

1995-0315, Conversation with Princess Nun

View [online](#).

15 March 1995

Conversation

Bangkok (Thailand)

Talk Language: English | Transcript (English) – Draft

1995-03-15 Conversation with Princess Nun Bangkok

Shri Mataji: I am very happy you are taking interest in this and

Princess Nun: I have no experience on this one, (laughs). I like to learn about (Mixed audio)

Shri Mataji: That's what Buddha had said that you have to have experience. Without the experience whatever you believe is is not that. It has to have connection. But Buddha's mission was finished like that abruptly. He had really worked very hard. No doubt. But people didn't understand him and even I see in Japan, they follow Buddhism. But they don't understand. Because

Princess Nun: It's very difficult (laughs)

Shri Mataji: See it is not mental what they talked about

Princess Nun: Spiritual

Shri Mataji: It's beyond mental. That's the thing they called as Nirvana. But just believing in something, you don't get it. You have to have it within yourself (Mixed voice)

Princess Nun : Practice

Shri Mataji: experience has to (unclear). My son-in-law, elder-son...younger son-in-law is writing a book on Buddha. In that he is going to point out all these things little little. That how we have missed the point you see. He said that we have to be in the middle path first of all and people are not in the middle path. They are one extreme to another extreme and his main idea was compassion. Compassion that has power. That only you get it when you become one with the All-pervading power. Otherwise you don't have that compassion. That compassion which has power and this is very important I feel for all the Asian Nations because you see Vietnam and all these places. They are suffered. Everyone who followed buddha should not suffer why should we. Buddha has suffered for us. We don't have to suffer. But we suffered because they haven't yet got the connection with Buddha. He said it "Buddham Saranam Gacchami" - You have to be Enlightened. We do that three things that he said I say. "Dharmam Saranam Gacchami" - But people say that we are dharmic but they are not. They are not. You see they are forced on to it or pressurised or something, but dharma is something within. So he said that you should get dharma within yourself and then he said "Sangham Saranam Gacchami" - that you should have Sangham means Collectivity as we have in Sahaja Yoga all over the world see. Buddhis are not collective, they have root problem. So see to I am here to complete his work. what he has said I want to prove it. Every word that he said prosper it. Also to explain people and give the experience. So that they should know that he was a real incarnation. Where is the place of buddha within our body, where is the place of Christ, where is the place of Mahaveera? all these we have to know and experience again. It should not be just talking. That you must experience first of all. After experiencing then automatically you will accept, but for the experience you don't want to do. Go on doing some rituals, you see in India every where, all these rituals are of no use and don't think Buddha much pleased much of rituals. It is all started later on. So the rituals, unless until you are connected you don't reach Buddha. You understand?

Princess Nun: haa.

Shri Mataji: So one should ask for reality. Ask for real religion, reality and that is the only way you can really spread his (unclear) not by talking. See Dalai Lama now, Dalai Lama, you don't know what sort of a man he is. Dalai Lama goes abroad, his fun fellow who came to see me aaaa, this kaashay, special color that the Orange and people told him, don't wear all this, Mother won't like it so. He told me "Mother, this is the only dress left for me by Mr. Dalai Lama". He took away all my money, took away my house. He was a very rich man. I sold out my car and he just mesmerised me and I was going giving giving money. So many people have glitched already and he has so much of gold with him. They say, the beggars, beggars of beggars. But when I went to China, I was surprised to see because I was V.I.P. They showed me what they caught out of Dalai Lama when he was crossing. He had lots of gold, so he couldn't carry. So put half of it in the river (unclear), may be more I don't know how much money. When I saw that I was surprised. There were at least 500 beer aah this thing, there jugs and many more many more than that were plates you

see of different sizes in real gold, see can you imagine in NASA(unclear), but the Tibetans are so poor, how could he ask for gold and this and that and they, they are not married nothing no family. So this is what is happening and now they are having another Dalai Lama being selected. You see, you can not select. You have to be. Like we have it also in Zen systems(unclear). Zen system started in Japan by Vidhidama(unclear) disciple of Buddha Vidhidama(unclear). He was I think very much more practical. He wanted to create thoughtless awareness. So, he put things which meant nothing. He said, look at this and don't think. He did lots of practical things I must say. His Ceremony everything was very practical. It didn't help Japanese. didn't help. At all. I would say Japanese are the cruelest people to think of. (unclear) be very cruel in the name of Buddha I can't understand. He did this. Zen did it, I must say quit aloud. But you see, the head of the zen came to see me, and he was sick, so they brought him to me. Very sick. I cured him and asked him that how are you the head of the Zen? what about the realized soul? you are not realised soul. So he said we are only 26 Kasyapas, they called it Kasyapas.

Princess Nun: What is it?

Shri Mataji:aaa?

Princess Nun: What is it? Kasyapa

Shri Mataji: Kasyapa are the realised souls.

Princess Nun: ooh aaa..

Shri Mataji: We had only 26 from the century from the sixth century to the fourteenth or fifteenth only. Now we don't have anyone like that. So I said "then what are you doing?" Same thing in every religion though Buddha was extremely I must say extremely kind and mildest thing. He didn't say like Christ said take out one eye (unclear)(Sree Mataji laughs)no... was very mild I should say and he said all about forgiveness and insisted upon improving this life so the next incarnation will be good and all those things. But have nothing, it doesn't have any affect. Nothing is you must be connected. Otherwise nothing is going to happen. Then automatically see the reality we are all one. Buddha played a part which he had to play Mahaveera played a part which he had to play and Christ played the part what he has to play. A big relationship and all that you realize is within ourselves in the system. They did something like mandala art(unclear) this that they have put something in Nepal especially. So, they are seeing it from outside something. It has no meaning. It., Its a footless game people are playing. That's what has to happen. I am very happy I came here, and I could meet people here, and the buddhi is have to take to something normal love(unclear). Those days are over of Tapasya of Penance. Now we have to take to something everybody can get detached. Once they get connected to the divine power and they get detached. You have to do many things like I am born in a family see with a car(unclear) royal family. So I have to wear this, wear that, wear this, alright, doesn't matter. It never affects me.

Princess Nun: How is that?

Shri Mataji: She sees the point (Shri Mataji laughs) very sweet of her. It has to workout you see. We need global peace. See everybody fighting in the name of God. In Karachi, 300 people are killed in 7 months.

Princess Nun: aah..

Shri Mataji: in the name of God. Everywhere. Today I saw this paper in what is that.. haan Istanbul, Istanbul, so many people were killed this phoneticism has come, you see one extreme is this modern life. One extreme is a licentiousness and everything, but reaction of that is this fundamental side, Let them of(unclear), oppress them and force them, but that doesn't create morality. so, morality is something in the central path. You have to rise in central path, immediately you become moral nobody has to tell you anything. Just become is the part. Becoming is the part.

Princess Nun: We have to practice, have to practice it. (Repetition)

Shri Mataji: Ya, ya, but first you have to be connected. Once you are connected then you can grow. Gradually you can grow, there is a simple method of meditation where you become thoughtlessly aware. where neither you are in future nor in the past but in the present. That's meditation and in that you grow spiritually. So first connection has to be done. Its like, aa, it's a living process of evolution. Like if you put seed in the Mother Earth, it sprouts by itself

Princess Nun: Yes

Shri Mataji: because it has got everything built-in. In the same way we have got everything built-in within ourself. So, it sprouts automatically. I have come to give this message here in this country (Shri Mataji laughs), in this country especially, this country of Buddha. We have to become what he has said. That's important. We have so many Temples, so many priests everything is there. But people are not happy.

Princess Nun : Haa, they don't practice.

Shri Mataji: Haan?

Princess Nun: They don't work, they don't do themselves like Buddha told him,

Shri Mataji: You can't do it. You see, when you do it, you do it through your ego. You have to go beyond your mind. See if(unclear) beyond your mind, this All-pervading power does. Buddha never talked of God. Reason was, he said first let them reach first-stage of Nirakara, of Formless. He talked of Formless, Mahaveera talked of Formless. Only Christ talked of God. He thought that people are prepared but no. They never understood. Everything only creates confusion that's the problem and frustration. So you have to give something real to them that there was Buddha, there was Christ, there was Mahaveera and there is God. Whether you believe it in God or not He is there. But Buddha didn't want to talk, Mahaveera didn't want to talk. Even Nanaka, he didn't want to talk, because he saw people are mad. They go to temples and do all kinds of rituals and finished better not talk about God and that was just to step forward. You see to make people forward, not to get guru(unclear) to some sort of a God or anything but just a step forward. His whole life was such a great inspiration for everyone but it can not be followed. That's the point. A very few people

Princess Nun : The one who talked to me, ah, the lady who called me, that asked me to come and meet with you, she say that you are worry about our King (repetition) of Thailand. He is sick at the moment.

Shri Mataji: Who is sick? ooh, ya ya, I would like to go. He is such a nice man, I would love but I have hardly any time, Tomorrow morning I can do it, or Tomorrow evening if that suits you, if he you people agree, because he is a King you know after all, have to approach him very difficult.

Princess Nun: Now at the moment, the doctors wouldn't allow anyone approach him.

Shri Mataji: Today is better. I, you see I tried something morning. Today is better may be. If he says, I can come because I know what's the problem with him is. If they allow. Because I am only there tomorrow. Tomorrow evening can try, you can ask the doctor because I will not give any medicine anything. Just blessings you see, they can't say no. To the blessing after all.

Princess Nun: But the doctor, the doctors in the hospital

Shri Mataji: aan?

Princess Nun: If the doctor of the hospital don't allow anybody to come

Shri Mataji: You talk to him may be will give a Bandhan.

Princess Nun: In some case , this man who came yesterday Dr. Suteen(unclear), he tried, the whole day tried to explain

Shri Mataji: I am not going to talk to him at all, I am not going to talk to anyone. I will just put my hand on his heart.

Princess Nun: We try again. We try with her father

Shri Mataji: There is nothing to talk to him, what is there to talk?

Other person: Ya, just to give vibrations.

Shri Mataji: See it is to workout, it works out well and good for you people. He is such a nice King. Princess Nun: Checked already

Shri Mataji: You can say she is a saint and she wants to bless. Just I will have to see his heart because his heart is catching very badly.

Shri Mataji: If you try it will workout. I am sure that I am not going to talk to him. I my self a doctor. So, why(Shri Mataji laughs)

Princess Nun: But in a big hospital the doctors will take care

Shri Mataji: I am not going to give him anything to eat or to do anything. Just I am going to put my hand on his body (unclear)

Princess Nun: Will try, I can't do anything laugh, I can't even go near him laughs.

Shri Mataji: What she say?

Other Person: She can not help because she is not allowed to approach the King.

Shri Mataji: You ask this gentleman

Other Person: yes

Shri Mataji: that they should say she doesn't want to talk to him. What is there to talk? you see, I will just, if they allow, I will just bless him. That's all. Just touch on his heart and also his left visuddhi is very strong, I couldn't feel what it is, I mean sitting down here also I am working on him (Shri Mataji laughs) .

Other Person: Will try to contact him, if he will come this evening, this man, he will come so we can talk to him

Princess Nun: The girl who contacted Dr. Sutheen(unclear) also. This Areyee(unclear) Sahaja Yogini the one we tried to help...

Shri Mataji: May God bless you. She has connection?

Other Person: She works with the..

Shri Mataji: This gentleman,

Other Person: Yes, the common man

Shri Mataji: See I am not going to talk to the patient, see I am not going to do anything, I am not going to give him anything to

drink or to eat. I will just bless him on his head and on his heart that's all. We could save him.

Shri Mataji: Worth trying, I mean to say, nothing guaranteed. Worth try

Shri Mataji: We can work out, give bandhan, Just pray, I should see him, because its not very difficult to save him. He is too right sided man, extremely hard working, futuristic. So I will just move his agnya, put my hand on his Sahasrara it will go away(unclear), its not difficult, I could feel it what's wrong with him.

Princess Nun: For us here, you can't touch his head

Other Person: Normally for Thai tradition, you can not touch the head of the ...

Shri Mataji: You can not touch here?

Princess Nun: No

Shri Mataji: Thais don't allow to touch(Shri Mataji laughs)

Princess Nun: Especially when he is the King

Shri Mataji: But a saint is a higher than a King.

Princess Nun: But may be you can, you can touch his head

Shri Mataji: No no see In India, a saint is higher than anybody else. see. Even our President, if he sees me, he will sit on the ground. I cured one of the Presidents we had, went to his house called me with great respect this that, and husband and wife came and sat on the ground. I said, why don't you sit here? for a saint why should you sit. He was suffering from cancer. Now he is no more but he is the one, then he asked people to give us some land for ashram and in that land I mean to get a land is difficult, we paid for it all that but we got the land. Let's see if it works out. He is a very nice man, he should be saved. Otherwise you will have problems in this country. He has no Son?

Princess Nun: ya, one Son. The King has one son and three daughters

Shri Mataji: and he is big enough? to rule? the son?

Princess Nun: Ya, he has many children, laughs

Shri Mataji: aah?

Princess Nun: He has five children, five six children, the son

Shri Mataji: The son has five children?

Princess Nun: Yes.

Shri Mataji: So he can rule, also, but best is if we can cure this King will be alright because...

Princess Nun: ya, we all the Thai people this Kind, the present King, we like him to live on..

Other Person: I think the son is not so popular

Shri Mataji: no, I think the son is not so popular like the King. The King is very good.

Princess Nun: The King is very good

Shri Mataji: If he is for the people, he has compassion

Other Person: Because all Thai people, they feel, if the present King not the not in his position we don't what will happen to Thai, Thailand. Everybody worried

Shri Mataji: You try, Otherwise I am trying from this room only. I am trying only, may workout. If I could, If you could get me a photograph.

1995-0316, Talk to Sahaja Yogis: How to Talk to New Comers?

View [online](#).

16 March 1995

Talk to Sahaja Yogis

Bangkok (Thailand)

Talk Language: English | Transcript (English) - Reviewed

Advises on how to talk to new comers. Bangkok (Thailand), 16 March 1995.

Shri Mataji: Can I have my spectacles?

Laurence: Yes

Shri Mataji: Please be seated, please.

Come here in the front. Why don't you come here?

Sahaja Yogi: [about the mike]

Shri Mataji: [Unclear]

I'll have some tea?

Laurence: Yes

Shri Mataji: [Unclear]

Now, we had lots of people, I should say for the program. By the time I started the program, there were many people.

Now the problem faces you is this, that when I go away, there are very few Sahaja Yogis left here, and they have to look after the newcomers. And the problem is like this, that you have to deal with them very carefully. Because, you know, they are now yet not such Sahaja Yogis as you are and they don't understand what is Sahaja Yoga.

To get Realization is very easy, but to become a Sahaja Yogi is a difficult thing. It's a very deep growth that you require to become a good Sahaja Yogi. As it is, they are coming just now from that human awareness, which you have to make a divine awareness. So it's a very difficult task I must tell you. So with all compassion and love, you must deal with them. You should never talk sharply.

Sometimes Sahaja Yogis will say: "Oh, your – this chakra is catching," or they'll say: "You have got this bhoot in you," and all sorts of things. Then they get, you know, quite shocked. You shouldn't say all these things.

Then, if they tell you: "We do this guru, that guru," in the beginning you should not condemn also any guru or anything. "It's all right, we have many like this, but they are all right now." Or you can take also upon yourself: "I was also like you, you see."

Somebody says: "I doubt." "All right, I was like you, now I'm all right." So, they don't feel so hurt.

It's the most important thing is public relations.

Now I'm surprised at Myself because I'm a foreigner everywhere and they, so many, come. And when it comes to the program and all that follow-up, they disappear. So I can't understand what's the matter with them. Why should they disappear?

The reason may be – I don't know whatever the reason is – that they are not such serious seekers, maybe they are guru-shopping, maybe, you see, they are going to many places. You just can't say why it is so, you see. And why they are - [Shri Mataji clears her throat]

Can you bring my purse? I've got something for the throat.

And this will be a very big challenge to all of you because you are few and they are maybe more. So they will see from your own character, from your own style, how you behave. So, always support each other. See, many people start supporting other people instead of supporting Sahaja Yogis. And sometimes they even discuss and argue. So between Sahaja Yogis, there should be no discussions, no argument, nothing. You understand? Anything that you have to do it, you should do it separately, not before the newcomers, because that creates the worst impression and they think that there's something wrong with these people: "Why were they arguing among themselves?"

So you have to just support only Sahaja Yogis and nobody else. Others are others, we are all one. Once, they come to Sahaja Yoga they will also realize. But this sometimes also upsets them very much that we are all the time quarreling, fighting, saying things – as if we are not one.

Now, only thing you have to tell them that: "You see, now if you have a guru, what has he given you?" is the point. "Whatever you have given is all right, but what have you given him is not the thing. What he has given you? Has he given you the knowledge? Has he given you Realization?" You have to tell: "Have you- [Shri Mataji clears her throat] Did you get your peace? What did you get?" This is what you have to tell and what you can get in Sahaja Yoga.

Best thing would be to play My videotape and let them see for themselves. You can play it for half, whatever way you like. And then, see if they have any questions, you should very silently answer them. Then you put them into meditation. Don't talk to them too much in the beginning, because that will spoil you and spoil them. "All right you sit down for meditation, let us see."

Then you can just go and see on their heads if there is cool breeze coming, hot breeze coming. And also tell him how to meditate.

[Shri Mataji asks if they also give them Her photo]

Then they will ask you how to meditate. Then you have to tell them: "This is how you have to meditate."

Now, you should see whether they are right-sided or left-sided. And accordingly, you have to tell them what they have to do. But in a very gentle and a sweet manner, assuring that: "You will be all right. There's no problem." Now if they have any good things to report, they are sick or something, you should say that: "We'll tell you how to do it, but we'll also write to Mother," and you can write to Me through your leader.

[Shri Mataji drinks a glass of water]

Talking, talking, [Shri Mataji laughs]

Now we should know that we are believers in the power of love. And so we have to be very gentle with people. And not to be angry, upsetting them or saying things which can upset them. Like a businessman when he has to get people, he's selling something, he is extremely nice and gentle.

So now we should say: "We are selling Sahaja Yoga for nothing."

