believe it. (Name inaudible) was telling me in England there'll all waiting for human rising. How can they wait for me? Can't understand. They don't believe in God, they don't believe in any religion nothing. So, they're just waiting. And when we went there the first day, we went through Helsinki. First of all, that's near. And they had a big hall of 2000 people.

Of course, you see you have to buy tickets. It's not for me but Govt has it. 2000 people were sitting outside and 2000 were inside when I went there. I gave them a lecture. I was so surprised. They were so dedicated. They wanted to touch the platform on which I was sitting. With their foreheads. So amazed. How can you develop this idea of dedication? Of course, they got Realization as well. Most of them I should say 90%. Firstly. When I came up, 2000 of them sitting outside just like that as if meditating. They said what about us. I said what to say. Alright, come tomorrow. We will have it outside. Outside in the open. We'll all sit together and have it. So I went the next day in the morning. All the 2000 people outside and inside were there. Outside. Sitting outside on the ground. I was surprised. We had only 2 programs. But thousands came.

It is spreading so fast. And people had come all the way from such distances, from Siberia, this that. Then we went to Moscow. That was another eye-opener. The Ministers of the Supreme Council, this that, were sitting in front of me. And the government has recognized us an independent organization. Even in India, it is not so. And of all the places Turkey. Can you believe it? Muslim country. I used to be always worried about them that when will they come to Sahaj Yoga. This is remarkable. And after all that, we went to a place called (inaudible). People were quite hopeless about it. But even those who had some sort of shock from that they all had lots of heat. It all cleared up. Cleared out just like that. I was so surprised at the speed of their ascent. Very very they're like clean slate I'd say. Clean slates. They're quite moral also.

Also, you see because of this kind of government it's a very peaceful country. No drugs nothing. No violence. No inflation. No tensions of any kind. Except that you're not supposed to join any political party. But it failed somewhere or the other because they couldn't produce results. But on the whole, I think they produce good people. I don't know how many thousands of Russians are your brothers and sisters.

And then the second time they had a yoga seminar and my husband said why do you want to go to a yoga seminar. You've been there for 8 days now. These boys will look after it. I said yes that is true but I can better go. He said what why. I said maybe I might be able to break the Eastern Bloc. He said how can you break it? I said we'll get people from Eastern Bloc for this seminar. Really it happened. In this yoga seminar, there were so many people from Eastern Bloc from every country at least 5 / 6 of them. Some doctors some architects. They gave me 45 minutes to speak and I spoke for around 30 minutes. I believe in 15 minutes I gave Realization to most of them. When I came out of the hall, they all came after me. The whole hall was left empty. There were speakers and no audience. They said, Mother, we are from East Germany we are from this and that. Please bless us. Please bless us. I said I bless you all. And they gave me their addresses and all that. You must come to our country. And there it was.

Just after that. This everything happened. Just after that. One after another. Even Hungary they told me Hungary is a big problem, what to do? I said let there be one Sahaj Yogi from there. One fellow came. Absolutely sickly. There it was. When he went back, say after a week [inaudible].

Romania also they were worried. Same thing. In Romania also. I mean something really tremendous it is. When I went to South America also they have called me because of this problem in, there's a drug problem there. Can you imagine! I went there. After 8 days at the most. The whole thing started blasting like many bombs sort of they say the mines in mother Earth. Exploded here. Exploded there. This person throw there, this person... it's all finished now. Now they're moving to Spain. Such criminals they were. When I went there, even in Bogota it's such a far fetched place. You go there you feel a little giddy. At such a height. And there what you find in the garden, thronged with people. You had to wade through, I didn't know how I was going to walk through. Somehow I made it through that. And there I was in the hall. All filled. They were sitting everywhere. I thought they'll be hanging on to these lights and things -so many of them. Then I said you can move forward to the stage. Now they came up just like this.

In Brazil, it was so remarkable. It was such a mystery I felt. They, when I went there, there was one place called as 'Foundation of Peace'. The one who was running it was a French man. He had all kinds of funny, funny gurus with him. Nothing in that tie, he had gone too fast. And I landed in his own organization. Can you imagine? And everybody got a Realization. And they all go against him when I came away. And he was carrying on with one girl you see – she said he's so much older than me and this that. She too said now I understand he is spoilt. He's not a good man. When he came back he saw everybody so much brighter and he said what's the matter? How is it you're looking so good, all of you? They said, Mother was here and he was away that whole of the organization everybody under him has become Sahaj Yogi so he also took to Sahaj Yoga. It's very remarkable I think [inaudible]. [Tea is served]

They gave me some tea. Thinking that you see may not be very good tea here. Custom people... (laughter) even the saffron this is part of the plant but I said it is all packed from Spain, no! even the frame. Such mad people they are.

For the photograph. But the best part was they gave me a present. And that I would never have thought of. Present of a child's painting and there was a rod – they said this rod can bring disease. Any wood can bring disease to this country. Then I looked at my head and I thought it is all made of wood. I mean just imagine. People have declared everything but for the rod of the child's painting. They're all very old. Last time we brought some mangoes. We didn't declare – we showed them we've got mangoes. So they said no no you can't take them this quality. Some mangoes are allowed some are not. These are the best mangoes. We had three boxes full for all the people here. They ate it completely the customs people.

We're having a puja on 5th of May in Italy somewhere – Sahasrara puja. But we had a wonderful puja this 23rd May, Mahashivratri puja [inaudible]. But Hindi I have told them to translate. It's very beautiful.

Everywhere there are rejections going on. He even told me. I don't know. See these politicians nothing to choose – they have no concern for anyone no concern. Very selfish. All over the world, they're just the same. I mean it's not only in India – everywhere. The other day we had a film about Mr Bush and he is responsible [inaudible].