Now, you have to give them that security, that peace, that love. Among yourselves, you should really behave in such a manner that they should really feel that you are people, who are deep and you are enlightened people. If one person is talking, another should not jump in. Let one person talk and another should look after another person. All this is going to help you very much to make the Sahaja Yoga grow here.

Now you know I've been to Kuala Lumpur at least five, six times. And this time it was about more than four thousand five hundred people, four thousand five, apart from Sahaja Yogis. Sahaja Yogis also increased a lot. So, to begin with, we had about three, four people like that, doesn't matter. I've been here only twice. So, of course, it is going to take time. I'll come again and again. And I'm sure within three, four visits, you'll have large and large numbers of Sahaja Yogis.

Firstly, I was surprised in the market all the ladies were bowing to Me, and they were saying, "Give us blessings". All the men were bowing to Me. Anybody who sees Me bows to Me. It's very surprising. That means there is already the awakening has come. The people are realizing there's somebody, who is something, who can do good to them.

Another very encouraging thing is that we got a princess, who became a nun and who is looking after the misery of women in this country. She is very influential. She got her Realization and she appreciated what I told her. Then, another gentleman, who is very influential, he and his wife both got Realization, and I cured his wife. So they have a great influence on the society, so they can definitely help you very much in getting people of elite societies, educated people, all kinds of people. So that you are, I think, will be strengthened.

Also there are lots of Sikhs and Punjabis here. It will take some time. Like I used to go to Delhi; I went there for about at least ten years, and what we find – nothing happened, very poor. But now there are sixteen thousand Sahaja Yogis, who are practicing Sahaja Yoga, and it spread to other places: Noida, then Ghaziabad, then in Haryana, Faridabad and Yamuna Nagar and all that, then in Dehradun, also in Haridwar.

I was surprised, I got onto the train at Dehradun, and the train went to Haridwar, and I heard people singing Jay Jayakar and also the music. I said: "Who are these people?" And there were at least three thousand people at the platforms. Then I came onto the door, I stood there. They behaved so well; nobody tried to touch My feet or anything. Such love, such understanding, I cannot forget. Unexpectedly suddenly you find people are singing your praise. It's very, very sweet of them to have come and it was so sudden. Last year it happened, this year again. I couldn't go to Haridwar, I could only go to Dehradun. I think in Dehradun we are twenty thousand people.

You see, the Western people are very conditioned people. It takes time, but once they get it, they get into it. They understand. I don't know how I could achieve all these things with the Western people and also Indian people, but the greatest surprise is Russia. Where in one place we have twenty-one thousand Sahaja Yogis who are practicing Sahaja Yoga.

You see, for example in France there are no practicing Christians, the practicing are Muslim there, in majority. Was it surprising? And that's why they are after the Muslims to get them out and they are also after us. But by getting after us, they are not going to establish themselves, this they should know. They cannot establish themselves.

Things will improve now in France. We'll have to do lots of things about it, how they are racist and how they have been misbehaving. And the Catholic Church has taken over them. I mean I can't see any sense in it. The Pope is another horrible fellow. And then, they are doing all kinds of nonsensical things everywhere. In Canada they are spoiling children, molesting, horrible things they are doing in France itself.

But in Italy is the worst. They found one man dressed up like a lady, walking on the street, he was a priest. And then Austria, Austria is the limit. They got hold of one priest with some lady, and this priest confessed there are many priests who are like us.

And they go in the daytime, they have their friends, means these ladies, married ladies, and some of them have children from them. And they go on a bicycle in the daytime so that there is no noise. But when Vatican was asked: "Why don't you allow them to marry?" So they said that: "You see, because we have no money to pay for the widows." Can you imagine? This is the situation of this Catholic Church, and they think no end of themselves.

So we are going to bring all these things out, now there's one fellow writing a book about it. One should not worry; everything will work out very well now in every country, wherever there is Sahaja Yoga.

I never expected Americans to come to Sahaja Yoga. They are in now in thousands also, yes. It's very surprising how they have taken to Sahaja Yoga. So we have to be very careful, we are the messengers of God. We have to be careful not to use any bad word, angry word, but very gentle and sweet words. And to each other between husband and wife, there should be full understanding. And the children should be treated very kindly and sweetly.

So best of luck and I want to thank all the Sahaja Yogis, who came from France. Shows our collectivity is so strong and how they got the ticket also, just see the Divine how it helps you. I can't believe this ticket of yours is [Shri Mataji laughs] I can't believe it. So everything works out and works out beautifully.

So I hope to see you again on My birthday. They are already five hundred who are coming from abroad and some of them are already there. It's too much [Shri Mataji laughs]

I wish I could have brought some presents for you, but you know this traveling business and then customs, it's very difficult.

So now I have to get ready to go and I am very thankful to you to do this job. I'm asking him to come here permanently. Prakash should be here permanently. I said it would be such a help to you.

Prakash: About that thing, Shri Mataji, we would like to give You a present.

Shri Mataji: What?

Prakash: A Banyan tree.

Shri Mataji: This is the present? Beautiful!

Janine: The symbol of the Banyan tree, they put this behind the [Unclear]. We thought that it is the symbol of Kundalini, Agnya chakra and Sahasrara.

Prakash: We thought that this could be ego and superego Shri Mataji and then the Sahasrara with all the coils at Sahasrara. And here, a little Kundalini.

Janine: And here are the coils.

Prakash: As You are the highest person in Sahasrara in the world, we thought it would be with You much better than with anybody else.

Shri Mataji: Thank you very much. May God bless you.

So now will you bring it with you somewhere?

Prakash: Yes.

[Laughter]

Yes, I could bring it to Cabella.

Shri Mataji: It's your headache.

Janine: It can be in two parts.

Shri Mataji: It's both the sides?

Prakash: No, Shri Mataji, just this side Shri Mataji.

Shri Mataji: Let them see.

[Inaudible]What's the matter with your camera?

Sahaja Yogi: The film is finished.

[Shri Mataji laughs]

Shri Mataji: All right. I'll take your leave. Thank you very much.

May God bless you.

May God bless you.

May God bless you.

Sahaja Yogi: Shri Mataji, can I give you one little thing from Napoli Committee.

Shri Mataji: What is that?

Sahaja Yogi: [Inaudible]

Shri Mataji: Who's done this? Beautiful. It's from where this?

Sahaja Yogi: From Napoli.

Prakash: From Napoli.

Shri Mataji: From Napoli?

[Laughter]

Sahaja Yogi: Here we are! Many Yogis [inaudible]

Shri Mataji: There is a doctor in Napoli, isn't it?

Sahaja Yogi: There is more than one, there is Spiro [inaudible] some other doctors [inaudible]

Shri Mataji: They will be all there for some staff, sometime. I'm going to meet them in Italy at Sahasrar puja.

You are going now to India and then to Napoli?

Sahaja Yogi: No, I live [inaudible]

Prakash: Shri Mataji, he didn't take tickets for India.

Shri Mataji: He's got the ticket?

Prakash: No Shri Mataji.

He just came to Bangkok, Shri Mataji.

Shri Mataji: And then?

Prakash: [To the Italian Yogi] And then?

Sahaja Yogi: [Inaudible]

Prakash: After he goes back to Italy Shri Mataji.

Shri Mataji: May God bless you.

Give it to him and put this [inaudible]

If you want it back this one or not?

[Shri Mataji speaks in Hindi]

[End of video]

1995-0317, The Essence of Holi. The Spring Festival of Colour.

View [online](#).

17 March 1995

Letter / Poem

New Delhi (India)

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

It is Holi today. Holi these days, is quite different from what it used to be. We must know the essence of Holi. By burning all the rubbish collected in us, we get a surge of love in a clean heart. Which makes everyone so joyful. Hence first of all we must burn all our negativities.

There should not be any politics in Sahaja Yoga. The society is in a vice like political grip. Sahaja Yogis get affected by this situation. An immature Sahaja Yogi may say something to another Sahaja Yogi in the influence of his conditioning. That can affect the other Sahaja Yogi and he may in turn say this to someone else. This may give rise to a wave that can spread like the flu. This is a disease (politics) and it spreads far and wide. In the olden days, women folk used to do politicking and men folk used to fight but now it is the reverse which is happening.

Anyone who desires his ascent, must not get trapped in such activities. It is a massive compassion. I watch everything but don't speak. Sahajyogis should not have any animosity between each other. Like 'Narada sage', Sahaja Yogis also increase rivalry by telling non-sensical things to each other. Increasing rivalry between Sahaja Yogis, the network of love breaks. We must love Sahaja Yoga, we must love Mother. Still, all this is less than what we used to be.

Now people are moving in another strange direction. Some say we are Delhi Sahaja Yogis, some say we are Noida Sahaja Yogis and like that it goes on. We are all one. We must not differentiate, like from Delhi or from Bombay. We are all one. We are all Sahaja Yogis. Talk of ocean not of drops. If someone speaks to you unpleasantly, let him go on, it does not matter. Gradually, everything is revealed.

When I was married, we were more than a hundred people at home. We did not bother about anything. We never bothered about what people talk. We lived like saints, served all. We kept everyone happy. I have friends even now, but my husband hasn't. Whenever I go to Lucknow, all come to meet me. No one comes to meet my husband, all come to meet me. We must have pure love for everyone.

Let people say nonsensical things. We have nothing to do with it. There is no next birth for Sahaja Yogis and even if there is a next birth it will be of a Saint. Wash up all belonging to this life in this life only. Clean yourself up. There will be no opportunity of purification in the next birth. Whatever has to be purified, it has to happen in this birth only, so that next birth is a pure saintly birth.

We have aggression in our nature. People are caught up also. We can drive these two things out. We have ways and means of doing it in Sahaja Yoga. We must drive them all out. Third thing is hypocrisy. To present yourself in an inflated manner (aggrandising oneself before others). There is something inside and we are telling something quite different. What use is this hypocrisy! We are deceiving ourselves. We are cutting ourselves. There should be no difference in what we think and what we speak. There is no use celebrating Holi, without burning these things. It will not be "Krishna's Holi", if we do not burn these three things. Burn all revenge, defects, negativities in Holi. Burn all the groupism, politics in Holi. We should not form groups on the basis of caste. We do not belong to any group or caste. We are Sahaja Yogis, we don't belong to any group or caste. It is not desirable to give importance to your own people. It is not right to unnecessarily encourage anyone in your area or caste. Leaders must pay attention to this. Keep it in mind. Others emulate leaders. Burn all these in the fire of Holi.

There is a mantra for this. A very powerful mantra - "Forgive All". There cannot be any progress without this. We have only to do

with my Mother, with Sahaja Yoga. Even if someone tells wrong, try to understand it through your wisdom. Let them tell nonsense. Only, watch out that you are not getting influenced by it.

There is no advantage in keeping rivalry and animosity. Burn all the six enemies. We must achieve personal ascent on a personal basis. This will lead to changes in the world. One rotten apple spoils 50 other apples. But only one Sahaja Yogi, can correct the rest – 50 of them. One with bad conditioning influences many. We observe the same thing in families. If one person in a family has ill habits, it affects all. Even one good Sahaja Yogi can improve many. If there is anyone who is on the wrong path, it will be out automatically. We must not put our attention on him or her. Leave it to Me.

People burn firewood of three houses in Holi. So that these three houses purify. In Sahaja Yoga, this wood is your body. Burn this wood so that you become gold. Raise your power of forgiveness, lower your right side. HUM and KSHUM are the two mantras of the Agnya. People who are caught up with bhoots, seek the support of these. This is of no use. Drive the bhoots away yourself. Now we do not need anyone's help. Tell yourself "I am a Sahaja yogi / yogini", the negativity will run away. Don't seek others. Don't seek caught up people. This will raise the badah. Whether these are physical or mental, they form a group.

I have observed one more thing. People exercise their right over Me. They argue. I see they get caught up in the Swadishthana and argument never comes to an end until 3am in the morning. I have tried to explain that you are caught up. "Your house is near a burning place (cemetery), leave that house. It is a rented house, what is the problem quitting this house?" But no, they pay no attention on this and keep exercising their rights on Me. I have observed that those who are caught up, remain in front. Negativities stick.

There should be protocol. There should be devotion to Mother. There must be undiluted devotion to Sahaja Yoga. Talking about Sahaja Yoga without devotion leads to an instant right Vishuddhi catch. Protocol should be kept in mind always. Whenever there is a difficulty, our attention should go on protocol. Lord Shri Krishna and Shri Rama, killed so many demons. But people say there is no incarnation like most Holy Mother, who is capable of destroying the demonic tendencies residing in us.

Burn Holi symbolically. Get purified. You get joy in liberation. Dance, sing and make all joyful. Holi in Sahaja Yoga is Lord Krishna's Holi. People drink intoxicants in Holi Did Krishna drink intoxicants? It is only Shankara who drinks intoxicants. Whoever want to stay in Sahaja Yoga, he or she will have to leave all kinds of indulgence. This is the importance of Holi.

We give a lot of importance to food. People keep thinking of where to get the specialty food. Which market, which shop. All the time attention moves on food. We must be beyond taste. This or that, it does not matter. Shri Krishna liked ladoos and the Goddess liked puranpoli. You all bring a variety of food for me. But I have nothing to do with it. We must not attach to taste. We must live beyond taste. I eat what you bring for me with such

love. It is a different matter. Yes, cook and feed others. People pay more attention to food in northern India, than in Maharashtra and also in southern India. It is everywhere – attention on food. People don't ask: "What do you like to eat?" I don't remember what I would like to eat or what are my preferences.

Jesus Christ said: "Hate sin and love the sinner." Observe only good traits of everyone, avoid observing bad traits. Sahaja Yoga is going to spread only through love. Increase your love.

The western (foreign) Sahaja Yogis are far better than Indian Sahaja Yogis in these matters. They never fight amongst each other. They are happy in whatever they get. It is not with Indians. In India, four persons share one bathroom, but in Ganapatipule, they want attached bathroom. It is not amongst foreigners. They all have cars. They travel by aeroplane. They do not eat food like it is in India, they have different food. However, when they visit India, they not only eat our food but praise it also. In some way they think, we are like Gods, because they have realised that bodily comforts are not real comforts. Our attention should be on our spirits. They have lot of expectations from us. We must put attention on these expectations.

There are so many things you must be careful about. Sahaja Yogis start doing things without asking. There are so many things

done without my approval. It leads to losses in the end. Permission must be sought, it is for everyone's good. Why should we suffer? We must try to find out. The essence of Holi is in cleansing ourselves from inside.

In ancient times, when Jesus Christ came to Kashmir, he met my ancestors, the King SHALIVAHANA. On asking, Jesus Christ said, "I am Isaa Masih" and I have come from a country where people are called "MLECHH" (who desire of rubbish and useless pursuits). Hence, I have come to your country. Then King Shalivana suggested Jesus Christ to go back and tell people of your country to follow the "NIRMALAM TATTWAM", the principle of purity.

If I could do the work of Sahaja Yoga alone, I wouldn't have needed you. But this work is to be done through you. You all are the medium of Sahaja Yoga. The more clean you are, the more fruitful you will prove to Sahaja Yoga. It all depends on your depth. How will you achieve depth in Sahaja Yoga? You achieve depth through devotion and surrender. If we want to pick up a pearl, we will have to dive deep in the sea. We must achieve depth in Sahaja Yoga. See the foreign Sahaja Yogi's who were visiting there on concession ticket, desired to go to Bangkok in devotion and they got the OK for the Bangkok visit. When we are going deep, these things keep happening all of a sudden and we get what we look for. We must therefore achieve depth in Sahaja Yoga. Until then, there is no great benefit you can expect.

Sakshat Shri Radha Krishna Shri Nirmala Devi Namah!

1995-0320, Birthday Felicitations and Talk

View [online](#).

20 March 1995

Birthday Felicitations

New Delhi (India)

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

Birthday Felicitations. New Delhi (India), 21 March 1995

The great son of India, Mr Seshan, all the respected friends and guests, all My children Sahaja Yogis: It is true that Chaitanya organizes many things which are most unexpected. I have been a great admirer of Mr. Seshan. I saw a new rising sun, hope for Me. As you know My past that My father, My mother, sacrificed everything to get freedom in this country. Also, as you know about My life how I worked very hard as a young girl.

But when we got our freedom I don't know what happened to us. We forgot many things. One of them was Gandhiji, with whom I have lived as a little child, who loved Me very much; and he said, "Let our country be free. First let our country be free. People who are slaves cannot talk of emancipation." We became free quite all right, but then - I don't understand how - people did not realize their responsibility. Some of them who were very sincere thought it's impossible to work out anything in this country. Then, to My surprise, I saw Shri Lal Bahadur Shastri, who was a realized soul. He knew Me very well, and I was hoping that he will work out the spiritual side of our country and will try to bring a great name for this great yoga Bhumi. India, as you know very well, is really a country where so many saints, Incarnations, poets, of such high understanding and deep feeling were born. He died, and I felt that now all our greatness, all our traditions, all our culture, which has come to us from saints; Indian culture has not come to us from Freud but has come to us from saints. And gradually the deterioration, when I saw, I was really amazed how people are taking to things which are destructive for our country, no way constructive. So when I read about Mr. Seshan, again a tremendous hope kindled into My heart.

[BREAK IN TALK AT END OF CASSETTE SIDE]

"...if they burn this train, we'll all be burnt you see".

I said, "Don't worry, nothing will happen", and then suddenly I find him entering into our compartment - just tears came into My eyes, of admiration.

I know My husband is another person whose birthday is today, who is not here. He sacrificed everything for honesty. For him, honesty was so important. He was wedded to it to such an extent that if I tell you any story, you won't believe to what extent he was honest. One day, I had gone to a library, and I was coming out, in Lucknow (he was City Magistrate at that time), and it was raining heavily, there were no rickshaws, nothing; and, as government servants, you are really poor, you can't afford many things. He came on a police jeep, so I stopped him. He said, "I can't stop. I'm going for important work and I can't take You in the jeep." I said, "All right, you go ahead; doesn't matter", because patriotism is very important. If you have no feeling for your country, you cannot do anything good. Any kind of sacrifice is not sufficient to satisfy that desire to do something for your country and countrymen. One thing, if our politicians know, that they're not in the business, they are not here to make money, but to get the fame. Even now, today, you take the name of Lal Bahadur Shastri, people just stop thinking about, just stop, they get lost. I know about My father, same thing. I forced My husband, of course I forced him, to write a book about Shastriji. You'll be surprised, as soon as it was published, all the books are already sold, all over the world.