Here also I was reading in the newspaper so many deals and things which are being discovered now. All over the world. Even in Japan. Prime Minister – in Marathi there is a saying. That the compound is eating all the crop. Whatever you make for your protection – that itself is eating you up. You'll be surprised about 30 years back, I mean you've never heard of such – when English were ruling us, of course, English used to do that – that's alright – they were rulers. But since our independence, they never like this. Then suddenly (inaudible) and how much for a poor country like ours in one deal 200 crore rupees in one deal. 100,000 is a million? 1,000? 10 million into 200. In one deal. For a poor country like ours, how can we get rid of our poverty? And such a vicious circle. The money is borrowed from the World Bank. World Bank borrows it from Switzerland. So this money goes to Switzerland and in the whole run, we are the people who are in danger.

(unclear Conversation)

From where did they get the loan? Same world bank? It's true. I mean no concern you know. You see I started Sahaj Yoga with one person. One lady. And we have no debts at all. So all over the world, they have no debts of money and Sahaj Yoga is such a blessing that everything just works out just works out. I went down to (unclear) and he said, Mother if you have to buy this particular land I must immediately have 16,000 pounds. I said I don't know if I have so much in the bank but we'll see. And at the airport when I was leaving Sandra brought a packet. She said, mother, this money I have kept for you, I said what money? I want

to give you this money. I said how much – she said 16,000 pounds. It was in lira. I said I'll take it but for something else not for myself. She said, mother, whatever you want you can do it. I said alright. I gave it to Vito, I said keep it. I don't need it just now but we'll see. Keep it with you. We'll see about the land but it fizzled out. Then we had to do the (unclear) over there. We had to buy all the marble, the tiles, all these bathroom things everything. And curtains. In one day, I bought everything and you know when the bill came exactly 16,100 pounds. And 100 because I bought curtains for myself as well – I couldn't believe it first. I said are you sure? They said see mother these are the things. Exactly. So how it works. Only just the dedication, just work it out.

We have so many of such things happening we forget about it. So many blessings, so many blessings. Count your blessings. (child crying) What happened? No no no no – where is the painting gone? You gave me the painting ? where is the painting? It's lost? Is it? Did you write the name of the children? You should write the name. John and he's 8. All right? Where is that gone? We are all Sahaj Yogis? Sahaj Yogis don't cry. Ok? Come here.

What about the lady who had problems with her children? The husband. Who was that? So now what's happening? (A lady approaches Mataji a side conversation with a Sahaj Yogi about the lady 'Psychiatrist is seeing her'). I see. The child is alright. ... See the only way you can do is to send somebody to the child. ... What is this country like! Mad, I think. Well, it's the same case. (Unclear) So what happened – she had two sons. And one of them the father abused. A little boy. And he had mooladhara problem. Then when they asked, he said this and that. About 4 years old. So she took him to the hospital. The doctors saw. They also certified that it is so. But he said we cannot accept this – he's seeing a doctor. It's the doctor's job. All right, but it didn't stop at that. For that reason, you should not sort of want to you know say openly that it is like this. But they said the father has to see his two sons.

So, whenever he would come, take pictures of them, the wife, I mean the Brigitte used to get problems. She had first conceived and it was an abortion. Then the second time, she had another kind of problem. But she just gave up when the boys went out. So then I told them you get one maid or someone, somebody, sort of, Sahaj Yogi, just call her as the maid (nanny) of the children. But send her like a person who is going to protect. And that was accepted. (Lady talks). They're supposed to be a free country. I mean in India, I tell you whatever may be there. They might be primitive, they might not be so developed, or whatever. But you can't think of such a thing. You can't think of such a thing. (Lady – he has violated all his rights). It's hard to understand these things. They don't want to listen/. I don't know but people seem to be funny. Very self-centred. Opinionated. They don't know they are there for justice and not for this kind of (unclear).

This is what is Western life. Very bad. Mother unless and until she has some (unclear) and some bad things – I mean if she's a prostitute or something, otherwise in India, there's no question the mother is the one who owns the children.

Lady: How do we change direction?

Mataji: Only Sahaj is the way. But people at the helm of affairs have to take this on. I must have been to some horrible gurus. Must have been. Especially (someone's name).

Now they've started another thing. It's Ayurved. For Ayurved, you don't need a guru. You go to any Ayurvedic fellow, you can do it. But also people are stupid to do it. Why should they do it? Ayurveda, anyone can go to Ayurveda without I mean without going to any organization. Depends on the stupidity of all. They're greedy. Apart from greedy, I think they are very poor. But they're also poor.

(More conversation with the lady – her side is unclear)

Mataji says – very difficult person. The world is full of this. But thank God Rajneesh is dead. And you see the fast work like – all the people, from abroad, somebody like from Australia. Another one who was a doctor, all of them came. I don't know they might have and the last time. Three months or four months back I came. And they became disciples and they formed a group which was the inner group. So when Rajneesh died, the senior group published in the newspaper all the names of all these foreigners. That we are the inner group. And this is what we are organizing and this is what is going to happen. All the Indian people who were following him and his relations and all the others started saying that this is something wrong because why is he telling them to allow his traditions to go on. And ultimately, they found out that there was no money left at all so these people said how can there be any money – it was over a long time back. We have no money. And also he had published so many things. So there's no money. And they're all left high and dry and I think one of them had just run away. The one who was supposed to be the leader of the inner circle and there's no money at all. For any inner or outer circle. This is the situation of Rajneesh.

That's it. Must have been in America. There was no money in India. So there'll be no ashram in Pune – nothing. I mean what will they do. And even the Ashram was bought by somebody when he had done the whole thing. So he might just disappear in the thin air.