So, one thing, one must realize and have hope, that innately there are so many people in this world who are seeking the truth, and who want peace of mind and the global peace. It's a fact, it's a fact. Apart from the Blessings of the Divine, even the people - as he has said that he had the experience of the people of violence, this, that; is true, there is violence; people have tortured us also and troubled us. It's all right; better to forgive, because they are ignorant and they are in darkness. What we can do is to give them light. If you give them the light they will throw away everything that is destructive.

You all know, in your own lives, how you have transformed yourself. I was surprised that, in England, over-night, people gave up drugs; over-night. They got Realization; from second day - no drugs at all. There are people who are using military, this, that, to stop drugs. When the enlightenment takes place, your attention itself becomes so beautiful.

Now, when we talk of Christ; He was a very great soul. I think He never understood human beings; they never understood them. But He has said that: "If your one eye does anything wrong, take it out. If your one hand does any sinful thing, cut it out." As I told you, I haven't seen one man with one eye taken out or, one hand cut. Same with Muhammad Sahib: He took, what He said was, "Why only make the men responsible for religion? Why not make also the women?" So He passed laws about women, and He said: "All right; women who have immorality in them should be put half way into the Mother Earth and should be beaten and killed with stones." Now this was not for human beings, I tell you; this is for angels. They are so great that They never realized that you cannot be a Christian, Muslim or a Jew; and the Shariah is given to Jews by Moses, which is now taken over by Muslims. It's a misunderstanding about human beings. I think They never had human realization. They didn't know what's the problem with human beings.

I haven't done anything. Kundalini awakening has been in this country for thousands of years, and also we have had people like Adi Shankaracharya who has talked about it; Gyaneshwara, in the twelfth century [ie 1200s], has talked about it; but the people in charge of the religion - dharmart[k?]andas - always thought, "That's no good, that's no good." And that's how we have forgotten. Even many people in the North do not know what is Kundalini. They think Kundalini is horoscope (kundali).

So all of this was kept in a very secret - I should say - secret way. Only the Nath Panthis kept up the awakening, but the tradition was that one person could give Realization only to one person, one guru had only one disciple. This was the tradition. At the time of Gyaneshwara, in Maharashtra, in the twelfth century, He requested His guru, His own brother, that: "Allow Me at least to talk about it." And in the sixth chapter of Gnaneshwari He wrote it. But again the dharmamartandas said, "No". How they tortured Adi Shankaracharya, how they tortured Gyaneshwara, Guru Nanaka, all of Them. All these Saints have never been recognized by these dharmamartandas, and they were in charge - general public understood Them - but they were in charge of religion. Thus, all this great heritages that we have was all lost into wilderness.

What Gandhiji had told Me: "After realization You start Your Sahaja Yoga." What Shastriji had told Me: "Let me solve the problem of Pakistan and of Kashmir and then You can start Your Sahaja Yoga." He used to only talk to Me on Sahaja Yoga, nothing else. But the problem is, if you go on postponing, it goes on like that. Now, in My small way, I have... he is a great person, he has worked as a great bureaucrat and all that; and I have seen many bureaucrats. I mean, he's a rare one, I must say, who thinks of spirituality; very rare.

The essence of secularism also was lost completely. Gandhiji's secularism - because I stayed with him in the ashram - he was extremely a strict man, I must say, he was another very, very strict person. I was, you see, a person who could eat anything, get up any time; I mean, I had no problem. But the way he used to make everyone get up at four, have your bath, come for the puja, sit down for pratana[?]; and there used to be some snakes also, in front of you. But his quality was that what he said, what he did, he believed into, he followed it; there's no hypocrisy about it. Also he used to get into temper with people who would misbehave, and I used to put some cool water on him, because I was a little girl, you know. He would really understand it and he used to say, "How is it You keep so peaceful about all such things?"

I said: "That's the solution, that's the solution." Reaction is not the way we can really work it out. In this, I would say, Buddha has that - you must forgive everyone. Forgiving, itself solves the problem by, I think, ninety percent at least.

In Sahaja Yoga we have various activities, and one of them that we regard family as a very important thing. We don't believe in sanyasa or anything to be given up and go to Himalayas, because we have seen, where ever these things are practised, is very unnatural and people indulge into all kinds of immoral things. By force you cannot bring morality; you cannot. What Shankara has said is true, what Vivekananda has said is true, in this point, that you cannot force morality. Then what should we do? This side is indulgences, in the West; this side is just a force, according to the Muslims and according to the Jews; then what should we do?

Both sides do not help you to be moral. You move from one end to another. Only way is to awaken the Kundalini which pushes your attention to the venter, pierces through your fontanel bone area, and gives you the connection of the Divine Power all around. But nobody believes, you know, if you tell them there is a Divine Power. If you ask them: "Who runs your heart?" the doctor will say,

"Autonomous nervous system." But who is this 'auto'? They don't know. Science cannot answer the question he said: "Who am I?" It cannot; Sahaja Yoga can. You are the Pure Spirit; you have to become the Pure Spirit. This is the answer which has worked out in all of you.

Of course it gives you health, also it gives you wealth, because of your attention, but not the wealth as we see, but Lakshmi's Blessings, that you keep a balance. It gives you creativity. I know of so many artists who have become world-famous after coming to Sahaja Yoga. Musicians, artists, they have suddenly gained. It gives you wisdom, it gives you intelligence; also I know of many children, who have failed in their classes, have become first-class students. You all know I am not telling a story, you all know very well. All of you can write one book about the miracles you have seen in life. It is all there, it's truth, because this All-Pervading Power is not only the Ocean of Knowledge, It's not only the Ocean of Bliss, Compassion and Love, but It is the Ocean of Miracles; and so many miracles have worked, that now we have decided not to write any book because how can you write so many volumes? From where to get so much money to write these volumes also? But all of you know very well that there are so many miracles in Sahaja Yoga. Even, you have seen the photograph of this All-Pervading Power which has light. So many photographs we have, to convince people. But it's said that you cannot give Realization to people who are idiots, who are muras, who are stupid; then to people who are arrogant and adamant. I think it has something to do with your previous lives that people are so ready to get Realization.

I would like to quote the Russians - Russians in thousands are there in (ED. sounds like 'Satyin' - possibly a place in Russia) in thousands, unbelievable - they don't know Me, I'm a foreigner, they don't know anything about Me; but for them My program is always in a big stadium, all full. And in the stadium they get Realization, they settle down with it, they practise it, and they are Sahaja Yogis, and they get cured. Even the scientists, I was surprised; two-thousand, five-hundred scientists were there for the conference where they conferred upon Me an honorary award for being the greatest scientist and the philosopher. Can you believe it? And they had only given ten awards, out of which, so far - it's a very ancient university of St. Petersburg - I was one of them.

And I said, "How could you give Me this award? It is too much, because Einstein has got it also." They said, "What Einstein? What work has he done? He has worked on matter; you have worked on human beings." I was rather shy about the whole thing. I couldn't believe it. Now the government of Russia has given Me award. Can you imagine? My government has not but government of Russia has given. My husband has got, I think, hundred and thirty-five awards: N.K.C., M.G., all this; and he said, "Actually, You should get an award."

I said, "For what? For what am I... This is My Love that is working. I am not paid for it, nothing. It's just My Love which pays." This Love is something... is a feeling of oneness with you, oneness with My country, oneness with your countries, oneness with you, your families, everything. It's something I always feel that they are part and parcel of My Being; they are all part and parcel of My Being. And that is how I remember you; I remember every person through the picture of their Kundalini, as it was and as it is today; for which I don't exert, assert anything.

Now, people say, "You travel so much." - My Passport is so big; this is the third passport I have; so big I cannot put it through the slit - but I don't travel; I am just sitting there. I don't think, I don't travel; I am sitting there as I am sitting here. I can sit anywhere. Just not to think, to be in thoughtless awareness, is the first sign that you have achieved your ascent - nirvichar samadhi. So many of you achieved it.

On My birthday I don't know what to say; it comes and goes, and comes and goes. Seventy-two years have passed; I don't think about it. I also don't feel My age at all, in any way. Because I don't think about it. It is there; till I have to live I'll live. When I don't have to live I won't live; that's all. That's not My job. My... if there's anything My Love wants to do, it's to give Realization to everyone in the world; whatever they are. And only after Self-realization, I have seen, people show their love for their country; immediately they know what's wrong with their country, immediately. They are the ones who told Me that: "Mother, this is wrong with our countrymen." Another one will come and tell Me, "Mother, see, this is wrong with our society." Another, "With our

politics." I was amazed; so far they could never see these things, they are so proud of their country that they could never see anything wrong with them. And here is somebody who has seen the wrong, what is destroying this great country. But it can never be destroyed; it's a country of eternal nature; it cannot be destroyed. Again and again people of this quality will come up and save this country from complete destruction. Corruption, of course, is the worst thing, but because they believe that it's a business. Actually they should know that it is through politics: people like Abraham Lincoln, Sadat, and so many people; have such a love.

I went to Turkey, and Ataturk Kemal Pasha, whose life I had read when I was very young, it's really made those people so conscious about their own country. But with the influence of the Germans it's all getting spoilt. They worship Germans. Even, they have such a nice food; I mean, I must say, the best food you can get is Turkish. They get their food from Germany and now they have become poor. And that is what another thing we Indians have to learn. We should not try to copy others and get their products on our head, which are just plastics. We should try to help our own country. Every portion of every country, if it grows, the whole world will be strengthened; but by copying and by becoming slaves, it's not going to, in any way, is going to improve.

Till this Sahasrara was open I used to wear pure khadi (homespun cotton). My husband was collector and all that, and he's a little fond of clothes; and he said, "At least take to something better."

I said, "This is the best." And I was wearing khadi throughout. And I felt great satisfaction because this is My country, where people make khadi in the villages. This sari also is made in the villages. If we gave up saris, what will happen to them? Like this - a concern about your own countrymen has to come.

Once it starts, within you will be surprised, you'll solve your problems that you talk of ecology. Gandhiji always used to say: "No, don't have too many machineries"; always. Now I can see why he said so. Hand-made things; he preached for hand-made things; wear hand-made things which are artistic, and that's how you will solve. Now in the West, I was surprised, people pay so much for hand-made things because they cannot make it anymore. Now the computer has come, the brain has given up. Now all these things are coming. We can calculate very well because we studied in the old style of education but now people can't calculate even two plus two. I mean, what has happened to their brains?

So one should not take to artificial things too much; if you are in Sahaja Yoga, keep to natural things. I don't say you become hippies or anything; nothing of the kind. In Sahaja Yoga you should be decently dressed, properly dressed according to your country; nothing to be given up, but you should not take to artificiality, because this artificial domination of matter kills our Spirit. There's a struggle going on between matter and Spirit.

So we come to materialism and spirituality. The other day somebody asked Me, "Mother, You always say: 'Make beautiful things with your hands, and things', so You also talk of materialism."

I said: "I don't. Matter can only be used for expression of your love nothing else." For example, if I have to please you, what should I do? I give you a very small thing and you think it's a very great blessings. This carpet which is here is beautiful; I see it, and I may say that this carpet is very beautiful. If it is Mine it's a headache because I may have to insure it; but supposing I don't think; then all the joy of this carpet starts trickling down Me, making Me peaceful completely.

So thoughtless awareness, if you establish it, then you will realize that you can conquer materialism fully because you don't get any joy. You know the economic law is that, in general, wants are not satiable. You want: today a house, tomorrow a car, then a helicopter; I don't know, like going on like that. But if you are in thoughtless awareness, whatever you have you enjoy. You enjoy everything, in the present tense, not in the past, nor in the future. And this state is what you all have achieved, and you have to also achieve another state of doubtless awareness, which also many of you have achieved.

I'm happy that he has seen the good work. Now, today, on your faces, he can see how they are glowing with joy, peace and freedom. They are free to do what they like but they won't do it. I always give an example that, supposing I am very obstinate and conditioned, and I have a snake in My hand, and you tell Me, "Mother, you have a snake in Your hand", but I am obstinate and there's darkness, I'll say, "No, I don't listen to you. It's a rope"; till that snake bites Me, I'll hold on to it, but if there is little light, I drop out that, I throw away that snake immediately; nobody has to tell me. That's how, now, you have become your own guide, you have become your own masters; you don't need any master.

This is a country where Mother is respected. It's a country of Motherland, and people understand the value of Mother. I think only the Mother could do this kind of a job, which is requiring so much of patience and love. If it was Father, like Shri Krishna, He would have used His Sudarshana [Ed. 'discus'] and would have killed all of them, finished, solved the problem. Christ would have crucified Himself. But it's not that; you have to work it out.

This is, of course, Ghor Kali Yuga [Ed. 'worst part of the dark age'] but this is the time only when people will be seeking the truth because of the problems of Ghor Kali Yuga, and you will be blessed. Is written already, prophesized by Bhriugu Muni, so it's nothing special about it, I've done nothing special. Only thing, if you say, I knew about it since I was born, I knew about Myself. If I've done anything, is to understand human beings, what's the problem. They follow Christ, they follow Muhammad Sahib, they follow Ram, they follow Shri Krishna, they follow everyone; but nothing inside. What is the matter? Nothing penetrates; that was the thing, I thought, they are not yet connected, they are to be connected to all this. And then, only what I have done is to work out the permutations and combinations of human beings, what goes wrong with them. What's not very difficult because there are only mainly seven chakras one has to work it out, and how can you raise the Kundalini to break the Sahasrara. And it worked, it has worked, is working out, in thousands.

In this country, also, we have thousands of people. I have been coming to Delhi for so many years but, you know, everybody is a politician here, everybody is a prime minister, nothing short of. I told My cook that, "You are from Delhi and while this servant, another one, is from South; he is much better in work, and one day you'll be all displaced."

He said, "Doesn't matter; we'll all become Prime Minister." So with this identification they lived here, and in this Delhi itself there are so many beautiful Sahaja Yogis. I'm very proud of you. Also we have so many people from abroad, so many countries are here represented. All the way they came for expression of their love for Me; from Japan, South America, from America, from Africa; every country: Switzerland, Italy, Spain, France, Russia, Bulgaria, Romania, Turkey; also from Tunisia. My Heart knows no bounds. In Kali Yuga nobody bothers about Mother, but the way My children are expressing their love, I don't know how to express My gratitude.

Just try to love others. That is much more than loving yourself. Just try to give love, just try to forgive; you'll be amazed that you will realize how glorious you are, how great you are, and suddenly you will discover that you are a global personality. This expansion is working out, and I'm hopeful that in My lifetime I'll see this world coming to some peaceful state. As I've told you that the peace is within ourselves. It is not by organizations or by getting peace awards; it is within yourself, the peace which is to be established.

I've known many people, because of My husband, who have got peace awards, very big, big people; they are so hot-tempered that you can't go near them, you see, you have to use a barge pole. So that shows - I don't know from what angle they got peace award but those who have no peace within cannot create peace. You have to be peaceful; and this peace gives you that witness state. With that you see the whole world like a drama, and really you enjoy the humor of it, then you don't get annoyed, you don't get worried.

I read in the newspaper that today he has to face some sort of trial, in the witness box, and I was following him throughout; I've been always following him, and then I just put My Attention, I said, "I hope he will have energy to come to our program and enjoy us also.

This has been such a great occasion for Me because suddenly I find many doors are opening out and there are so many responses. So many mayors of many countries have written letters to Me, especially from Brasilia who came to the airport and gave Me the key of Brasilia and said, "Mother, please keep Brasilia in Your Attention so there is peace in Brasilia." Actually I didn't know what to say, what to answer; just tears came into My eyes, that's all. I was trying to control them. I just couldn't say anything. I mean, this Mayor of Brasilia, of all the persons, suddenly appears at the airport. So many mayors, even in New York, in Canada, in Australia; they have written beautiful letters because they had some good experiences of Sahaja Yogis. It is you who can do the job; not Me. If I could do it, I would not have bothered about it. But we have to have good channels, and that is what -

where ever Sahaja Yogis go they create such a beautiful image of Sahaja Yoga that everybody is impressed you see. And that's how they have given us this kind of a beautiful response.

Now, as Mr. Seshan asked Me, "How are we to expedite and spread Sahaja Yoga fast?" It's such a good question. I said: "It is spontaneous; we cannot force on it; we respect everyone." But the way it is growing everywhere, I have great hopes that one day, all over the world, it will spread very fast.

Actually we don't plan anything; we cannot plan, and it just works like that. Everything works so spontaneously that I am surprised, now, they came - these people from Punjab - and asked Me, "Mother, why don't You come to Punjab? You see, very important."

I said, "Let there be shanti", because My husband doesn't allow Me to go to places like that, that's the trouble. So next year it became all very peaceful; I went down, and now I'm told that in Punjab we are getting the maximum number of Sahaja Yogis; mostly Sikhs. Same with Kashmir, I know. Kashmir is the Adi Shakti's place, and I'm sure one day we can work out Kashmir very well.

In every religion there is some sort of a stupid stuff pushed forward; in everyone; nobody could really stop it, because those people who are in charge of religion have no enlightenment, they have nothing to do with it, anywhere. And that's how, I have seen, people, say in Japan, they follow one religion, and in China they follow another religion. Both are just the same; one is Zen, another is Tao, but the misunderstanding is that they think: "We are exclusive". They are not; none of them are exclusive. Muhammad Sahib described all of them: from Abraham to Moses, to Christ, to the Mother of Christ; and He said, "There have been more than one lakh nabhis on this Earth." But now, why to feel that we are exclusive? This exclusiveness comes from where? With Christ also He described all of them. Tao, the one religion that they follow in China is nothing but Sahaja Yoga - Tao is Kundalini. Zen is nothing but Sahaja; Zoroaster, everyone. But this exclusiveness has brought this problem and they are fighting among each other.

But there are also some stupid things, like I met one fellow from Bosnia very much interested in Bosnia, and he was a Muslim of course and, with great gusto, he was saying, "We must die in the name of God."

I said, "Are you sure you are dying in the name of God?"

He said: "I am very sure." All right. So it is written in Koran - I think I have read Koran well, but they say so it is written in Koran - that if you die in the name of God and if you are put in a proper [DEL: "WHAT YOU CAN SAY"] grave, in a proper way, in an Islamic way; then your body will be resurrected at the time of Qiyama - resurrection time. This is the resurrection time, this is the resurrection - outan[?] - this is the time. And I told him, "Are you mad? After five-hundred years, what will be left in that grave? What bones are going to rise?" Actually that way, I must say, in Indian philosophy is clearly said that your souls will rise. That seems sensible, because soul is eternal. But then another question I asked that, "You believe in a formless God (Nirakar); why are you fighting for the land? I tell you, I feel so concerned, the way people are fighting for God, this thing, that thing; and killing themselves. Do you think God will be happy with this kind of an idea?"

So one has to really get Realization, otherwise there's no solutions, I must say. There has to be transformation, otherwise there's no solution. One can talk, talk, talk for hours together; nothing works out unless and until you are transformed.

So only thing is that, for Me, I feel that, as long as possible, I would strive to see that people get their Self-Realization, and settle down. There's no hanky-panky about it, there's no miracle of a stupid type. Actually the person who has transformed himself knows he is transformed. Then he gets all the powers; like one light which is enlightened can enlighten many people. And so he himself [ED. said], "You mean to say I have given Realization to all of them?"

"Maybe; some; but not all."

Even the people now who are living in Delhi City go abroad and give Realization. They go to villages, give them Realization. All over it is spreading like that. But when he asked Me the question, I have to just say that all the Sahaja Yogis have to realize what they are; they have to know, they should know, their identity. They are now the lights and they have to spread the light. They are busy with business, they are busy with politics, they are busy with this; it's all there. I am also very busy; I have a family, I have

grandchildren, I have My children, I look after My family also; at the same time, the main attention should be in giving Realization to others; that's the only way we can expedite it. A person who is not a Realized Soul, who starts talking on religion bus - he'll start collecting money; or I don't know what he'll do. But you people have that essence in you which you have to give to everyone; and nothing more enjoyable than giving Realizations to others. You may get the wealth of the whole world; it cannot be compared with that.

So this is the answer I want to give him, that I would request all the Sahaja Yogis, whether they are women or men, even children; can spread Sahaja Yoga, because they have got the powers in them to spread it, they have the Shakti to do it.

So then, that should be a case, not only for India but all over the world it can be done; and this is the promise, as a present, you have to give Me on My birthday, if you think it's nice.

Thank you very much, thank you.

As an appreciation, and admiration, I have this for Mr. Seshan, which I have openly said it; it's not secret, everybody knows what I think of him. I don't know what to give him more than My innate Love, but the Sahaja Yogis wanted to give him some present, which he cannot refuse, something he cannot refuse. It's no bribe, because we are not having any political party.

1995-0321, Birthday Puja: After Self-Realisation, the Sahaja culture is born within you

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After Self-realisation, The Sahaja Culture Is Born Within You

Birthday Puja

New Delhi (India)

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

Birthday Puja. New Delhi (India), 20 March 1995.

Translation from Hindi

What can one say on one's own Birthday. That which I have never dreamed possible, has happened here today. So many of you have come into Sahaja Yoga and are sitting here today in front of Me. What better Birthday can there be for a Mother. You have received your self realisation. So this is also your Birthday. You have prepared yourselves for a great happening, and such a great event has never happened before. You are the functionaries, who will manage this great job. What greater cause for joy can I have. I never imagined that in My lifetime I will see before Me, such a large number of realised souls, and that I will experience the greatest joy and happiness.

The speciality of the present, prevailing conditions, is that the world is that human beings are spinning in an atmosphere of illusion and confusion. When we turn our attention to the other countries outside, we see that they have completely lost their moorings. There is no meaning in morality, ethical character or standards. It is considered brave and courageous to aggress others. And their destination is directly to hell. And it seems impossible to stop their progress towards their destruction. But even among them, there were gems who realised what a meaningless existence they were living.

On the other hand we can see that fanatics created very difficult conditions for human beings. They were forced to bind themselves to some beliefs, and if they resisted there was religious intolerance, excessive pressure, and torture.

So, you should thank your good fortune that you were born in this (punya bhoomi) auspicious land of Bharat (India), which has a balanced culture. We have not been told much about dharma, because basically Indians live within dharmas. They do not stoop to adharmic life. Most of them. It is a different case when he suddenly gets a lot of wealth he goes off his head, and enters politics; or enters into ignoble money making activities, and might go astray. But even in that condition he does not have the courage to misbehave openly. Because the society is so strict that they will take him to task. That is why, what I am going to say to you today is this, that the culture of this country is of a very high level, and it is still recognised as such. And most of the people understand moral ethics, and that is how they have achieved all this.

This achievement has been accomplished by the women of India. This is the shakti (power) of women. And with the help of this shakti they have been able to stabilise their families, their children, and the whole society. Unfortunately the western culture is slowly seeping into this country, and it is possible that we can get influenced by it, but hopefully they will not go to excess. Because we are deeply anchored in the traditions of our country. Our country is so auspicious and fortunate that mahatmas (great souls) one greater than the other have been created. So many saints, and so many divine incarnations. Not only in the hindu dharma, but among Muslims, and as you know among the Sikhs. Big, big Mahatmas have been produced.

The speciality of this country is that in the soil of this country there exists (adhyatma) spiritual knowledge. No wonder people turn towards adhyatmic life. In the system of Sahaja Yoga we are standing in complete balance. Like, if there is any impurity in the Indian culture, it has to be rooted out. After coming into Sahaja Yoga a lot of people get rid of most of their bad habits and behaviour.

But I see sometimes that some Sahaja Yogis are still attached to their old ways. Because they find it difficult to give up the old bad habits which have been practised in the past. Especially in North India, where we are sitting at the moment. I have noticed that, whether from the influence of muslim rulers, or something else, the plight of women is very bad. They are always the targets for harassment and torture. Woman, who is the image of the Shakti, is not honoured and respected. There is a saying that “where women are respected and honoured, in that place the Gods reside”. Where the woman is treated with kindness and honour, the Gods happily roam, or stroll.

This does not mean that I am recommending woman's rule, or that they should dictate terms. In the first place a woman should be worthy of honour and respect. She should have all the venerable qualities within her. If she disrespects her husband, causes fights and disruption of peace in the household, troubles everyone, does not take care of the children; and all other wrong behaviour, then such a woman cannot be respected. Only such a woman is worthy of honour and respect, whose heart is full of love and kindness. The woman who has an ocean of love within her, such a woman is loved and respected by society. If she is not, then people talk and gossip about her bad character.

In our society we recognise the woman as the Shakti. Now all these lighting arrangements that have been made, are not the (shakti) energy. The energy is coming from somewhere else. It is only manifesting the light over here. In the same way a woman is the embodiment of Shakti; but the manifestation of the shakti is in the form of man; can be seen in her children, her relations, in her husband, in her father-in-law, her father, etc.. All these people become drenched in her shakti, and there is a rare and beautiful relationship where the mother of the house, the wife of the house, becomes the firm foundation.

But instead, if the woman is filled with anger, hatred, and dissatisfaction, then in such a household there can never be love and joy. This is the biggest responsibility of the woman. They should not feel that it is a burden, or they are being suppressed. On the contrary they should be proud that this is their responsibility and they are performing it with love.

This understanding has to enter the minds of the people. The woman has been suppressed and been neglected to such an extent, that a new trend of thought has arisen within women, that we will not allow this suppression and demeaning of women. We will put men in their place, and we will prove our equality in every way (Women's Lib!) We will make them appear useless and incompetent

All this has been done and tried. In all the countries where this woman power is working out, just take a look at the state of their children. And look at the condition of everything.

Now what is the solution. Everyone must recognise the futility of this reaction. This understanding must come, not only to the women, but also to the men. The men should recognise the fact that our women are the embodiment of sakshat Lakshmi (verily). And we should respect that in her. Of course the woman has to respect the man, the husband. And the husband should respect the wife. I now see that slowly our society is improving in this regard.

Now, when we conduct Sahaja Yoga marriages we have seen that Indian girls who are married into foreign countries, their husbands treat them with such respect and love, that their brains go out of balance. Not everyone's. Not everyone's. And on the other hand, where foreign girls are married into Indian families, they cry “God save us from mothers-in-law” and all other problems. So there is no balance, either here or there. Sahaja Yogis have to learn how to maintain this balance. This does not mean that you make your husband sit on your head. What is required is an evaluation.

In this evaluation you can see how far we have been able to bring ourselves into balance. Don't judge others. Look at yourselves. Wherever you have to say something you must say it And, whatever you have to listen to, you have to listen. I have seen to it that we started Sahaja Yoga first with the family. From the (Kutumbh avastha) family foundation we have slowly built it up. And once the “kutumbh” was established, then we went further, one step at a time.

I am sure you are aware that this Sahasrar Day will be the 25th Sahasrar Day. 25 years have passed since Sahasrara was

opened. From that time people have been receiving self realisation, and by that they were drenched and nourished, and have reached this present state.

Now, what is our next responsibility. We started with the "kutumbh" (family), so we have to establish peace within the family. But first and foremost thing is peace. Where there is no peace, nothing can grow. Now imagine if these flower pots that are here, are constantly agitated and moving about, will the plants be able to grow? They will wilt. So first of all we have to establish peace. In this we have to respect the man, and the woman, and also have understanding. So in a household if there is peace first of all, then only our children will feel secure and safe. And with this security the children will greatly understand their inner being. That our parents are Sahaja Yogis, and we are also Sahaja Yogis, and that we have to bring honour and glory to the name of our parents.

Now I see that slowly, slowly Sahaja Yoga has spread and grown in the society. It has also spread in cities and states. Like a lot of people from various states have come – some from Madras, some from Mumbai, or Maharashtra. And then we see that it has spread from country to country also. But in this also a kind of differentiation has come in.

Like the Delhi people came and said, Shri Mataji, Your Birthday should be celebrated in Delhi only. Now we will have to agree. Who can refuse Delhi people that we cannot have the Birthday here! O My! So I peacefully agreed. It will be best to have it in Delhi only; and here the arrangements are done well, and everyone is looked after. So taking everything into consideration I said Yes.

But in that, to start thinking that we are Dilli or Billi (Delhi rhyming with Cat) people, they can start a fight on this issue. Now this is a very limited, ungenerous attitude which is emerging. This means we have made a mistake in understanding the "collective" aspect of Sahaja Yoga. If we do not understand the delicacy of collectivity, then the whole balance will become shaky.

Supposing this time I say, OK, this time let us have it in Mumbai; or anywhere else; what does it matter. It will just be one more birthday, and I am going to get older. Every birthday increases My age. So, celebrating it anywhere, what does it matter. But then people start wondering, why did Shri Mataji make this decision. Have we committed some mistake. Or they will come and ask, Shri Mataji, why did You decide like this. Last time You did not have it in Delhi, so why not have it in Delhi this time. So there appears to be a misunderstanding of "Tadatma" universality of the atma or Spirit. And a misidentification that we are residents of this place, or that place.

In the past there was differentiation even between people of one street and another. Now at least this is finished. Then there were differences between different areas within a state, and they even used to sit in groups according to their addresses. And I used to watch in dismay, that this is still prevalent. Gradually they got out of that. But now I see that the divisions are by language spoken. Like we speak this language, they speak another language, and so on.

So I feel that at least we should all know the language of our country, the National language. We should all learn it, whether we are hindus, muslims, or Maharashtrians or Christians. So we should all know the Hindi language. How can I alone speak in the 14 Indian languages? So we should all see what language our Mother speaks. I know Hindi, although I did not study it formally. I know Hindi very well. So I would suggest that all of you should learn the Hindi language. It will be a great favour to Sahaja Yoga. And you will also benefit. A lot of people outside India have learned Hindi, just to be able to listen to My Hindi lectures. They have started speaking and understanding Hindi. But in this country there are still people who say – Shri Mataji, please do not give your talk in Hindi. If possible please speak in Tamil or Telugu. I am sorry, but I do not know either Tamil or Telugu. Now what should I do. That is why we should totally get rid of all these various differences.

The caste difference is already born with us since long. One gentleman in Hongkong told me that in India there is a lot of caste system. Even among Sahaja Yogis there is caste consciousness. He is himself a brahmin. So I asked him, Tell Me, will you be prepared to marry a Harijan girl (one of the lowest in the so called caste system). He got flustered. "With a Harijan" he asked. So I said Hari-jans are People of Hari (Vishniu). He flatly refused. "I cant marry a Harijan girl".

So if we surrender all our conditionings slowly, slowly, we can get rid of everything. But in foreign countries this is not an issue.

So many of our sweet Harijan girls have been married to Yogis outside India. And so also Harijan boys. They are not aware that such a thing as caste exists.

In this way we have so many petty differences within us, that, we are different, they are different. Now it is important to be different. God has created every one different. If he had every one look alike, we would never be able to recognise one from the other. Like everyone with uniform figure and feature, in an army. Even leaves have been created different. No two leaves are the same. If you take one leaf and try to find a same similar leaf in the whole world, you will not find one. Just imagine. This is His consummate skill. Now if you feel that it is unique to be different, you are on the same level as a leaf.

If you rise above all this and look at yourself as a Yogi, who has no differences in caste, colour or creed, then you will become like a sanyasi of the scriptures, who does not have any false identification. Once you drop all this, you become a sanyasi from within. How can you maintain caste and breed once you are a saint. In fact we should oppose such conditionings. We should protest against these beliefs, and only look for qualities within human beings. We should imbibe and understand qualities. When we adopt these maryadas, (codes of conduct), then we can form connections with other countries.

What can I tell you about the people I have met in foreign countries. They recognise technology and science. But when they entered Sahaja Yoga it was as if they had dissolved into the ocean of love. Do you know that 500 people have come from other countries. They have so much love for Me. They say – Shri Mataji, when we feel love for you, we get enveloped and encompassed with an endless ocean of love. Even during the Quwalli program, they do not understand the language but they were filled with bliss and joy. We have to learn a lesson from them to be Nirvach (love without any expectation). Their only desire is to feel divine love. We do not seem to know or understand the value of this love.

We are only involved with our relations. Like my father is sick; or my father's father-in-law is sick, or some far off relation is sick; someone does not have a job; I have become bankrupt; my brother is being sent to jail. This is the only kind of messages I get. For some there is a feeling that they have a right on Me and My time, maybe because I am also born in India, or that they are also born in India. But this is a very petty thing. If you are a Sahaja Yogi you don't even have to ask for anything. These things can work out spontaneously. This faith, the foreigners have.

Now let me tell you a very surprising thing. There was a lady working in the UN, Sahaja Yogini, she was sent to Mexico by the UN. She had a son who had such an illness that kept getting worse and worse. It galloped, and within one month the child nearly died. He was not a Sahaja Yogi. She sent me three letters in which she mentioned the name of the illness. A very strong and unusual illness, and she sent three letters. I felt a great compassion for her. What can I say in human language – a kind of a pull. A pull from her. Imagine, a fourth letter came that "Shri Mataji, it is amazing and astounding. I took my son to the hospital, and they said all the tests are negative. He is completely free of the disease.

But it is not so with Indians. They will "want to meet Shri Mataji. Only if Shri Mataji sees my son he will be cured". They feel that without putting the problem on My Head, nothing will happen. Such a glaring difference. She was in Mexico, sitting with the knowledge that there was no treatment or cure for her son, and she was just praying and sending these letters to Me. That's all. Now this is a matter of Shraddha (enlightened faith). When love becomes enlightened faith, (I am not talking about blind faith). You know My Views on blind faith. But if the love becomes enlightened faith, then how things work out is a matter for giving thought. If there is no faith, but just a statement that I believe a lot in Shri Mataji it will not work. Such kind of devotees are there who worship Christ, who worship Mohammed Sahib. But what about you. What is special inside you. What have you achieved, is what you have to consider.

So what I have seen that whatever these people believed so easily, they have dissolved themselves into the Divine Love. They have never experienced such love before. And when they get the Divine Love, they become fully drawn and dissolved into it. And then after getting this Love, they don't want anything else from the world. Nothing.

Now those who come to Ganapatiphule – the Indians, have a lot of complaints. The food was not good. The man from Madras will say I could not eat the food as it was not good. Lucknow people will say – what kind of food did they serve up. All their fuss

about the taste of food has been encouraged by their wives, who cater to every whim of the husband. Now tell Me which single type of food can we make which will please every Indian palate. Man from this State does not like that food; man from that State does not like this food. But these people from outside, will never complain about the food, even though in the early days the food was not up to standard. Nowadays it has improved. But they never ever said that Shri Mataji the food was not good.

Now regarding toilets a strange thing is going on. The Indians said Shri Mataji we do not like this Indian style bathrooms. We want western style bathrooms. But the western Yogis said they prefer the Indian toilets because they are cleaner. Now I cant understand what to do. We made these toilets for the Indians, and those toilets for the western Yogis. So I thought of a solution. Shift the Indians to the foreigners side, and move the western Yogis to the Indian side. End of problem!

But we are very demanding people. All the time finding fault – this is not nice, that is not nice. Put this right, put that right. How many people have attached baths in their houses, tell Me. We are beginning to feel that by making such demands we are some superior class. And when We speak with western Yogis they say – Shri Mataji the comforts of the body are useless. We have had enough of it. Now we want comfort of the Spirit. We don't want comfort of the body. What we never had before Sahaja Yoga we want now as comfort of the Spirit. By telling you this I do not want you to react by sleeping on the bare floor. That is not My motive.

My reason for telling is this, that we must start realising that we have to do the work of the Spirit. And we should find comfort in everything and everywhere. If we only consider the needs of the body, our Spirit feels hurt. The light of the Spirit will keep reducing. The more we start putting attention on others; on their spiritual growth; on the environment, that much more the light of the Spirit will begin to shine. And you will be surprised that you will find yourself slowly becoming a citizen of the world. The whole world will get contained within you.

Now many people ask Me, Shri Mataji, how do You remember so many things. It is like this – that when I see something, I see it. That's all. My Chitta (attention) has noted it. So must you also be. Because I am not inside. I am all pervading. I don't even think about Myself. I have no thoughts. The strength to do this is within Me. I don't have to keep sitting and thinking about Myself. I never think, what this one did to Me, or that one did to Me. Never. What has happened, has happened. Finished.