You know when Dr Nigam had the hand like that – he was completely paralysed, by another guru called Bhootnath. From Lucknow. So many of them had just disappeared. Actually, this TM has also been so unkind, so unkind. So many people are doing it so many people have ruined their bottoms. You know jumping and all. So they've put a case against him. Also, we have put one case against him. Trying to work out. In the month of August. Horrible rakshasa. The problem is they are settling the mind of the sadhakas. They are in the minds of the seekers. And unless and until they are removed, they will be destroyed all of them, so naturally, I am very concerned about them. No use destroying these people who have attachments of their tentacles into the brains of other human beings. All these things in modern times. I mean if they were demons, they were demons. You see, and there were goddess and demons. And there was an army of the devils and an army of the goddess – it's not such a mixture that the army of the goddess had all of them in their heads. But now it is confusing. Let's see. Only for darshan, for this horrible Satya Sai, we call him asatya. Only for darshan, you have to pay Rs. 500. Only for darshan. Just to say like this (folds hands). Imagine, such a big (unclear). I don't know what is the use of giving him money.

... That's what I said it is easy to get crucified. Once and for all. Rather than everyday crucifixion. And they tell such dirty jokes also – horrible dirty jokes. I didn't understand half of them but everyone was laughing. Couldn't understand. Imagine who is interested in these dirty jokes. Such horrible jokes that I tell you – people – the first class was sitting here and such nonsense -it has no meaning, it has no relevance at all. And everyone was just laughing. Very dirty filthy stuff. And it this all filth becomes part and parcel of society, just becomes. And we think we are very modern. Liberated. Abandonment. Liberated to ruin everyone by their ideas. Rubbish.

You see they've never known something. You see they've never known or learnt these things. They don't know what is actually good. They don't know what to feel something good, you're really good. They've never known such an atmosphere. They've never known such people. Have no idea at all. That's the problem.

But at least if you really know the wider way of the whole thing. The way it works and all that then there is no question to reach that point – I don't know how. Today at least it is not so bad. I think we have done very well. It's going to be a great time. And especially I will be celebrating my birthday here. So I am sure Ganesha's blessings will be here. Quite a lot. Very good. Australia's wishes will count.

Let me rest for a while. Because I have not slept since the time we started.

Today, tonight is the programme?

## 1990-0301, Talk to Sahaja Yogis and Workshop

View [online](#).

1 March 1990

Talk to Sahaja Yogis

Applecross ashram in Perth, Perth (Australia)

Talk Language: English | Transcript (English) – Draft

### Talk to Yogis

.....better. just relax. Not to feel guilty at all, not to feel guilty. [unclear]. You don't think, don't think anything to think. This works...did you do TR or something, transcendental meditation or something? Never. [sahajayogi speaks]. It's the same thing. Ha. [unclear]. You better now? More than one chakras are catching there. do you feel anything? The swadishthana and the mooladhara, [unclear]. Did you have something to eat here? Now just watch, just watch my red spot. Now better, one more time. [Shri Mataji asks for something]. I think now you are a grownup man, have you. what about your photographs. [unclear]. [sahajayogi speaks]. You are so good. Just like [unclear word]. Beautiful photographs he has. What was the camera you used at that time? It was the normal camera I used Shri Mataji. Quite ordinary? the same one, different film though. beautiful, some of them are so remarkable, one is here. [hmmm]. Now you have taken to television or? [sahajayogi speaks]. But not on the camera side. [ he says no]. forgive yourself, forgive, don't blame. How are you feeling now? Better? The flow of cool breeze, has it increased. You are not feeling any breeze. [ slightly]. it is better now. [Shri Mataji speaks to sahajayogi]. Now don't be serious. there's nothing to be serious. [unclear]. Did you come by car? [mother gives advice]. We have, you know its due to some possessions. This is the theory on which you work and it works out. now I request to you that when you are going. Don't go by the road by which you came. And also, they will give you something to cover up yourself. you can take out your shirt. It is better, can you give him something to cover, so that they don't recognize you. and you should avoid dark clothes. Get something light. So now you see [unclear]. So you can come tomorrow morning, and later on, you can work it out with these people, its very simple. and I told them [unclear]. Maybe in the morning evening, you may come here its better for you. And come here, It will work out. But you must have will power you will work it out. Because I see people don't have any will power to get alright. You must have will power, it will get alright.

[Shri Mataji asks for cloth in Hindi] that's very good. give it to her. And he can take out his shirt. Just cover up yourself in my presence. then you can walk. Just cover I want to see. Will you get one more. One more will be good. Cover up. Now you look like sanyasis. [everyone laughs]. Alright God bless you. Hope to see you this evening. Come the other way around. They ask me is it the last judgement, I said yes. Think about how he gets his ideas, he must have done some homework don't you think so, this gentleman who interviewed me. They were the questions put down by Steven. [unclear talk]. you put this mark on your forehead before sleep. Have you given him the photograph? Better get it framed.

Did you tell them how to use it? Left swadishthan pe bandhan dena. Next time you get the medical papers

As soon as you go we have to go there, as soon as you come, we have to go to the university. ( sahaja yogi asks about visa of New Zealand) . I think so. Inko jara mera passport la do. That's also. The business I think. Did you tell them how to use it? Give bandhan on left Swadishthan. Some music? Why not? (Sahaja yogis laugh). You can cure it. I say you can cure it, the problem is you stick to it.its really small. Its nice time too.

Yesterday he was patient very very patient. This book has come from Australia? Australians? Yes. Can I see it? (unclear)

(sahaja yogis sing bhajans).

They say who is one with God why should he have any fear.

## 1990-0302, Become your own essence

View [online](#).

2 March 1990

Become Your Own Essence

Public Program

Perth (Australia)

Talk Language: English | Transcript (English) – Draft

- [INAUDIBLE] - [INAUDIBLE] The purpose of to-night's gathering is for you to have the opportunity, if you wish to to have this energy released to have it pass through these various centers, to enlighten them, to switch them on, if you like, until eventually it will reach the top of your head which in effect is the [UNCLEAR] I talked to you about and from that point you can become here what we call realized people.