But whatever is outside, if you can see your own light shining in it, then you have become the whole universe. If you look at a mountain, you can see the light of your Spirit in it. In each and everything. When you see the light of the Spirit in it, then you never forget it. Nor do you forget the joy you got out of it. Then you don't worry about anything – whose carpet is this, where can I get one like it. Nothing. Only the looking at it and enjoying it, is to be done. And when this starts happening, it also starts expanding, and encircles the whole world. And this is the state you have to achieve.

Of course we must have differences. Every person should be different from the other. But, in what way. Each one should be different in the way they feel the joy. Like when people are dancing, every one is feeling the joy, but each one danced differently. No two people were dancing in the same way. So if we have these different feelings inside us, we can give the different experiences of joy to others. Joy is not for yourself. It should always be our endeavour to see how much comfort, love and enjoyment we can give to others with our light.

Sometimes, not very often, but sometimes, Indian Sahaja Yogis write and request Me that Shri Mataji, please help me to evolve into a higher state, where I can rise above all these things. Mostly people write useless letters that this one is sick, that one is sick, like this, like that. But some write very sweet letters. And with that I get completely dissolved. And I see that this person has found the way, and knows exactly where he or she is going. He has identified his destination. I do not want anything more than this. I just want to be able to see this, again and again, and unite with that person's Atma.

I don't expect you to keep writing about your desires to ascend. But just watch how the Divine works. Everything is happening, and you have to move with the flow. And may your lives become filled with joy, and may you be the channels for giving this unique, divine joy (Allahad) to the world. This is what I desire. If any strange and useless thoughts come to you, like you must join politics, there is no need for that. In Sahaja Yoga you are not required to amass wealth; to attain any great position; nothing. The

only thing you are required to do is to establish your supporting strength and pure desire that we only want to be people who understand the world; who want to improve the world; who want to remove all the impurities, ills and sorrows of the world; and who can give pure knowledge of the Spirit, to all. Only then great and illustrious sons of the earth will be created.

And it is My eternal blessing that all of you should take this great spiritual movement forward, and keep introspecting that – Am I doing the job for which I was born.

English part

I am sorry I had to speak in Hindi language because the majority of the people know, understand Hindi.

In the western civilization, suddenly I find people have taken to a very licentious, vulgar, despicable life. I can't believe how can they be so stupid and idiotic. It seems they have no wisdom even to see that this is stupidity.

Thank God, you have achieved this Self-Realization, you got the Light, you are so transformed, you look so beautiful. And that you have given up all those funny ideas of freedom. It's so clear cut. This must be, I don't know what to say, that in those western countries, to find out people who have such wise understanding of pure love and respect for your own purity. As if suddenly you have come out of that darkness and have bathed in the light of the divine. It's not possible otherwise. See the history of the western countries is they never had very great kings, you know. One king in England, killed seven wives, you know. If you, (Shri Mataji Corrects herself) In India if one wife was killed he would have been killed, first of all, before he killed the second one. So, one sees that, despite all that kind of a history and that kind of a vulgarity that has been going on for days together and now it is the worst after war.

Suddenly you people have come up like lotuses and have made those countries so fragrant and so beautiful. But now they are afraid because they believe in licentiousness, they believe in vulgarity. They think it is their freedom, so they do attack, but you are not to be bothered because you have achieved something that is real, that is for eternal life. They supposed to be Christians, Jews and also Muslims there. Among all of them I am surprised to see how they have interpreted these three great religions, in the most contradictory way. For Christ has said that if you make any sin with your eyes, commit some sins, then remove your eyes, yourself. If one hand does anything wrong, you cut that hand. I have never seen anybody without an eye or without a hand in the whole of this Christian kingdoms, nowhere. They can cut other's, but their own eyes I have never seen.

It is very difficult to be a Christian, I tell you, because this is an impossible situation. For that, we can say that it, this was for angels, must be, for the fallen angels that you take out your eye and cut your hand. And then Mohammed Sahib has said, he thought that why only the men are handled by Christ. So he says no no, not that you cut it, but let others cut your hand and take out your eyes. And for women it is so- that they should be buried in the Mother Earth half way and should be stoned. Think of American women, what would have happened to them? So, very difficult to follow Islam also. Impossible.

They were very great people, very pure and they thought that this is the only way people can be kept pure. No, on the contrary with all these thing - compulsion they become extremely immoral. This suppression doesn't help. And then also, this they call it one that is Islamic laws - Sharia, was actually given by Moses to Jews. You can find it out in the Bible. It was given by Moses to Jews and the Jews would not accept it because they were sensible to say, we can't accept this much, too much. So that was taken over by Mohammed Sahib, better put it for these people. But with all this doing, people become extremely immoral, extremely quarrelsome and go to the other side and such an imbalance is created.

But after Self-Realisation, the Sahaja culture is born within you. With the Sahaja culture you come into balance and people are surprised at the western Sahaja Yogis, that Mother how have you made their eyes so pure? How can they get rid of these bad habits of looking at every woman or every man? What have you done to their eyes? How have they become so pure? It is the light of your own spirit, which is shining through your eyes. It's very important.

Again, I would say, that the women in the west have to understand what is Sahaja Yoga. Not dominating anyone. Here the

women are dominated, not always but to great extent. And there what you find that women are dominating. Firstly they believe in divorce and they try to harass people with that. This domination, may be we can say comes from their upbringing. But Sahaja Yoga should change completely your ideas, and there should be no domination but a complete understanding about which I have told you many a times and explained to you.

Still I must say I am overwhelmed by the response. And on behalf of the divine power, I would like to thank you very much. It is really a new race that has come up, really. Somewhere, somebody goes wrong or something happens. Doesn't matter. On the whole it's such a beautiful race of people. I face them before me. Even in dreams people could not have believed it. They don't yet believe. But it has happened, you must now have an enlightened faith, which we call as 'Shraddha'. With that enlightened faith I am sure you will adhere to the emancipation of human beings. It's your duty now. It is all given free. Of course, Sahaja Yoga is free. You can have it free; you don't have to pay anything, all right. But, you have to give to others. That is very important. It is free to you and you cannot keep it to yourself. If you keep it to yourself, you can never be happy, you can never be joyous. So you have to be absolutely collective and then you will see how it works out. Very surprising in all the European countries, in America, South America, Australia, Japan, Hong Kong, Taiwan, Kuala Lumpur, everywhere. I have seen people have become collective and they told me Mother, there is no greater joy than seeing people getting Self-Realization. That is the greatest joy one has. And this is what, one has to have in your mind. Of course there are some people who start criticizing Sahaja Yoga - why this, why that? All nonsense. But actually if you see, everybody who is a deep Sahaja Yogi wants that Sahaja Yoga should spread in their own countries and then to see that it is accepted all over the world. It is such a wisdom, which has come into their mind.

Otherwise, one fellow told me, "Mother, I was only worried about my own house, my family, motorcar and this and that. Now forgotten all that Now I am only worried how will I be able to give this joy to others. I cannot be happy alone. And that's what it has happened."

And I am very thankful to you, for all of you, who have come here all the way to celebrate my birthday. And this is just your love and affection for me, and I also love you very much.

May God bless you.

Today's Puja is going to be bit short. Because I don't know what, ah, in my birthday which deity's Puja you are doing. Where there are all deities, all of them are there. So it has to be short, with all of them being worshipped together, it works out much faster, I think. As when you, all of you are together, things work out much faster.

1995-0412, Public Program

View [online](#).

12 April 1995

Public Program

Kolkata (India)

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

Public Program (Hindi) Netaji Indoor Stadium

I bow to you all the seekers of truth.

In this Kaliyuga, man has become distracted and is fearful of the various problems. Never before, were there as many seekers of truth, as there are in this Kaliyuga; and, these are the times when you will find the truth. But we must understand, what truth are we seeking, what are we seeking? Otherwise, we get glued to something and then start believing it to be true. The reason being, we are still unaware of truth— the absolute truth. Some people wonder if this is good or that is good, and then there are others who believe there is another way of living. So, man is caught in such tumultuous delusions of the heart. In this confusion, he fails to understand why there is no peace within him; or how to establish this peace. He can't comprehend, why am I fighting and bickering with myself, unable to understand anything. This is the special quality of Kaliyuga and that is why man has is seeking in these times. Earlier, there weren't such delusions; the man was content with humanity. But now man has evolved to a certain state. In this state, if you would be aware of only the truth, then there would be no fights, and everyone would think the same.

Moreover, by explaining or telling about something, man becomes too brainy and mental. Even by reading too much, he becomes mental and there is no peace, calmness or respite within him. Therefore, one must understand what the truth is. Now, another thing is that you must not blindly accept whatever I tell you because we are already suffering much due to blind faith. Especially in Bengal, people have suffered so much at the hands of taantriks and other such people. Even people who blindly follow religion and talk too much about it, are also suffering. They are unwell. They are experiencing different problems and are fighting among themselves. This simply means they haven't found the truth yet. They're just advertising it via huge posters. Then, man is terrified and wants to know about the truth. Truth and love are the same; surprisingly people don't understand this integration. For example, if you love someone, you become eager to know every detail about that person. But this is God's love, it is the Divine love. I won't say that you should accept this love as the truth, but it can be easily proved. For that, you must rise above this human awareness and that's when you can recognize that this love and truth are the same. And a realized person also imbibes both these qualities. And people who haven't got their realization, who just talk big about things, give sermons and ask you to perform rituals will not help you in any way. No one has and no one ever will gain anything from such trivia. For this, we must understand what truth is. We are not this body, brain, heart or ego; we are the pure Spirit (Atma) and this is the truth. Because every time we claim this is my body, my heart, my brain, ours and mine, we must ask ourselves who is this "me". We must realize this. This "me" is actually the pure Spirit that resides within you. To achieve it and to fill your inner being with its light is the real experience of the self (Aatm). The second truth is like you see these beautiful flowers around you. It is miraculous how the different types of flowers bloom out of Mother Earth and each different from the others. There is no money to be given for this process. Mother Earth whose essence is love, nurtures these flowers and fills them with fragrance and colours. This is indeed amazing and yet we do not think about how this living process occurs. If we ask the doctors who run our hearts, they will answer that this happens because of an autonomous nervous system. But who or what is this "auto"? If this is an "autonomous" or self-driven mechanism, then who is this "self"? It is none other than your Spirit (Atma). Self-realization is nothing but achieving this and filling your being with its light. This all-pervading divine energy around us— the power of God's love that nurtures these flowers and ensures the functioning of our hearts – achieving integration with this energy is called Yoga. This is Yoga and achieving it, is the birthright of mankind. But if someone is silly and foolish, he can't achieve it. If someone is boisterous and arrogant, even he can't achieve it. You must be humble and ask for it. If a man introspects himself with love, he will realize that he is still lacking and there are many powers (Shakti) that can manifest within him. But, for that, he must be humble and must ask for it with utmost, heartfelt humility because if you want to achieve the power of love, it should be asked for, with love. By

arguing or fighting or by bothering someone, you can never achieve it.

I have already told you about this power (Shakti) called the Kundalini, it resides within you in a triangular (trikonakaar) bone. What I am telling you isn't something new. It is all there in our scriptures; in the sixth century, Shankaracharya spoke about it. But thirteen thousand years ago, Markandeya also spoke about the Kundalini, but it was all in Sanskrit. And, then in the twelfth century, Gyaaneshwar ji spoke about it. When he wrote the Gyaaneshwari — which is a commentary on the Gita — in its sixth chapter, he clearly wrote that you get your self-realization through the Kundalini. At that time, the religious leaders (Dharma Martand) said that the sixth chapter is forbidden so nobody read it or wrote about it. In this way, the energy (Shakti) which is hidden within us and can help us achieve that state, was stashed away in darkness and ignorance. Then there have been so many intellectuals here. Kabir had said, "Padhi Padhi Pandit Murakh Bhaye" (even though the priests read so many scriptures but still they are unlearned/ foolish); and I would often wonder how despite reading anyone could be foolish. How can this be? But I have met many such people. When you talk to them, they will talk non-stop and senselessly. God knows what they talk about — so and so is written in this book or that book. So, I ask them to tell me what is written in your books. So, we are unaware and oblivious of our own selves and absorb what others say. This is the intellectual side, the other is the devotional side. So, there is just an intoxication in it and no awareness. Both these are far from realism, we are standing away from reality.

Now I will give you an example. Here, there is a rapid rise in the followers of "Hare Rama, Hare Krishna". So, when I went to Chicago, one of their gurus came to meet me. He was wearing a thin and gauzy loincloth (dhoti) and a vest. It was so cold there that I was shivering despite my shawl and even he was shivering. So, I asked him why he was wearing such thin clothes, especially the loincloth in that freezing cold. He said his guru asked him to wear the loincloth to attain salvation (moksha). So, I told him around 80% of men in India wear that loincloth, more so in Bengal, so if all of them would get their salvation, will there be any place left for you (in heaven). He had also shaved his head and had a pigtail. So, when I asked him the reason for that, he said his guru had told him that unless he shaves his head, he will not get salvation. Kabir has beautifully illustrated this in a saying that if it would have been possible to go to heaven by shaving heads, then a ram (male sheep) will reach there before anyone else because its body is sheared twice a year. Anyways, this man followed all this quite sincerely and got upset with me that I am disrespecting his guru. So, I had to clarify and explain to him that since I'm a Mother and worry about the well-being of my children that is why I am concerned about his plight.

Another thing that you must understand is fasting — don't eat this or that, or do fasting, stand on your head, and do all this. Why? The response is "to attain salvation". If the Almighty, who is a form of love and your Heavenly Father, will He ever want his children to shave their head, wear a thin loincloth or stand on the head to meet Him. This is so strange. Will a father ever want his children to starve? For any mother, the biggest punishment is to starve her children. If the children refuse to eat, all her anger vanishes. You know a mother so well. So, why do you need such a peculiar endeavours to attain salvation? How much money you had to spend for taking birth as a human? Which guru did you go to? Did you do anything special? Irrespective, you are born a human. So, there must be some power (Shakti) within us, which I call the power of love, it is the power of redemption and gives ascent to humans and grants the human form. So now if you have this power within you, then why must you not use it for your ascent. Can you give any money for this? You can not buy me for this? Does anyone ever buy his mother? At least in India, it isn't possible; can't ascertain this about abroad. So, what is there to be achieved? This is your very own mother, every individual's distinct mother. Like a tape recorder, it records all your past and future. This individual, distinct mother recognizes you and resides in your Kundalini. And if you were to awaken this energy (Shakti), can you pay for it? When you sow seeds in the womb of this Mother Earth, it is nourished and nurtured spontaneously. You don't need to stand on your head or do other such things for it; do these things help? This must be understood.

All the living work occurs spontaneously (Sahaja). Sahaja — "Sah" means "with" and "Ja" means "born", so something that is born with you. This is the Right of Union (Yoga ka adhikaar). You must achieve it. It has several benefits. I don't know what all benefits did Yogi ji (another Sahaja Yogi, who possibly addressed the gathering before Shri Mataji) told you. But if you love someone, you don't realize its subtle benefits. If you love someone and they love you back, there are subtle sensitivities in that exchange which give you joy and peace. But nowadays it is difficult to find such love so it can't be explained. Such sentiments do not exist anymore. People are pulling each other down, cutting each other's throats; forget about love. Moreover, people who give sermons and discourses, and, preach about religion, even they are just focused on money. This must be understood. How much

money did you pay to Mother Earth to bloom these beautiful flowers? Firstly, you can't buy love; what can be bought, can never be love. You can recognize the glory of love only when you drown in the tremendous love of these vibrations. It adorns and takes care of all other minute details as well.

So, for example, there are very good singers and performers in Nagpur. And I thought it would be great if we could invite them here to perform because Bengalis listen to Bengali music all the time, listening to new artists would be a good idea. And see, they (artists from Nagpur) arrived here in the morning. So, I asked them did they come here. They said they had to attend some program in Durgapur and thought it would be good to come over here before the program, so they came. So, such coincidences and miracles occur a lot in Sahaja. And if I tell you that these miracles are in fact not miracles, you won't believe it. This is, in fact, the Almighty's love; so, what can be miraculous about it when He himself is the miracle.

My grandmother would often tell us an anecdote. It's quite funny – once a man started on a journey to meet God. On the way, he met a man who was standing on his head and asked him "I am standing on my head for many days, when do you think will God come to see me? So, when you meet God, please ask him to come and see me soon." He went a little further and met another man who was lying on the road. The latter also gave a message for God, "Tell God, He hasn't arranged for my food today, ask Him to make some arrangements". When the man met God and his purpose was fulfilled, God asked him if there was anything else, He could do for him. The man told about the two men he met on the way. For the first man, God said: "Let him stand on his head for a few more days, the meeting will be arranged." For the hungry man, God made immediate arrangements for food. This surprised the man and he asked God, the reason for not paying heed to the one standing on head and instead of making immediate arrangements for the one who sort of ordered God to do arrange food. Now, this is about love. So, God told him, "on your way back, when you meet both the men, tell them you saw God passing a camel through a needle hole." When this man, met the first one (the one standing on his head) and conveyed God's message about the meeting. Then, curiously the latter asked what else he saw there. To which the former told him what God had asked him to say, "God passed a camel through a needle hole". Hearing this, the man got offended and reprimanded him, "how is it possible? Why are you lying?" Ongoing further, this man met the second man (who was hungry). The latter said, "I was sure food will somehow be arranged, but I just thought of giving some message to God as it is you were going there. So, what else did you see at God's place?" To which the former said, "it's quite astonishing how God passed a camel from a needle hole." Hearing this, the latter replied, "What is so strange about this? He is God; He can not only pass a camel but if He wants, He can pass the whole universe from the needle hole. He is the Almighty, what do you think of Him." So, all this is about absolute faith; the faith a realized man has isn't blind faith. This is faith in the evident (Sakshat). It isn't dignified to believe in something blindly; first, you should experience it. First, you should know the truth and once you recognize the truth, you will realize how great and noble you are. Right now, you don't know anything about yourself.

For example, if you go to a small village where there is no electricity and you take a small television set there. If you tell the villagers that they can watch films and photos on the TV, they will not believe it and will rather question about that box. However, once the connection of that box is established with the mains, they will be amazed to see its wonders. Likewise, we consider ourselves as boxes; especially in Bengal, I've noticed that everyone is so depressed. All the time they listen to grievous music and are always crying. The times have now changed. You must understand that a new era has begun. These are special times and I call these the blossom times. I call it spring. But many people are so disappointed; they are so trapped in disappointments that they're unable to understand new dawn is approaching that will spread across this world. That time is today, but we don't know the present or that the present is the reality.