You have a whole new world opened up to you. It is a very simple process, it requires nothing of you but your own will to [UNCLEAR] Like most evolutionary events it's quite simple. Has to be simple, it has to be something that happens without effort on your part. Just as you became a human-being without effort so this is another step in your evolutionary course. So, when Shri Mataji has finished Her talk She will offer you this experience. And I hope you'll get it. [INAUDIBLE] [INAUDIBLE] [INAUDIBLE] [INAUDIBLE] [INAUDIBLE] [UNCLEAR - YOU?] would like Me to stand up and.. [UNCLEAR] I'll stand up [UNCLEAR] can't see you so. I will stand up It's all right, it's all right, doesn't matter I bow to all the seekers of truth. At the very outset we have to know that truth is what it is.

We cannot mold it, we cannot organize it and we cannot order it. It exists, has existed and will exist. The truth is very simple and whatever I'm telling you you have to seek it in a very scientific way. Like a scientist has to keep his mind open for any new ideas that come to him and he should treat this as a hypothesis and if it is proved true then you have to accept it in all honesty. Now the truth is that there is a All-Pervading power which is described in all the scriptures - All-Pervading power of love. These people could not have told us lies, they were not liars and they were not interested in doing something which was not for our benevolence. But it has not been proved that such a power - the subtle power - exists. This power is the power that thinks, that understands, does all the living work - not only that but it organizes, it puts everything into order, it creates all the nature's circuits and last of all it loves. This power exists but we have never felt it before because at human level we cannot feel it. So, the second truth is that we're not only our body, our emotions, our ego, our thoughts, our plans but we are the spirit.

And when we become the spirit - means when our attention gets enlightened that the light of the spirit that resides in your heart, then you can feel on your finger-tips this beautiful power which is there, is described by all the sages, Incarnations and prophets. So, this power is to be felt. And if I say so, it is important that at least take it when we are on the very [UNCLEAR] clouds, that you say in modern science [UNCLEAR] Also you may be, beautiful way we should say, that it's the best time for this because people are getting out of [UNCLEAR - COMPARISON? ], out of their ideas about progress. They're thinking, "What is it that we're not so peaceful, why is it we cannot enjoy our life as we should have enjoyed?" So, there's a very big uh.. urge to know the truth. And this is thing, is the pure desire within us that we have to know the truth. Now he's talked to you about Russia, I was really surprised, and the Russian people, I used to think, such suppressed people and all that. In a way they were suppressed very much, I should say, because uh.. of, they couldn't talk about politics, they couldn't discuss politics, they couldn't uh.. go for elections and things like that. But there's something good about them - they have no conditionings, quite all right, they have no conditionings of any kind.

Now, as far as religions are concerned the people who started the religions were perfectly all right. They were truthful and they were like flowers on the tree of life. One after another they appeared and what all they preached, in the essence they all said the same thing - that you are to be born again, you have to have your Self-realization. But when, human-beings took over from that, they started deviating from the right path. And that's why we find in every religion something that is very mysterious for our mind - we don't understand why this is so. So the essence of all religions can be only understood if you become your own essence and

your essence is your spirit - that's the essence of life. And that's what you have to become and that is the last breakthrough for ordinary human-beings. The last breakthrough where you just jump into a new awareness - which is described by Hume, very clearly, that now at the second step or the last step that we have we have to become collectively conscious. We have become, is the point - it's not that we are collectively conscious, we have to become. A human being has to become, that means on his Central Nervous System he has to become collectively conscious and he has to feel that another person on his finger-tips.

And when that happens, who is the other because you have felt everyone within yourself. And if you know how to correct the problems that are within you and without, you solve the problem. And this'll effect the whole emancipation of humanity contained within us because within us lies our glory which we all do not know. We're lost in the ignorance part of ourselves. Like I would say, if there's a television you take it to an Indian village and show them and tell them you can get scenes from Australia and all these places they'll say, " Oh, how can that be, it's just a ordinary box." But when you put to the mains, it works and it shows how fantastic it is. In the same way we are fantastic, we're made for a purpose to enjoy life, to enjoy everything in the purest form. And that purpose has to be served, very easily it is to be managed - as we call it sahaja, means born with you. Sahaja - 'saha' is with - born with you. This is born with you, the grant to be in yoga, means 'union with the Divine'.

And this is your birthright - you all have to have it. Everyone has to have it. Some will have it before, some will have later on but gradually so many people will have to get it like first one, one fish came on the water, and then few more and then few more and then the shoals of same. In the same way it is going to work out. It's working out uh... we are now working it out in forty nations. It works slowly because it's a living process. It's not something plastic that you can create, you cannot be member - you have to become and for that you can't pay. You can't pay. I mean, like in the Mother Earth if you have to, say, sow something and you want to sprout some seeds - the Mother Earth doesn't understand money. No use standing on your heads either.

It just sprouts by itself. In the same way it acts. You cannot pay for it - this is one principle one must know, that you can't pay for your Self-realization. And that is something, is so much not known to people and I'm sorry to say that many people have come out even from India and from all over and are trying to befool people, take advantage of their simplicity and ignorance and make lot of money. I've been telling since long, that you should shun such people and don't waste money on these nonsensical things. You cannot pay for God, you cannot pay for your Self-realization because Self doesn't understand money - it's a man-made commodity. Self doesn't. And as a result of that, the Kundalini rises, so many things happen. Today I'll tell in you in short, tomorrow I'll explain to you how it works out on more scientific basis. But how it works out, is very interesting that these centers that we have within us, as he must have shown you, seven centers, one is below the Kundalini and six of them are above the Kundalini.