So, the thoughts rise, fall, then rise and then fall again; the gap in between, is the pause (vilamb). We are unable to get hold of that pause, which is the present. Either we are thinking about the past or the future. For example, these people have to go back now, so they would be thinking whether they will get a tram/ bus or not, or they will think of the past. If I tell you to be in the present, you can't because thought will come, then another and so on and so forth, and, you continue to dance on top of it like this. However, when the Kundalini is awakened the thoughts become prolonged and relaxed. So, when the thoughts are prolonged, there is a gap in between and then you stand in the present, your attention (chit) is in the present, you do not think about anything and become thoughtless (nirvichaar). Then in this thoughtlessness, joy flows.

Now for example, if there is a beautiful carpet here. So, I will get a headache what if it gets spoilt or that it needs to be insured or about other problems that come with belongings. And if it were not mine but somebody else's, then I will think about its price, where did they buy it from, etc. But if we watch it in thoughtlessness, we will be able to feel that joy, the weaver must have felt when weaving it, and a cool breeze will start flowing from head to toe. And you will be immersed in that joy. When you are thoughtless, you are in peace.

These people have established such big organizations for peace, all these are just for the sake of talking. They give away peace awards. I have met many people who have received these peace awards and they are so hot-headed that you must carry a stick with you when you go to meet them or else they might just hit/slap you. They are so short-tempered that you can't talk to them. There is no glimpse of love in them. What peace will they give, and yet they have been given these international awards. I wonder how and why they have been given these international awards. Like this, we are an incomplete delusion. Because when we establish peace within ourselves then only we can understand, what being in peace actually is. Now, if you are standing in water but fear the waves or that you might drown, but if you are in a boat then you enjoy the waves and are not scared, and if you know how to swim then you jump into the water and can even save others who might be drowning. This is how you grow in Sahaja Yoga – first, you achieve thoughtless awareness (nirvichaar samadhi) and then doubtless awareness (nirvikalp samadhi) and sometimes you may achieve both simultaneously. This is quite surprising when both occur at the same time. And then, man can achieve peace and such powers (shakti) which may not have even existed in him. It doesn't need you to shave your head or wear saffron robes, none of these. Instead, there should be innate emotions. You already know the tale of King Janaka, I don't need to repeat it. I am a homemaker and if my husband is like that. So, if required I may dress up or wear ornaments, but I don't get attached to any of it. So, when you don't clutch something what will you leave. If you hold onto something, you can leave it. But if you haven't indulged what will you quit. This is a state of renunciation that comes from within, there is nothing to show off on the outside. What is the point if outwardly you are dressed as a hermit but on the inside your actions are those of a burglar. So, all this pretence ends because man starts respecting himself. He values himself. He glows from within, why me and what should I do. These self-realized people achieve a lot of name and fame in this world. Like Tilak, Abraham Lincoln and Shastri Ji – they were all realized men. I can tell you clearly that anyone who is not realized, can't stand on truth. You can take an example of any organization, all of them are distraught with infighting because they are established on lies. All of them are wobbly. So, first, you should establish peace within yourself. Unless you establish peace within, you can never establish peace in this world.

If anyone wants to leave, should leave now. Once I will start giving self-realization, then you cannot get up to leave. Open both your hands towards me, now, first of all, you must forgive yourself completely. You must not think about your faults, virtues or sins. Now take off your glasses and close your eyes. People wearing shoes, please take off your shoes. Now open your left hand towards me, bow your head and with your right hand, check your limbic/ fontanelle bone area (brahmarandra) and see if you feel any cool or warm breeze (Chaitanya leheriya) coming out of your head. Shankaracharya called it, Saundarya Lehri. Now open your right hand towards me, and, with your left hand, check on top of your head. Do not touch your head, keep your hand a little higher above your head. Check if you can feel the breeze, do not doubt it. This cool breeze is coming out of your head. If it is warm that means you haven't forgiven yourself or others. So, you must forgive. Now ask, "Mother, please give me my self-realization". I can not force it upon you, you must ask for it. I cannot touch your freedom because if you must know your inner("Swa") mechanism("tantra")("swa ka tantra"), then it must happen with your own desire. Now again check with your right hand and ask, "Mother please give me my self-realization." Now, raise both your hands towards the sky and ask a question here, with complete faith, "Mother, are these the divine vibrations (param Chaitanya)?" Ask it thrice. Bend your head backwards slightly. Ask with full confidence, there shouldn't be any doubts. Now open both your hands towards me, wear your glasses, look towards me and don't think. Your thoughts have stopped – this is thoughtless awareness (nirvichaar samadhi). All those people who felt the cool breeze in their hands or on top of your head, please raise your hands. Wonderful, all of you have got it, everyone received it instantaneously. Now you must establish it further.

I offer salutations to all the realized people here.

1995-0413, Evening Program, Eve of Easter Puja

View [online](#).

13 April 1995

Evening Program

Kolkata (India)

Talk Language: English | Transcript (English) – Draft

Talk

(After Performances)

Shri Mataji :

I don't know how to thank Mrs Amita Dutta. It was one of the greatest performances of Kathak, I have ever seen. Normally Kathak becomes quite boring after some time for people who don't understand much of 'tala'. But this had such creativity which is the speciality of Bengal. I said Bengal at its best I saw today. The creativity of Bengal has created very great literature, poetry, also drama also dancing but this combination of everything today I see here in such a collective manner which has given me the greatest pleasure.

You know how I respect artists especially the Indian Artist because our art is to be appreciated only through very deep [unclear /sensitivity]

And now as in this country lot of western influences coming up ...People are taking to a cheap type of entertainments. At this juncture, to see such a beautiful performance now I have great hopes that our art will again prosper and really enter into the world market I should say ...Where they will make people much deeper not running after money but after art. Perhaps you all know how ! I love art and artist & I respect them very much. I bless them from my heart for such a beautiful drama you did. The beauty was even the little girls, knew how to change their 'Bhawas'...& their expressions so fast and In Kathak, I haven't seen people have so much of 'Bhawas' as they have used ...The combination is so beautiful that really I think we,- (the artist who are Bengalis) should take up all the arts and should work it out. Because they can direct it in such a way that is pure creativity, pure creativity

It has really touched my heart you don't know, what hopes it has given to me ...I thank you very much all of you for putting so much efforts to create this beautiful theme of our diverse personality of Adishakti, Where she is on one side [unclear/'Ati raudra'] and on the other side 'Atisaumya'. It is very difficult but you have done it. May God bless you all.!

[Flower by Shri Mataji to Mrs Amitta Dutta] ...

Amita, this is the small thing they have got it for you.

Shri Mataji says to this artist that -My God! I know little before[unclear]...

Your musician was so beautiful. Every Musician was so beautiful, even on tabla and everything I was surprised how can it be. Because this is the art from U.P(Uttarpradesh)and prosper here. But in a very decent manner.

This is the world's famous drama I can tell you, beautiful ... May God bless you!

[Then Photograph with all the Artist was taken ...]

1995-0414, Easter Puja: You have to crucify your ego

View [online](#).

14 April 1995

You Have To Crucify Your Ego

Easter Puja

Kolkata (India)

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

You have to crucify your ego, Easter Puja, Calcutta (India), 14 April 1995.

Translation from Hindi: First I will speak to you in English and then in Hindi.

[English talk]

Today is the day we are celebrating Easter. Easter is extremely symbolic, of - not only of Christ, but also for all of us. In that the most important day is that of resurrection. The resurrection of Christ has the message of Christianity, not the cross. Through resurrection Christ had shown that one can be resurrected with the body that you have. And without His resurrection, we could not have managed the crossing of Agnya chakra, no doubt. His life was very short of, we can say three and half years only, He lived there. He came to India and He met Shalivahana, and Shalivahana asked His name. He told him His name was Isa Masih.

But He said, "I am coming from the country where there are malichchas, mala-ichchha. They have ichchha of mal, desire to get dirty, and I don't know how to live there. To Me, this is My country."

But Shalivahana said that, "You should go back and save Your people and give them Parama Nirmala Tattwam. So He went back, and as it is, within three and half years He was crucified.

At the time of His death He said so many beautiful things for forgiveness, but ultimately He said "Behold the Mother." That means you should hope for the Mother. And in His lifetime He also said that, "I'll send you the Holy Ghost Who will comfort you, counsel you and also redeem", means resurrect you. All these things He had said it because He knew what was the whole plan.

Also He said that, "You may say anything against Me or do anything against Me, but anything against the Holy Ghost I will not tolerate. I will not tolerate at any cost."

Which is true also, so it is very dangerous also to go against the Holy Ghost. No doubt about it. It's not Me that is dangerous, but these Deities are extremely dangerous.

So, in Sahaja Yoga you are all resurrected with your body. Before this you were not connected to the All Pervading Power, and whatever you did was through your mind or through your emotions. But you did not come out of that grave of emotions and your desires, your actions and your ego. After realization now you know how free you have become. How you have developed your own personality.

There are so many instances which we can talk about Christ, that He said, "Know Thyself" throughout. He knew without knowing yourself, you won't be resurrected. But Sahaja Yoga is the other way round. You get your resurrection and you know yourself. It's a very Sahaja, sweet way of getting realization.

But if you see to the life of Christ, He has talked about murmuring souls. We too have in Sahaja Yoga, because it's open to everyone, all kinds of people come. We find very shallow people coming to Sahaja Yoga who try to express their shallowness and talk in a very, in a very loose way, about Sahaja Yoga, about the work of Sahaja Yoga. So that was inevitable, but what Christ has

said that you have to be careful about the murmuring souls. And this is exactly - we have to be very careful. When you come to Sahaja Yoga, in the beginning, you may come across such people who are murmuring souls, you may be enticed by them because they are a kind of, we should say, messengers of negative forces. And these messengers of negative forces, you should try to find out. They'll complain about this, complain about that, they talk in a very loose manner, and when you see that they are not talking in a positive way, you should run away from them. Because only by getting your resurrection you are not all right. After getting your resurrection, after your Self-realization, you have to grow. And for that growth we have to be very careful about how we get impressed by all these, I should say, very frivolous people. Those who grow into it become beautiful angels. No doubt about that. But that is one thing one has to know is to respect your Self-realization. You shouldn't worry about what others are talking, what others are saying, what they are criticizing, but you should look at yourself and all the time try to grow into your depth.

It's a very great chance of life that you are being resurrected, and this is the last breakthrough, as you know, of our evolution. But now you should leave your mind on one side; because this mind, if you go on working with it, you cannot go beyond mind and Sahaja Yoga you can achieve by going beyond your mind. Then you know yourself, because you get Self-knowledge. You know about your centers. You know about the centers of others. All this is available to you, but you have to become a subtler and subtler person. Not a gross personality. If you become subtler and subtler, you will be amazed how you will develop your inner powers in so many different ways.

But there are people in Sahaja Yoga, I have seen, who are very ambitious. And they start saying that, "Mother, we want to be God-realized. I want to be this and do that." There is no office going on here that you give somebody a promotion. You have to grow yourself. Then they start proclaiming, "I am this, I am that." We call them 'Mahayogis'. Some of them had started saying that they have reached very high positions and they ended up in the lunatic asylum. All such suggestions if people give you, then you should shun such people. But there are also other people who join such a bombastic fellow. So, you must remember that this last judgment is working and all the time there is a big sieving out, a very big arrangement of choices. Those who are subtle, start getting subtler and subtler and subtler. But those who are frivolous, gross, idiotic, stupid, they start frittering away. So this last sieving starts very fast, working out where we realize that where are we.

Now what is the criteria for that? First is your compassion. Your compassion must be discrete. Sometimes people only have compassion for negative people. After Sahaja Yoga, you should know for whom you should have your compassion. With vibrations you can find out, very easy to find out with vibrations - what sort of a person you are facing. But first, you must have vibratory awareness. If you don't have vibratory awareness, you won't be able to find out at all what is correct and what is incorrect. So it is important that you all must meditate. Without criticizing yourself, anything, you can just meditate everyday. It's very important! I immediately know who is the person who is meditating and who is not meditating. Immediately! The person who meditates is very clearly an angel. The whole reaction, the whole behaviour, the whole attitude of such spiritual maturity manifests. And you are amazed.

As you know 'Sahasrare Mahamaya', it's not easy to understand Me. For the time being, you might know what I am, but suddenly you will forget. That's the trick. Because if you know Me in full ways, you won't even sit here. You won't even come nearer to Me. So, that Mahamaya is acting all the time, but that's the only way you can judge people.

This Last Judgment is not a easy thing. Even if you put thousands of judges, they cannot do this judgment. All the time you have to know what is what. And somehow I know everything, but I will never show that I know. That's how I work it out, and gradually, I know what I have to do about that person.

This resurrection of yours is much more blessed than that of Christ. He was alone; people wouldn't recognize Him. He had to show His marks where they had put nails on His hands and feet. But today that is not the situation. Only thing is, first of all, you have to recognize Me. That's all. Need not know Me. It's not easy. It's difficult to know Me, but if you recognize Me, that's all. And it all depends on your sensitivity. Your resurrection has to be complete and you have to mature in Sahaja Yoga. If you cannot mature, I will say, you should leave Sahaja Yoga. Go out for a while, where you will understand what's going on, then you'll come back.

In Sahaja Yoga, like Christ sacrificed His life, is not expected of you to sacrifice your life. Your Mother doesn't want that. But you have to do some sacrifices, like you have to stay in uncomfortable places in Ganapatipule sometimes, or somewhere. You have to face many odds while traveling, also coming down here may not be so comfortable as you are at your place. But the main sacrifice is of your ego. You have to crucify your ego. The ego is the one, which teaches you all these nonsensical tantrums that people know. If you can surrender your ego - just surrender your ego - that surrendering can help you. But if you surrender your ego by thinking about it, then you are using your mental capacity. Everything you do like that is through your mental capacity, by which you are using your ego. So the best way is to meditate, to go into thoughtless awareness and there automatically you are surrendered.

Now what do I have to have from you? Nothing! I don't want anything. I don't want to have anything. You are the ones who try to give Me this and give Me that. I am trying to run away from all that. Just for your satisfaction also, I agree. I don't have to do Sahaja Yoga Myself, but that's the love of your Mother. That She wants to save as many as possible - all that are created on this Earth - to give them their resurrection. This is a special time and you are My channels. You can go all over and spread Sahaja Yoga and try to help others to come out of it.

Today is a day of promises, where we have to promise ourselves that we'll grow in a very deeper understanding, or feeling, or in sensitiveness of Sahaja Yoga. This growth has to take place for which I have to meditate. This is a very important thing.

Secondly, people say that here people are very miserly. They are not willing to do this. They don't want to pay any money for this, pay any money for that. I think generosity is one expression of your love. You will give Me, all right. When it comes to expenses, either I pay or somebody bears the burden. Now things have improved, but still we should know that this tremendous work has to be done and we need money for that. I don't need, I spend My own money. But generosity is the best and this generosity is very, very important for Sahaja Yogis.

I have seen people are very meticulous sometimes, very calculating. They will tell Me, "Bring some sarees for them." Take some sarees, all right, very good idea. And they say, "We don't like it, we don't want to buy." I am not doing any business. I buy it because you wanted, I have selected it. Then to say, "we don't want to have it." There's no business, there's no marketing going on. And this is the problem when I don't understand Sahaja Yogis that they should know Mother, Herself, has put in Her money. So what is there also, they should say, "take little more for Sahaja Yoga." After all such a big organization going on, and there are so many countries who cannot pay a single farthing, for them also one has to pay.

Now, Christ was sold for thirty rubles. You can imagine, He was sold for thirty rubles. So that shows that when you do not try to understand the financial difficulties of the organizers and you do not help, you are really selling the Christ within you. You cannot sell Christ, you cannot sell Sahaja Yoga. But that doesn't mean you exploit it. So I have to tell you that I was Myself surprised in north India where I least expected people are extremely generous, extremely generous. And then generosity helps you, in a way that our Lakshmi Tattwa is to be awakened.

I had to bring in this point because I have complaints from people that people are reluctant to pay for anything like this. It's very remarkable that some people take over, but everybody must contribute. It's important, because you are doing God's work. You have to also come forward to do other things that are there without grudging. Enjoying it! I was happy the posters were put by the Sahaja Yogis, and you can see the whole place vibrated. You could see how it has worked out. So everybody must go all out to do everything that is possible. Nothing else is needed but your full heart into Sahaja Yoga. Then you will see how you will grow. It is only through your heart you will receive all your nourishment for your spirituality. So open your heart, do not calculate so much.

[Translation from Hindi]

I have to speak to you in Hindi, very important. Good wishes to you all for today.

On this day Isa Masih [Jesus Christ] came of the dead world and He was Resurrected with His body. In the same way your Resurrection has happened with the body, not after death. But now when you are alive. In the living state itself you got your Resurrection.

But there are some significance of Resurrection that you need to understand. After Resurrection you should develop sensitivity. If you still have the thoughts of doing business in Sahaja Yoga, or making money, or fulfilling desires, then you have come on the wrong path. You should go elsewhere.

In Sahaja Yoga, you should only think of spiritual upliftment. Other than that, there should not be any thoughts. But now everyone asked, "Mother, why the Lakshmi principle of Bengal doesn't get awakened?" The reason is because there are many tantriks [black magicians] here. Wherever tantriks [black magicians] come, Lakshmi goes away from those places. Not just that even with alcohol it's the same. For some time it's ok, but after some time due to alcohol, Lakshmi will go away. It is against Lakshmi.

The number of tantriks [black magicians] that are there in Bengal are nowhere. While trying to find the reason I understand that people of Bengal are very tolerant and emotional. And any person who comes and tells them that he is godly person, they believe him. They don't think about it. Like the movement of 'Hare Rama' started from Bengal. Like mad people they ran on the streets, running everywhere – "Hare Ram, Hare Ram, Hare Ram, Hare Ram". How did they benefit? More poverty came in. If anyone says anything, people of Bengal start doing it.