Now, this Kundalini space is a bone called Sacrum, which means sacred - that means the Greeks knew about it that it's a sacred bone containing some sort of a power. When this Kundalini rises, when this power, this residual power within us rises, it integrates all these subtle centers. Now these subtle centers on the physical side also look after our plexuses, on the mental side also they look after them. So as it rises, nourishes them, integrates them and then connects it, connects it up to the mains. So all the time this energy starts flowing up. Now this energy has at least three powers. First power by which it comforts you. Comforting means your sickness - many incurable diseases can be cured by this. There are three doctors in Delhi now, have got their M.D. in sahaja yoga for curing uh.. uh..diseases like Asthma, like psychosomatic diseases and things like that.

And now, it's gone up to America and also Helsinki - of course in Russia they have accepted as, as an independent organization. This [UNCLEAR] organization they call it [UNCLEAR] although we have no organization as such. We cannot be organized as I told you. So, this power of healing, the comfort, comes through the nourishment of these subtle centers within us. And that's how, so many of people, so many people who have suffered from incurable diseases, have been cured with the awakening of the Kundalini. I don't have to do anything, it's your own, it's within yourself. Only thing, an enlightened candle can enlighten another candle - in the same way it works. Now then, you have another beautiful uh.. present from this awakening is that, all your mental problems are solved. So many people who were mentally harassed, who were schizophrenic and all kinds of problems of the mental depressions and all that, they got cured. But we do not say that everybody will be cured, most of them do get cured and gradually they settle down.

You'll be surprised, there're many cases of Blood Cancer which have been cured. But that's not the main job of sahaja yoga - is not to cure people otherwise I better go to the hospitals and work it out. But the main job is to awaken the Kundalini, so that you become the spirit and once you become the spirit these things work out gradually. And then you become empowered yourself, that you can raise the Kundalini of others and can deal with them. Then, within us lies our own peace. You must have heard of so many peace foundations and people getting Nobel prizes for peace - they have no peace within themselves. They make peace foundations where they talk about peace. Talking about peace doesn't bring forth any peace at all. You have to be peaceful within and the transformation of a human being is needed for achieving that state of complete peace. And then you become a witness - witness of everything like a drama you see everything - you're not bothered.

Just look what is happening outside - you're not disturbed by that. On the contrary you're much better placed to solve the problems because you're out of it and you can see them so clearly and you can solve them. So, it makes you extremely dynamic and then you become enlarged - pure love [UNCLEAR] compassion, extremely compassionate. But last of all you become joy. When we become joy it cannot be described because it is only joy, it's absolute. It is not happiness and unhappiness, it is joy and that joy is to be enjoyed. Apart from this uh..you become a very knowledgeable person because this brain of ours is very partly used by us. But when the light of the spirit goes into it, you become extremely knowledgeable and you become very, in a way, very intelligent, I would say - you see the point very clearly, you become very wise and sensible. All these traits are very fantastic to ask because you can't believe it - how can this happen? But it does happen, I must say, it does happen and because it's your own, it's within you.

I mean, I'm doing nothing about it, I should say - it just works out because you have not known what you are! Just you have to discover yourself, that's what is sahaja yoga. But we see wonders happening, in London specially, where we have lots of people who are drug addicts, alcoholics, all absolutely uh...drenched into it. And overnight they gave up, overnight they gave up that habit of alcoholism and drug and the whole thing is so surprising how they suddenly became such beautiful people! So sensible, so powerful that no habit can dominate them. All these things are there just for you and you have to enjoy that, it's all your own. Now, because today is the first day, I would like to have some questions from you but relevant to the subject, would be better because I'm here for nothing. I don't want any votes or any money from you - nothing of the kind. I'm just come here to tell you what you have and to enjoy it, so it's better to ask questions which are relevant. Of course discussions and all that are not going to lead you there, talking too much is not going to lead you there because it is beyond mental capacity of human beings.

You have to go beyond, you have to become that Absolute Truth - that All-Pervading Truth. And for that you cannot discuss it or argue it out but if you have any problems, please ask Me - I'll be very, very true to tell you about it. Thank you very much. [INAUDIBLE] [UNCLEAR] can we just asking questions now or [UNCLEAR] - What's she saying, I can't hear? - Yes, please do. - All right. [UNCLEAR] I want to ask you, sometimes I get pain in the [UNCLEAR] Kundalini wants to come up I get pardoned because I've heard [UNCLEAR] come up too fast [UNCLEAR N INAUDIBLE - CAN YOU FIND OUT?] if that's true or - She said sometimes she feels that her Kundalini is going to rise but she gets frightened because she's been told [UNCLEAR] - - Ah, it's correct, naturally - I know, I know, I'll talk about that - Yeah. Uh.. is a fact, you see, that people have really frightened people against, against Kundalini. I know it's a very negative attitude of people to stop people from getting their Self-realization.

You see, She's your mother and when you were born your mother took over all the trouble, all the trouble. In the same way, She is your individual mother and She knows - like a tape recorder She's taped everything within Herself what you have been and what has been happening to you and She's so beautiful, She rises up so sweetly, without any problem - I mean, I've seen thousands of people, thousands of them all over the world. Nobody got into any trouble, on the contrary everybody became very beautiful. Of course you do feel little heat if it, there's a little bit of problem or some sort of problem or a cancer patient sometimes feel the heat on the hands - that's all, not much. But why, why the [UNCLEAR] to Hatha yoga and [INAUDIBLE] why do they take so long uh.. in their training and why do they make sure that the Kundalini comes up slowly and not too fast - why is that necessary for them? - With sahaja yogies, you mean sahaja yogies? - [INAUDIBLE] Hatha yoga and Haan, haan, haan, you see, [UNCLEAR] I was secured. You see, Hatha yoga was established - thousands of years back by Patanjali. - Patanjali? Oh!