Someone told me, "I don't eat green coriander leaves" I asked, "Why?" "My elder sister stopped eating green coriander leaves, so I also left it". "But why, why did your sister stop?" Such rituals they get stuck in. Living by those rituals, we get lost. Totally lost. About those rituals, we need to understand the reasoning behind it. In Sahaja Yoga, there is not ritual, no religion, no preaching of any religion. And the most important thing, the world brotherhood (collectivity) comes from within, is established from the heart.

The day we get this feeling in us, we can drive away the tantriks [black magicians]. If one Sahaja Yogi desires, then he can drive away all the tantriks [black magicians] by his powers.

There is a place named Girgaon in Mumbai. A devi [here it means dead spirit] used to possess people. Devi [here it means dead spirit] would possess and dance. One Sahaja Yogini went there, after that it stopped. The persons dancing stopped; she ran away. Because Godly Powers are very much higher than worldly powers.

When you are awakened and then when you become pure, when you become 'Nirmal' [spotless], the inner power of purity starts working. So it is required of the Sahaja Yogis that they make themselves pure. We get pleased in devotion, we get into the game of intelligence. All that is fine. You have to be delighted. But most importantly look into oneself. Increase the power within you. The day you all increase your powers, all tantriks [black magicians] will take their belongings and go away.

That is why, today on the day of Resurrection take an oath in your mind that we will become deep Sahaja Yogis of the highest order. Sahaja Yogis who have depth. For that if you have to meditate; now it doesn't mean that you meditate for 3 hours. But for ten minutes, you meditate from the heart. From the heart is very important.

There is so much of compassion in Bengal, so much of loving feeling, but see the role. If you are a Sahaja Yogi, first you have to love yourself. As soon as you love yourself you'll find that your love will spread everywhere. You get angry, you have desires. There are some more titles attached to you and you are Sahaja Yogi also. Cleansing of all these only, is your Resurrection. When your personality is complete after cleansing, then no tantric can remain here. Never can they remain.

The other thing I told was that, that you have such beautiful melodious way of singing. So some ladies and men can hire a big [Shri Mataji speaks aside: Son later, later, later, ok?]. Hire any bus, a truck or anything and announce in the villages that here there will be bhajan of Shri Mataji. You reach the village and sing songs, give a discourse. Slowly play My tapes. Like this, in north India, many people got Realization.

Entire UP, Bihar, Haryana everywhere Sahaja Yoga has spread completely. That I have seen when you have the power of singing, why not go to the villages and awaken people by singing and Resurrect them? By doing this all tantriks [people who practice black magic] will run away. With My name itself they start shaking, then if you sing My songs, you don't know what all you can achieve.

The wisdom is that the love you have received from Mother, has to be distributed. And in this place there is so much need for love in the people. You go and see, meet them. Just by you being there, Lakshmi will come there. By your living there everyone's physical body also will become alright; psychologically they will become alright; prosperity will be there and most importantly the spirituality will be set right. In this way we have to change the people of our country. But for that you will have to work.

Today is so significant that it shows how human beings in their living body, can achieve Resurrection, like how Isa Masih [Jesus Christ] had done.

But the Power which Isa Masih [Jesus Christ] had is beyond our reach. He had told that if you do something wrong with one eye then remove the eye yourself. Then He said that if the hand does something wrong then cut off the hand. I have lived with many Christians of the world. I have seen many Christian countries but I haven't seen even one person's eyes removed or hand cut. Those people have ignored all that.

Now you people should not become your own enemies. This is not there in Sahaja Yoga. You see the problems in you and if you really love yourself, getting rid of these problems is the way to achieve complete Resurrection. When these problems go away, then you will be surprised that how much of happiness, how much of peace and how much of Power is residing. Those things that are coming in the way of you achieving this Power that somehow you have to give up.

These obstacles come up because we don't give much importance to our Resurrection. We give for other things. All other things are important. The Resurrection we have achieved, we see ourselves in a different level, where we have entered the Kingdom of God; to be seated there we have to clear ourselves.

Finding satisfaction in other things is of no use. One says, "Our, this thing doesn't happen". Other says, "That doesn't happen". First of all you completely honor yourself, respect yourself. By falling low, by going down a wrong path how can you become spiritual? And how will you get peace? It's very difficult. Those people who say, "We don't have peace Mother, that's why we do that, we do this". Peace is not a difficult thing. If you do meditation and do all the work from your heart, from your heart, then what is difficult? Nothing is difficult.

In Sahaja Yoga some people have reached great heights from low level. I see that in their love there is so much of power. About one person I shall definitely describe to you today.

One person was very much surrendered to Mother. We were at Prague airport, on the way. We were going to Poland probably. So this person told us that the flight is scheduled to depart at 11. So we got ready accordingly and reached the airport. Then they said, "No, the flight is leaving early, 1 hour early, so you reach somehow". How could we reach immediately? We go late by 15 minutes. The lady there, the ground hostess was an Austrian, because the flight was supposed to go to Austria first. She scolded us a lot, "You people are like this. You have no sense of time" and so on. We were listening quietly. Now this person could not bear it as he had told Me the wrong time. We went and sat in the flight. Once we sat in the plane, this poor emotional person, tears started rolling down his eyes. He's a German, he started to cry. He was sitting behind. Other Sahaja Yogis were consoling him, "Be quiet, be quiet". I looked at him once and I told him, "Now you calm down, it's alright".

By then they told us that the plane will not leave as a problem has arisen. But the minute I saw tears in his eyes, black clouds emerged everywhere in the sky all of a sudden. The Sahaja Yogis were thinking from where did these black elephants [here – thick dark clouds] come from? Suddenly. See the power of his love.

They told us, "You go back to the airport. The plane will not leave". By the time we reached the airport, it started to rain very heavily. Not one plane could take off from there. Only our plane they said will leave by 5.00. [break in recording]

A lot of things are being done in Bengal but Bengal will improve only when you will go to the villages and work.

Today I ask only this that all of you have been resurrected and now just sitting in Kolkata, it cannot be achieved. You have to go out and work. Till the time you do not spread this, such a big precious thing, which will grow only by spreading, like knowledge. Knowledge increases by spreading, in the same way Sahaja Yoga will grow by spreading. And with this entire Bengal will be benefitted.

It is surprising that so many people have come in Sahaja Yoga puja today. Felt very happy and I hope next time when I come you will bring a lot of people.

This singing and art of yours, which is respected a lot, you use that and spread Sahaja Yoga in entire Bengal, through your singing.

My blessings.

1995-0422, Sahaj Yogse Labh

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Sahaj Yogse Labh

Public Program

New Delhi (India)

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

Public Program

[English translation from Hindi]

What is Sahaja yoga?

Sahaja yoga. 'Saha' means with you and 'ja' means born. 'Yog' means your attention's union with God 's power of love that is spread all around. This occurrence itself is called 'yog'. This is the birth right of every human being. To get it , as the other meaning of 'Sahaj' is easy, spontaneous. For this, there is proper arrangement within us. There is nobody within whom there is no such arrangement means within your triangular bone which is called 'Sacrum' in English language It means that Greeks knew that the triangular bone is sacred, means it is pure. That is why its name is 'Sacrum' since eternity. Now this bone In this triangular bone three and half circles the power that is inherent in it, is called Kundalini in Sanskrit.

Within us God has bestowed three more powers too. One of those powers is that we desire. Our power of desire, our everyday work of the power of desire. And another is our power of action. This nourishes our sympathetic nervous system. Its nourishment depends upon these two chakras. First power, with the help of which we desire the channel through which that power is broadcasted is called Ida Nadi. And the other power that gets activated they do the work for the desire they have with their existence and their body that power which we can say is our right sympathetic nervous system. But its name is Pingala Nadi. In this way , there are two channels within us.

Ida and Pingla Nadi. Apart from these there is third channel within us. This is called Sushumna, which is in the center, is called Madhya Marg. Both these powers come from left and right and join like this. And in the center a chakra is made (Showing with Her hands) within the central chakras our physical, mental, intellectual, cultural even our spiritual, all progress is settled. When these chakras get damaged on some account, or their power recedes and is destroyed then we face so many types of degeneration, physical, mental, intellectual and spiritual. This which is built within us is like a great subtle tantra (mechanism). but the difference between tantricks and us is that tantricks don't know anything about this mechanism and falsely they say that they are tantricks and say 'we do this , we do that'. But mostly tantricks use Bhoot Vidya. And they mesmerize people with that Bhoot Vidya The same vidya (Knowledge) that we call Pret Vidya, Mashan Vidya etc., there are so many names.

Now the powers that are within us apart from that there is fourth power within us. Till we were not human beings, this fourth power did not evolve. Till then these three powers were implemented and whatever our progress was going on we should say that in our evolution was fully going on with the help of these three powers. For example, first power is 'power of desire' second is 'power of action'. And the third power is which we can say is the cordination of the two or balance or we can say is the middle path. By and by, a human being has reached this state that he in this Kaliyuga is in hassle. Sometimes he follows a wrong path, acts wrongly and in a way destroys himself completely. Secondly, he behaves in such a manner that he becomes very wicked, is full of ego and is very aggressive with the people. Its example is let us try to understand that by following both the paths we feel that we are progressing. What is wrong with this, it is good, it is freedom for us.

But it is different to know the tantra of (SAV) We are talking here about tantra of (SAV) First of all, it should be understood that if we knew only truth, knew absolute truth there would have been no disputes of the present. So, something else should be within

us and because of which we will come to know that which is only 'Truth'. After knowing all this, they will accept one thing because within them they have felt only 'Truth.' Now for awakening the kundalini for the last so many years Nathpanthis did a lot of work. In this work of Nathpanthis, there was a system, a tradition that one guru would awaken only one disciple. and would work only for one disciple And sometimes these disciples would follow the wrong path and would not follow their advice. According to Me, in the twelfth century[ie 1200s] for the first time, Gyaneshwara wrote about kundalini in his commentary about Gita. In sixth chapter, has openly said as we should say, keeping in mind the conditions of that age had openly said in that period. when religious practitioners said it has not been proved and so don't read it. Before that, Markandeya Swamy, Adi Shankaracharya who had come in sixth century [ie 600s], told about Kundalini in Sanskrit language.

But common man didn't know him. Secondly, which means that when only one person will work with one disciple it would spread among the ordinary people. After that there were many religions in the world. and spread also too much. But without Kundalini awakening, no dharma gets success because whatever dharma a human being does, that is just external. Every type of equipment every type of, we should say which results in too much ritualism and because of that ritualism, a human being does not get benefitted in anyway from religion. That is why we find that now a days a human being has some assumptions about dharma. One will say i am Christian, another will say i am Muslim. Now, Christian and Muslim religions are very rigid. Because in Christian religion, Christ has written that if your one eye does any wrong act, take it out and if your one hand does a wrong act break it, cut it.

But I have not seen anyone doing so among Christians. And Muslim religion is even more rigid than that. They have put such restrictions even on women. That those who are not ordinary human beings. They were, as if highly proficient for some God's angles. The restrictions they had told about religion only they can do and nobody else. Then what it led to, was that within a human being hypocrisy evolved, a religious hypocrisy. To awaken dharma inside, kundalini should be awakened. It means that when dharma awakens within a human being he becomes dharmic. He doesn't have to be told.

The reason is that when kundalini awakens your spirit comes into your attention. In the same way, a human being does what is joy giving for him is nutritious, is constructive for him and whatever is destructible, is destructive, (is given up). Until the light of his spirit doesn't get awakened they do all wrong acts. It is not his fault. If anyone walks or falls down in dark he should not be blamed. In the same way within you, you should analyse first. You might say that we belong to this religion we belong to that religion and you are fighting on that account, that is wrong. All religions were beautiful flowers of one spiritual tree which were plucked. and after plucking say this is our flower, this is our flower and so are fighting among themselves. How can you fight in the name of God?

Because God is the giver of love, He is compassionate. God who is the ocean of love, people fight in His name. It is not possible. Because they haven't known God as yet haven't acquired His power as yet. I have seen in Sahajyoga that thousands of people together get this power. It is very surprising. First of all, when I started this work only with one woman started and after that and twelve people got self realization. When experience takes place this all pervading power, this creation full of vibrations, is cool and very comforting power which you on your fingers can see, can know and feel. and even on your palm. Like this when Kundalini pierces six chakras and comes out of Bramharandra then its connection its oneness with all around Divine power of love takes place.

Till you are not connected how can you know what is God's power of love. Now the time has come, there is something special that so many people are in search of God are, in search of truth. It has never been before. and in that search when they experience it and when they look at themselves, they are surprised that i was such a drunkard yesterday, was doing this, was doing that and all this of mine, whatever was like an obligation, how did it drop off suddenly. Means what was it that was left behind. By and by, with this power, with the power of the spirit you see , you yourself are very powerful. and you see that with this power of the spirit you can give light to others too. I have seen that many people had stage fright have now become great orators. Those who didn't know how to write poetry, started writing poems. Very great singers, musicians, and many artists have reached great heights.

This I am telling you only about power of creativity. But there are many powers within us, we are unaware of and these execute

after getting enlightened in the light of the spirit. We don't know ourselves. Actually we say this is my hand, this is my nose, this is my head this is my wisdom and this is my thought. This 'mine, mine' that we say, who is this? If it is asked, ' who am i ' ? we don't have (any answer to it). But you (INAUDIBLE) and piercing the Bramharandra this all over spread Divine power is available to you. Even the spirit settled in your heart gets enlightened in your attention. Then you understand that i am not this body, wisdom, mind, ego.

I myself am pure spirit. A very great secret, which remained hidden gets exposed in front of you. You don't know that you are the spirit. But when it takes place, its knowledge comes to you. Now this word Bodh' (knowledge) is very important. This is Sanskrit word Bodh. From Bodh originated Buddha. Means that on your central nervous system, you can feel this power. You can feel this power on your chakras. You can feel other's chakras too on this If you can correct your chakras, you can do other's too.

While sitting here, you can even know about the chakras of one who has died or is living in some foreign land. Everybody gets knowledge about chakras. You on your fingers can know about the problem a person is suffering from. Everybody will say the same thing. There is no discussion about it, no quarrel because you have only truth. And after knowing this many people, one such person had come to tell Me today only that his cancer got cured. And I asked him, "what did you do?" " Mother I did a little bit of Sahaja yoga treatment of Cancer then I was alright. And everybody had told me that you will die but i am completely cured. But in this (INAUDIBLE) and another quality is that you know it.

You know everything. In Sahaja yoga, there is no secret knowledge. You know everything about Sahaja yoga. Whatever you want to know, you know. First thing about truth is that you are pure Spirit. Another truth is that all around us is an invisible subtle power. It is God's love that activates. Now we may call that by any name. It is called 'Ruh' in Quran. In Bible it is called ' Cool Breeze of the Holy Ghost'. And you go through any religion Chaitanya and Paramchaitanya etc., many other things have been mentioned in our Shastras.

And if You go through Patanjali yoga it is called 'Ritambhara PrAgya' which changes seasons, which makes the flowers to bloom and whatever the system of living work channel is there everything that takes place, is this power. You are at one with that power and it works inside your being. After that you start changing. You life gets balanced and you know everything on your finger tips, what is your problem. For example, people will come and tell Me "Mother, my Agnya is catching." It means that we are getting ego and please take it out. But will anyone say," I have ego"? Nobody will say! But when this state comes, a human being introspects himself. What problem i have, like that and when this takes place, then in collectivity, in collectivity a lot of work is done.

In collectivity it so happens that a new cycle starts. Now the people in Russia too are self realised In England too there are, in Japan too, they are everywhere. and they all know one thing about themselves and about others what is their problem and what problem we have. and how it should be done. All of them speak one language and that is of chakras and in this way I can see a new era in front of Me. And now you cannot pay any money for this. It is worth understanding that for any living work we cannot pay any money. if there is a seed, if we put it into soil we do not pay any money to the soil. In the same way , it is a living work and for this living work, you don't have to pay anything and if anyone asks for money first of all try to understand that it is fraud. In this I will say that today we are human beings for that whom did we pay any money?

So if we come from spiritual form, to whom have we to pay for that? Yes it is correct that if you are booking a hall, pay money for that or pay money for such a thing. But if you want for all this work, no money for that. But if a human being understands only this much that it has no connection with money and God doesn't know what is money or bank. And when you understand this thing mostly the wrong gurus who have evolved these days they will be disposed off. Now in religions also, religion is money oriented Either he is power oriented or he is money oriented for everything you put so much money that we will write a letter to God and He will set right everything. In this way we, at a very low level, talk in the name of God. I am so happy that today people were blessed and got relaxed. About Sahaja yoga, if you want to understand you have to experience it If you have not experienced it just make you understand like that may be you will think that She is talking just miraculously. Don't know if it is true or not.

So first of all it should be experienced. This is very important. After experiencing it like a sprouted seed, it grows slowly in the same way, a Sahaja yogi becomes a saint of a very high quality. And their methodology is so pure and beautiful that after watching them more people join Sahaja yoga. Their life is full of love and enjoyment. With that too people think that they have not seen anything like that. There is no problem, no confusion of any type and the greatest thing is that the character of Sahaja yogis and specially, special character, with great morality gets nourished. I have seen foreigners who take drugs if they get realisation today, they give up drugs only next day. And their eye which would move here and there would absolutely get innocent. Very beautiful! Full of innocence!

In this way, if a human being knows himself it is a very beautiful grateful and a special thing God has created. So, I have to tell everybody that you get your realisation first. There is no need even to trust Me. It is quite possible that I too may put you into wrong concepts. So, first you get your realisation and after that understand it. Because due to superstitions also there has been a great loss to us. I don't want that you should trust on Me blindfoldedly. Now the obstacles that we face are like this that if anyone is extremely foolish, then we can't do anything. Sahaja yoga is not for the fools. Next if anyone is very head strong and tends to do his own way his kundalini too will not awaken. Thirdly, those who are great sinners and very wicked their kundalini too does not awaken.

If you say, "Mother please give realisation to Hitler". I can't give. There are such people too who have gone to wrong gurus they have been influenced by them there will be a little difficulty in giving them realisation. For example some people are such that they are attached to something, to some dharma, to this, to that. If you really want independence then first awaken the mechanism of self. When that is done for that there is no worry, you will understand everything. But it is important that your spirit should first come to your attention. There are many advantages of Sahaja yoga. Some of these I can tell today. Because, it has so many advantages and every time for example, I come across some people telling Me, I have been benefited in this way, in that way.