- By Patanjali, all right? And Patanjali has talked about Ashtagarkar - eight parts of [UNCLEAR]. In those days the life was very



different and in India that time we had uh.. uh.. ashramas - means people lived in four styles. The first style was called Brahmacharya - celibate life - they lived in the ashramas and where they used to select very few people who could get their Self-realization. The rest of them were taught how to improve your health, this , that and slowly, slowly I mean, we should say that, on the tree of life there were hardly one or two flowers so they couldn't make up fruits but today it's a blossom time. - Oh, so You're saying [UNCLEAR] the Kundalini come up I'm not going to go inside - Oh, of course [LAUGHTER] He said it. [SHRI MATAJI LAUGHS]. You don't have to worry all about. You see, this is a gentle [UNCLEAR - PAGE?] all right and Kundalini has perhaps become the gentle as well, [UNCLEAR] the tree of civilization has grown so big, all right, and the roots are also developing.

If you don't feel your roots, the civilization will disappear. So, there's an equal and opposite growth and that's why it works out very fast. Of course I must say, that I did some work on that also to find out the permutations and combinations why human beings take so much time to get realization - now they don't. But you have to establish yourself. First the Kundalini will rise, build our breakthrough, you might feel the cool breeze, immediately you'll feel on your hands, finger-tips will feel it, coming out of your head but after some time you have to allow it to grow. Like a seed which is sprouted has to grow into a plant and then into a tree - it's like that. Takes hardly a month, at the most - you can become a master of it. Sounds quite fantastic, isn't it? - Mother, is it safe to give realization to children? - Oh absolutely, they are the best.

Don't have to do much about them, they just get it automatically - they are the sweetest things, don't you think so? And these days the so many children are born, are realized souls, I'm surprised! So many children are realized souls, we don't understand them. And also the people who get married in sahaja yoga, if they're both are sahaja yogies, then they get all realized souls born to them. I think there are many realized souls waiting to be born - they want to see good parents, that's all. It has been said that you have to be spiritually ready before you can awaken the Kundalini - otherwise you won't be able to control it. - You see, I would say that your Kundalini knows everything about you, and She knows everything and She judges you - you don't have to worry about that point. She is the surgeon and She knows what is to be done. So you don't have to worry and you don't have to certify yourself. Only thing is, that you must know that you must have committed some mistakes, so it's all right, you're a human being, you're not God.

If you have made mistakes, doesn't matter, don't feel guilty. I mean this is another thing in the Western mind that we should feel guilty for everything. You see, even if I put the thing like this, I should say sorry and sorry and sorry. There's nothing to be sorry about [LAUGHTER] You see, so there are so many norms we have made uh to make us [UNCLEAR] - there's nothing to feel guilty at all, nothing to feel guilty. On the contrary you have to be very confident about yourself. You are a human being an epitome - epitomy of the evolution - the top-most people. All these side issues people have started because they don't know how to raise the Kundalini, I think. Like supposing, if I had to plug this, If I don't know any plug [UNCLEAR], you see, I know where to do it. But supposing he doesn't know anything, he'll go around the whole world and touch something and say that Kundalini awakening is horrid. They have to know it, that's all.

- I would say, I would say that we are totally Divine, each person - Of course. But we, but the scientists and religion, as such, has always told us about sinners. - That's all wrong - That's [UNCLEAR] - Is all wrong. You see, this is how they start telling everybody, "You are sinners." So that you give lot of money to them so that they can wipe out your sins, sins. To be very frank, it's all wrong. And even in Christianity I've seen that so many things have gone wrong, of course Hinduism has the same problem, everybody thinks they're sinners and they're committing sins here and there. But recently there's a nice discovery about a book uh.. they have written when Thomas, the disciple of Christ was coming to Italy, he passed through Egypt and he wrote beautiful treatise about Christ and he said that, "You don't have to feel uh..unhappy, don't have to suffer - Christ has suffered for you, now you don't suffer. You're not going to suffer more than He has suffered." And he's talked, told about experiences spontaneity and everything he's talked about.

But as soon as that was published, I think the Christians got fright.., got worried about it. That's a fact. That's a fact because this idea of suffering has come from where, I don't know maybe Mr. Paul or somebody has introduced it, I just don't know [LAUGHTER] and he, this gentleman also calls it Pauling Christianity because he suffered from Epilepsy so might have. And sometimes it's just surprising, like if you go to the Sistine Chapel in Rome, you see the, whole thing is nothing but Kundalini and this Last Judgment where the Kundalini rises and Christ residing there at the Agnya chakra. He's such a hefty, tall gentleman -

that's what He should be but down below on the table there's one skeleton kept like this, of Christ, you see - I say, with that skeleton could He have carried that horrible cross? So this is how they want to depict that this is wrong and same thing in every religion. I mean, it's nothing new. Everybody must suffer. Why should you suffer for God? He is God Almighty, He is nothing but love.

No father wants you to suffer - then He's the Father of all the fathers. All the love you have of a father comes from that source, how can He ask you to suffer? I mean, reasonably you just see the point. No, there's no need at all. [UNCLEAR N INAUDIBLE] Divine life. - What's she saying? - [INAUDIBLE] - Hmm. What's she saying? - Saying, in the Gospel of Thomas - Annh? - There is something in the Gospel of Thomas about light, saying Divine light [UNCLEAR N INAUDIBLE] Yeah, correct.

Yes, Thomas has said that, no doubt, and that's a very fact that you're the light and light inside but if you see the light then you're not the light. If I see this light, that means I'm not that light. So, you don't have to see the light. Like Paul saw some light so he was not the light himself. And another idea too [UNCLEAR] and she said - [UNCLEAR] - What's she saying? - [UNCLEAR] - [INAUDIBLE] - Who? Haan. - [INAUDIBLE] [INAUDIBLE] Is correct, you see, what he said is true but we have to get out of the opposites. We have two opposites about which I'll tell you tomorrow. Now, I went and addressed the uh..Humians in New York and I had not read him before much but I opened the book and saw the one mistake in his understanding about human beings was that he had put uh.. his mind uh.. like the Subconscious, and the Collective Subconscious and then the Subconscious, then the uh..Conscious mind and then the Supra-conscious mind like that - into layers and layers like this, horizontal - that was a mistake.

It lies parallel and the central path is left open to us. After all He's a Creator and a great organizer. Supposing you have to go to the aeroplane and you're rushing about, you have to pass through all the luggage, jumping over everything - how will you reach there? He's a great organizer so it is not horizontal, it is parallel. That's the only mistake he committed perhaps because he got his realization quite late in life and there was no one to tell him about it but that you don't have to go to Subconscious - no. I'll tell you tomorrow where lies the Subconscious and where lies the Collective Subconscious and the Supra-conscious and the Collective Supra-conscious. All right? We have many Humians with us, I must say, in sahaja yoga. Can I ask you, can I ask you this truth that you need to have a master to touch your [UNCLEAR] - [UNCLEAR] - What? - [UNCLEAR] [UNCLEAR] dangerous to do without a master.

- Oh, Tantrik yoga is the worst of all - in any way whether you have a master or no master. - For what reason? For one reason that they don't know anything about the mechanism. They are money makers, that's all. It's all money oriented. - [UNCLEAR] - Tantrik is a money maker? - Annh? - Tantrik, tantrik is a money maker? - Yeah, of course, they are. They - [UNCLEAR] - [UNCLEAR] What's she saying?

- [UNCLEAR] ancient countries money makers. - I'm not talking about - She's not talking about - You see, tantra means, I'll tell you, explain to you, very clearly. Tantra means the mechanism. And the mechanism who knows are not the tantrikas but the people who are yogies. And the tantrikas are just the opposite of it, just opposite. Say, they do something wrong to spoil your passage, what we call the Sushumna and you are under their control because they use all kinds of witchcraft, this , that. These are the tantrikas. They were not tantrikas, they were yogies. No, no, there are two sides of tantriks. You're talking about the dark side, there's a, there's a light side as well.

So far, I've not known any, I must say, but the only the yogies they may, they only people who knew the tantra were the yogies or the great masters but none of them, those who call themselves tantrikas came in India this process in the sixth century - they were horrid people, [UNCLEAR - JUST?] horrid. They started in sixth century right from Konark up to uh.., we can say, Panna and all that - you must have seen all these places yourself, if you go to India - horrible thing and they use sex as the way to get realization. How can it be? You see now, the last center is here, the red one, all right, is below the Kundalini and this is the one which looks after your pelvic plexus, which is looking after your all excretion, sex inclusive - sex has nothing to do - at that time you become like a child when the Kundalini is rising. Your innocence comes back. Innocence is never lost in human beings, never lost - it is covered like a cloud but never lost. So, all these tantrikas were using the sex energy or some sort of a nonsensical thing like that. So they started with the sixth century in India and because of the some of the licentious kings we had, it started

growing now. - They were all nonsensical - Oh..

I'm sorry but it's not without [UNCLEAR - Praise?] - But you see, have you, you must see the result. Proof of the pudding is in the eating of it, all right? You should see the result of these tantrikas what they have created. They have created nothing. - because You're from India so You probably not have known [UNCLEAR] - Oh, they just talk. I haven't seen anybody doing anything good anywhere. These tantrikas these days are settled in Delhi looking after our politicians teaching them other nonsensical things. - [INAUDIBLE] - They're not, and you see yogi is not interested in all money making business. -Yes, madam?

- If someone has [UNCLEAR] of asthma, do you concentrate on one certain chakra or - [UNCLEAR] area or do you have [UNCLEAR] - What she's saying? - I'm sorry, you know, I can't understand the Australian English, sometimes [LAUGHTER] - I'll try, after sometimes I'll get used to, I'll get used to, I'm sorry. - If you suffer from Asthma [UNCLEAR] do you concentrate on one particular chakra or you have to work on all of them. No, only on two chakras you have to work it out. And only, only two chakras, it works out. On this one, is the Right Vishudhdhi we call it and also the Right, uh..Right heart - only two chakras it works out. Sometimes of course you might have a left Vishudhdhi - but this, it's not difficult to work it out, Asthma, it's not difficult. - So, what do you concentrate, on the heart one - No, no, no, no not on the heart, there's a right heart we call it, right heart - All right - Right heart, right heart and this Vishudhdhi on the right side - it's mostly right sided thing. It comes from liver, take it from Me. Haan.

Excuse me, Yoga is called union with this universal spirit of God or whatever You call it - where is [UNCLEAR] have this union, where is He? - Yoga is union with the power - the All-Pervading power of, where is it? - It's everywhere. It's in a subtle form everywhere, madam, everywhere. - Including me and You? - Beg your pardon. - Including all us? Of course, it is all over. It's the Holy Ghost, as they call it. Is the power of the Holy Ghost and the reflection of the Holy Ghost is the Kundalini.

And what is the Holy Ghost? It's a mystery but I'll tell you what is the Holy Ghost is. See, God Almighty has a son is out of [UNCLEAR] behind you. So the Primordial Mother is the Holy Ghost - we call it Adishakti in Indian language. And the reflection of this Adishakti is the Kundalini. You will understand everything. See in one lecture you cannot understand everything, - No - you see. - I understand all this powerful and He can be experienced everywhere but if He's in You and me [UNCLEAR] can't understand [UNCLEAR] You and me. You see, now the connection of this thing is within itself, all right? But it is to be connected, that's all.

There is electricity in it but it is to be connected. That's the only part missing. It's nice we have some things like this to give you analogies [LAUGHTER]. Modern times are very helpful that way, isn't it? Can I have some water, please? - Yes, madam? - I have a question about nutrition. Is it better to live vegetarian, does meat hurt your system? You see, in sahaja yoga we, we just consider the personality of a person, a kind of a person he is. Of course the meat of the animals which are bigger than us are injurious to the teeth and all that.

But supposing, somebody is a vegetarian and uh.. he is, he needs proteins so he has to take proteins and if somebody needs uh.. less proteins he has to take carbohydrates. So it is more sort of understanding of a personality. Uh.. We, we do not taboo anything like that because it's a wrong idea that vegetarianism takes you to God, it's very wrong. In India, you will find that the worse people are vegetarians, horrible people. [LAUGHTER] They're so cruel, I'll give you an example, Hitler was a vegetarian, what do you say to that? Strict vegetarian. You see, because you don't have sufficient muscles to control your anger also sometimes. So it's not necessary you have to be vegetarian. It has nothing to do with food but with the prakriti, as you call the nature of a person - what sort of a nature you have and what needs nourishment and looking after. If the whole world turns to vegetarians, we don't have to kill any animals.

No, I mean, what's the use of having too many animals also, you can't give them realization, can you? [LAUGHTER] And there are many countries where no vegetable grows, for example, Japanese, specially Greenland people. They said, "What sin have we committed that we have no vegetables here." So, after all, God must have been fair to everyone. But of course, in Australia people eat too much meat, so if they take to vegetarianism a little bit, is a good idea - just to balance it out, that's all. [UNCLEAR] You told the story about your grand daughter before [UNCLEAR] story regarding your grand daughter and something funny she

said to You, your daughter - What's it? - [UNCLEAR] about the Elephant god. I mean, we could hear [UNCLEAR] [UNCLEAR] your grand daughter said something to You about the, about Ganesha. I don't know which one you're say.. I must have given at least 3000, 4000 lectures in only English language.

So, I don't know which one you're saying but if you meet Me I, if you'll explain to Me, I'll let you know about it. I've been to [UNCLEAR] - About what? - [UNCLEAR] - There was a student [UNCLEAR] - [UNCLEAR] - [INAUDIBLE] and the two of them sat down organizing, it was like a tent for her and she, she would come out. Then she called My daughter. She said, "Mummy come and see my house." My daughter is very tall, you see. Somehow or the other she managed to get inside. But the when she got inside so My grand daughter was there, she said, "How do you like my house?" She said, "Very nice!" So, she said, "What do you have for me to eat?"

She said, "Mummy, when you go to somebody's house, you don't ask such funny questions." [LAUGHTER] So, My daughter, you see, couldn't help laughing. She started laughing, the whole [UNCLEAR] house was broken. So she came to Me and she said, "Grandma, You have given no good training to Your daughters." She was very young, she was hardly four years or so. "You have given no good training to Your daughters, she came and broke all my house and I did so much for this." But this is just the innocence of a child and said so sweetly. Yeah, you see, the children, you see uh.. children have very strong Mooladhara and they're so innocent and whatever they say innocently, is so wise, so beautiful. Uh.. that you see, there was a book 'Lady who had An Idea'. She wrote about what children have to say about politics and things and the book was sold overnight.

All the copies were sold out. So, I mean, it's so sweet to listen to them. The best company is that of children. [INAUDIBLE] - [INAUDIBLE] sahaja yoga [INAUDIBLE] - Sahaja, yes, of course. Of course. Sahaja means spontaneous. Because it's a living process, it can only happen spontaneous. There's no need to do all other uh.. acrobats, no need. - [INAUDIBLE] - Just to do that - [INAUDIBLE] Annh, you should. You see, it's all right but the one that is pleasure is all temporary, isn't it?

You must achieve joy. Pleasure is not permanent, it's just temporary. You must [UNCLEAR] of joy. Pleasure seeking people, I have seen, become bored very soon. Better achieve your joy. - [INAUDIBLE] - Beg your pardon. - Did You have joy all day long [INAUDIBLE] - [INAUDIBLE] - You can have joy all day long after doing yoga. - Yeah, of course, you are joy. You become joy. Yes, of course, but not the yoga of this standing on your heads.

[LAUGHTER] While on the contrary, if you do only the physical side of yoga, you might become a very dry person, very dry, because right side attack - I'll tell you tomorrow and men can get divorce. All kinds of things can happen to people who are right-sided. They can be very hot-tempered. We have certain people who are doing Hatha yoga and you must meet them with the barge poles, very dangerous [INAUDIBLE]. You can't ask them any questions, you see, they just come on you. Can I ask why the right side, in what side of the brain is supposed to be creativity and left side is supposed to be rational side? - [INAUDIBLE] - What's she saying? She's saying the right side of the brain is supposed to be the creativity and the left side of the brain is supposed to be the rationality [INAUDIBLE] That I'll tell you tomorrow - it's correct, correct. You have reached the right point, yes, because they cross over, I'll show you, here you can see, see they cross over The yellow line crosses over the other side and this side but when we say right sided, we mean the yellow ones who suffer from biliousness. They have too much bile in them that's why we have shown you the yellow one - is the Sun line and the left side is the Moon line.

I'll tell you all about it tomorrow, all right? But should we have realization, now? Yes, Mother. [INAUDIBLE] - [INAUDIBLE] - Pardon? - [INAUDIBLE] - What he said? - [INAUDIBLE] Christianity. Oh, I've, I've very [UNCLEAR -CULMINATION?] for Christ. Christ was so great - without Him we can't work out sahaja yoga. But Christianity [UNCLEAR] better, that's we cannot - we better watch out yourself, I mean, the way it is, I can't understand, really.

Can't say. Whether it is Christianity or any religion, any, say Islam, anything say, it's all money-making things, just money-making [UNCLEAR -BIT OF A?] social money-making stuffs. The best part of it - you may follow any religion whatsoever - you may be a Hindu, Muslim, Christian, whatever it is, Jew, anyone - anybody can commit any, any sin. Can murder anyone, I mean, no body is bound. The religion is not within - it's not innate, it's all outside. But once you are in yoga, it's built-in - that's why, all the saints and all the prophets - the real saints and the prophets and the masters, they never did anything that was wrong. That must happen