But if we classify it the first and greatest advantage of it is that you will get your health benefits. because when your chakras get weakened whichever chakra gets like that that part of the body gets effected by some disease. It is difficult to make you understand particularly about that but in Delhi University four doctors were honoured M.D [Doctor of Medicine] for Sahaja yoga. They had worked on four topics and all the four topics are such that that we cannot cure diseases. For example Asthma. Asthma can be cured by Sahaja yoga. Now if we talk about it extensively that when we think too much. Just now we think about our future then we plan a lot. So, our power of our right side it works in a more special way. One is that, our liver and your pancreas your spleen and intestines. To all these only one chakra gives energy and that is Swadishthan.

But when you think it gives energy even to the grey cells of our brain. When you think more than your need, and get worried you are futuristic. So the energy that we have in this chakra gets utilized in that. The grey cells of your brain go on changing your liver is out of order your Pancrease, your spleen and your intestines are out of order. Now, liver's this work that the poison that is inside your being it takes out of one's body in the form of heat. For example, the blood that goes to liver the heat is sucked by it (liver). It is a very great task. If liver doesn't work, gets weak this heat moves upwards. When it starts moving upwards we say that inside us there is a chakra which is Right Heart which manages our lungs. When this chakra gets heat that causes Asthma in us.

Now when this heat reaches pancreas, it causes Diabetes. Diabetes often occurs to those who are futuristic, those who plan with paper and pen. Poor people do not get diabetes because they are not bothered about future. Today they eat food, sleep, next day get up and go to work. They may take sugar four to five spoons, it hardly matters. This disease attacks those who take too much help of their wisdom and those who are futuristic. Then a very serious disease attacks your spleen. The job of spleen is that it controls your speedometer. The work that you are doing, you do it rhythmically or you get up in the morning, you rush, take something and then drive the car and then on the way read the news or something the brain gets all the more out of order then went to office, there also got rebuked. This speedometer doesn't understand what has happened to this man?

He becomes mad. When the spleen goes out of order, at that stage if he gets any shock or is affected he gets diseases like blood cancer and leukemia. And that too many people in Sahaja yoga have got. Then it effects your kidney. So the kidney also

shrivels (shrinks) by this heat. Because of that the urine gets blocked. They put you on Dialysis and you become bankrupt and you have to die surely. Then after that it effects your intestines you cannot digest your food and you have constipation. Sometimes it takes a very serious turn and then I told you about lungs also. But when there is a child there is a young boy of eighteen / nineteen years old, drinks heat on account of that causes massive heart attack to him.

His life cannot be saved. That is why it is said, that if somebody gets massive heart attack his life cannot be saved. There will be complete end of his life. Then about this heat I have to say that if a human being goes on like this, his heart can also be effected. Anytime he can have a massive heart attack in his life time. That also causes death. Thirdly, he can have paralysis. His right side will be paralysed. It means that nature too teaches us balancing. If we use our right side too much our right side will be constricted.

if the right side is constricted, you cannot do any work. This I have told you only about one chakra. You can understand that it causes so many diseases. And inside our being there are seven chakras. Kundalini pierces six chakras and if your six chakras get alright your health will be perfectly alright. Then you will have no problem. With the help of this, cancer and many other diseases have been cured and can be cured. But first of all there should be self realisation. And it is not necessary that you should collect all the sick people. For example, if we cure one, they get ten more to be cured and those who get sick, mostly I have noticed that by curing them out of them five to ten percent take to Sahaja yoga.

Rest of them get cured and go, they get back their diseases Get their heart disease again. Those who settle down in Sahaja yoga sensibly they are completely healthy. Now the second benefit is that that peace settles in your heart. We are always thinking about our future or we think about the past and we jump on these thoughts that which is present we cannot remain stationed. But one thought comes and falls down second thought rises and comes down. In this way there is a chain of thoughts and between these there is a little space which is called Vilambha (pause) that is present but there our attention doesn't stick. With the awakening of Kundalini, these thoughts disperse and gets elongated and the space in between, that is our present. and the present only is that is truth. Rest, past is over and the future is not there. In the present you settle down. When you settle in the present, total peace settles inside your being.

In the same way, For example you are standing in water and the waves are rising you don't know swimming and you become nervous. But if you come into the boat, you see the waves too. But if you know swimming, you can jump and save them too. Those who don't know swimming and are sinking Just the same happens in Sahaja yoga. First, people attain that state which is called thoughtless awareness means without any thought which is called 'Nirvichara Samadhi'. This is the first state. and after that the state which comes is called 'Nirvikalpa Samadhi'. Means that no doubt remains about one's own self, about Sahaja yoga and about one's powers. Such a person has full confidence, what is Sahaja yoga? and then he does the work of Sahaja yoga.

This state has come to many for the first time. and some take time and by getting Nirvichara samadhi you become absolutely peaceful. This is the state of your inner peace that we have to get. With the help of this, our past thoughts and violence and our tendency to destroy others gets over. Because the peace that is settled within us we experience with a great joy and ease. Then we don't like to hate anyone to criticize anyone to be egoistic. We don't have any greed for any thing. All this greed is over. And a human being peacefully witnesses the whole world And in this witness state he thinks it was all like a drama. I came out of it.

Now i am not in this traffic. I am sitting outside on a mountain. He moves away from it. The questions that he has are over very easily because he has come out of it. And apart from that, this supreme power of love becomes active. Questions are over. Another great advantage that your subtle powers the power of creativity gets awakened Every type of creative power I have seen, got awakened in such people where there was no hope that they will do some such creative work. Third thing is that, because of your mental peace you give mental peace to others too. Wherever such a person exists, there peace prevails. Only by giving award, nobody gets peace.

By telling that somebody is messenger of peace there cannot be peace. Peace is within our being. And when such peace establishes within us we become totally fearless. As Kabira has said, "I will sing Nirbhay, Nirgun Gaunga Mai." So fear goes off. Such a person leads a fearless and truthful life. Christ's case is very interesting. Mary Magdalene was a prostitute. Everybody

stoned her. After stones were thrown at her when she came to the edge of the village Christ went and stood and picked up a stone and said that the stones which all of you are throwing out of them, the person who has never committed any sin hit stones at Me.

It was such a courageous act. Everybody put their stones on to the ground. And then to that Mary Magdalene He changed her life gave her a very great a powerful state of yoga. So, it is proved that you in a way in the light of your spirit get completely, an inner security. It is a very great job. Now because of that many people get breast cancer or other diseases Thirdly many people who didn't know how to sing, started singing. Many people who were scared of delivering a speech started giving speeches. And for example, you pay your attention towards others as to what are the good attributes in them. And pay attention to what bad quality they have in their ownself. For example, when you are away from yourself, you ask.

Then you see what is wrong with your society. Then you see what is wrong with your country Before this, if we tell somebody that there is something wrong with your society they will run to kill us. Now they think that this is wrong, let us get rid of it. In this way, purity of one's own life One who is such a great human being he purifies all his own society and his country. He doesn't think, Why should he do? Why should he do this clearing? I have got it and am sitting comfortably. I have got it and I shall now enjoy it. It is not like this. Such a person has got such a desire from his inner self because he becomes compassionate.

I have got it, why not to give it to others. And because of that they work so hard that I am surprised In this way , those who became Sahaja yogis helped Me. I cannot explain this. Another thing is that with the help of Sahaja yoga our wisdom what we think that we are very intelligent Wisdom becomes balanced and you get Divine discretion. You know who is right and who is not how much you must say, how much you must tell what should you say and whatever you do, its effect will be deep and wide spread. Somebody's gravity, individuality, for example I say universe, collectivity and to know oneself. And in this collectivity, he is a part of this universe. Then he understands what is this creation what is this mountain and what is this stream, what is this sea. After looking at it, he gets a spiritual feeling about it. And it can solve your ecological problems too.

For example a human being uses such things which are man made which cleans this environment. There is no need to say and I found that people got their children (to Me) They are very dull, they don't study at all and like that. Those boys stood first. Not only this, they got scholarship. It sharpens your wisdom and along with that you get lot of wisdom I have seen children, they go to school till are not set in (Sahaja yoga) I don't like to eat this, I want that, do this , do that. After staying there for one year these children become so sensible so much sensible that parents are surprised what has happened to the children. We won't insist for anything. If there is a good television anywhere, we won't watch. We won't go anywhere, we will stay at home we will eat home made food. Oh!

Say something! No we don't want anything. Ok! Let us watch flowers in the lawn. Either we can go to some cloth museum or to some zoo In this way children's temper changes and children respect everyone in an orderly manner. The greatest thing is that we don't respect anything now a days. we don't respect our land because she is our mother, we don't respect Sun and the greatest thing is that we don't respect our parents, nor our culture. Then we get awakened in Sahaja culture. It is a great new thing. In that a human being becomes moral.

He happens to be like that. We don't have to tell him. I don't tell anyone to be moral. He becomes absolutely moral. I have seen that those who use abusive language, get rid of the abusive words. Those who drink, give it up. Every type of immorality that we see in Kaliyuga, comes to end. This great benefit that is going to be in our society can be with the help of Sahaj yoga. It cannot be by giving lectures. If you give lectures morality cannot get awakened.

The same thing I have seen with respect to religions. If you say in any religion that you do whatever you want to do have freedom like Christians. That has not allowed them to be moral. The other religions were like this don't do this , don't do that not to do like this, not to do like that. They are all the more immoral. They want to come stealthily. That morality awakens within and such a great moral society is created. Such people do not tell a lie. Such people do not grab money. Such people do not trouble anyone.

Don't talk against anyone. Every time they think how to give them comfort. How to make them to get rid of their bad habits. All

the time compassion flows on like this. And I didn't see many people, they got perfectly alright. This is the hard work of Sahajyogis because of which all this happened. It is this morality coming within us, we should say that keeps the society organised. That disciplines the children The greatest thing is that your health improves. In the modern times if you see how many diseases are there these are mostly because of immorality. Now secondly, we should think that with respect to religion We should right now give preference to this that all the religions are dependant on spiritualism.

Whichever religion it is whether it is Christian religion or Muslim religion Their predecessors nowhere they said that their religion is a separate religion. Now Muhammad Sahab never said that this religion is a separate one. He simply talked about Moses talked about Ibrahim, talked about Jesus (NOT CLEAR). Talked about everyone Then He said that lacks of people are reborn. (INAUDIBLE) He also said that When twelfth (INAUDIBLE) then that will take you to the road of ascent He called that kiyama. So He said this about future. Like that Jesus Christ. He also talked about Moses, Abraham and about all others And when He was hanging on the cross He had said, "Behold the Mother." He talked about Mother. He also did not make any such religion that it is My religion different from others religion. Showed like this that one after the other dharmas were there in the world.

But even then people separated the religions. This is not the reality The essence of every religion is just one. The aim is just one that your rebirth should take place and your spirit should get enlightened. This is the essence of it. I would like to say that those who talk about secularism they should follow Gandhiji's secularism. Gandhiji from the beginning the mantras that he has written in his Bhajawali they are all about Kundalini. First he talked about heart because He said in heart (NOT CLEAR) that which is felt inside my heart is Atma tatva..... after that from Shri Ganesha those who are separate deities in different chakras one after the other starts the names of all Gods. Along with this He talked about Quran. Then talked about Buddha's "Buddham Sharnam Gachchami" etc. Next Lord's prayer of Christians spread, even of Mahavira and all the people whether he may be a Muslim, Hindu or a Christian who lived in their Ashram and would come there Everyone respected all of these would recite the name of all of these and worship them. Now it is that the meaning of secularism is I can't understand. Because somewhere some dharma, at other places the other dharma.

We think that in foreign countries, there is secularism It is not so at all. In France it is absolutely, they say France is the eldest daughter of our Catholic Church Some where there are Catholic Churches and at other places there are protestants and where there is no other religion, for example Islamic religion. All of them exist independantly. For example, a different religion of theirs a different religion of others a different religion of still others, it is not so. Now the misunderstandings that are in our country because the most important point is that in our house we adhere to Hindu Dharma. In Hindu Dharma it has never been talked about. First of all casteism is not a good thing. because that which has been said in casteism for the Devi it has been said Ya Devi Sarva Bhuteshu Jati Rupena Sanstitha. Jati means your liking, your aptitude that Jati now try to understand if you are in search of God you are a Brahmin and if you want to rule you are a Khatriya and if you want to do business you are a Baniya and those who want to earn money by serving others are Shudras. But this Jati was according to karmas earlier and not according to birth. Do you see anyone who says that I am in search of Brahma.

I have not seen such a Brahmin. They are ruling as Brahmins. They are Khatriyas. They are not Brahmins. In this way I am going to give you proof of casteism. When Shri Ram went to jungle Shabri, an old woman had very few teeth tasted each piece of berry gave these to Shri Rama. Shri Rama said: Oh! how sweet and nice these are! He took berries and started eating. He said this is just Amrit! His wife said I should also get some share as I am your better half. But Laxmanji was getting very angry that this old lady is touching the berries to her teeth and feeding (Shri Rama) (Bhini si) means Shudra. (Low caste) Then His wife Sitaji said: How nice these berries are!

Laxmanji said: Give me too some. Why shall I give, you are getting angry? He said : Please give me some. After taking these he said : These are just like Amrut. This is an example of Shri Ram Chanderji that He would not give importance to Shudra (caste system)etc. Then Ramayana was written by Valmiki ji who was a fisherman and then he was a robber. And then you must be knowing his story very well how he became a saint. He asked him to write Ramayana. Didn't he get anyone else? It was to prove that a human being's caste is according to his karma. Then have a look at Shri Krishna.

He too is an unusual personality that He would go to Vidhur's house to have his simple food and He didn't take fruit at

Duryodan's house because Duryodan, whatever he considered himself was an evil person. and whose veg he would take was after all the son of a female slave. He would have his food at the house of the son of a female slave because He was a realised soul. He would take his food at Vidhur's house but He would not take at Duryodan's house and then His too and even about Krishna, who has written? Gita is a wonderful compilation. that Vyas ji, it should be said that he was an illegitimate or illegal child. He wrote Shri Krishna's Gita. It proves they wanted to prove that caste system is useless. but we do not understand all this.

Even now we talk about caste, this and that. And whatever karma we do never think that this is our caste, we belong to this caste. It is nowhere in the world. This is the quality of our country. Now because of this casteism so many conflicts have come up. We got so many Harijans of this country married in foreign countries. People in foreign countries don't know anything. Harijan they think, means people of Hari. They hold them in high esteem and have lot of respect for them. But still we are infested with this thought that he is a Harijan.

Now they have accepted Buddha Dharma, still they are Harijans. Next, within the Dharma too there are so many disputes they will quarrel inside a mosque they will quarrel for the statue of Parsavnath. Wherever you go, Dharma means to quarrel. There will be a dispute between Shias and Sunnis. How can that be? If dharma is one, why your disputes? Now we should think that there is some fault in it. That in this way we are fighting in the name of Dharma, in the name of God How is it possible? It is impossible. It means that we are away from God. We are not closer to God.

If a human being understands this God's work is to give love have to bring together everybody, have to assemble everybody in Samashti (Collectivity). All these disputes will be over. But it cannot be with the help of wisdom The work done by wisdom goes on and on and on from here with thoughts and then returns back. There is no truth in it. What's the basis to support it? But the thought of Atma is spread all over. Now it is going on spreading. It doesn't have any apprehension of falling down. Because of this we see that the Dharma people have made out of their minds, one should say, made a system of it and made its repercussions. That has caused notions about Dharma and has twisted and returned back again.

It is called 'Bhoomarang' in English. In this way it has mesmerised a human being. But now they are fighting and quarrelling. It should not be so in our country. Don't know how many saints and sages must have been here and never did any saint talk like this. Some time there were Brahmins, there were Shudras too and there were many types of casts as well. But one saint respects another saint with love. It can happen only when you are a real saint. Then you will have respect towards another person then your questions will be over. If I will say a little bit at the end in Maharashtra there was a poet named Namdev whom Guru Nanak also recognised and another saint was a potter.

Namdev went to meet him. [the potter, Gora] He went to see him. On seeing him, he stood up immediately. In Marathi he said Nirguna Cha Beti Alo Sagun Sanghey. I had come to see Nirguna in you, Chaitanya in you. Saguna is standing in front of me. One saint is saying to another saint. Saints have always respected saints. Among Muslims those who are Sufis, Hazrat Muhammad Nizamudin Sahab, then Khusro Sahab, Mouddin Sahab. In this way everywhere I have seen Sufis they are in Russia and are in Turkey. And in Turkey there were some old Sufis. They said that Shri Mataji's work is greater than that of Fatimabi. Now they will recognise Me.

Now they are no more in this world but his disciples recognise Me. In this way, in every family such were saints and sages, in every dharma. there was no such dharma. And they all think that all the religions are the out come of one tree of spiritualism. And they don't have this question because we are in darkness and don't know and we quarrel in this darkness, in this ignorance. This problem instantly gets over in Sahaja yoga Not only this if the dispute of various Dharmas is over but the countries the countries which once were our enemies are friendly in Sahaja yoga today. Everywhere Iranians, Pakistanis people have come from far off countries. I am so surprised to find how much they have progressed and how they have evolved to this stage. In this way what we call national integration it cannot be done by force. It cannot be done by making to understand or by giving lectures. With the help of inner transformation, it takes place on its own.

No need to say anything!

1995-0506, Evening Program Sahasrara Puja and Talk: You have to be politically aware

View [online](#).

6 May 1995

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Sahaja Yogi: Shri Mataji, our most hearty welcome, back in Europe, back in Cabella.

Jai Shri Mataji! [Flower is offered to Shri Mataji]

And of course we also most lovingly extend our hearty welcome to Sir C.P. Srivastava. Welcome! [Flower is offered to C.P. Srivastava]

Beloved Shri Mataji, Beloved Mother of our world, Today we celebrate a very special anniversary Today we celebrate the 25th Anniversary of the opening of Sahasrara chakra Which without any doubt marks the most spiritual, the most important spiritual happening in the evolution of mankind...

Today we look back on 25 years of the activity of the most powerful, the most wonderful, the most loving and the most compassionate incarnation of the divine [unclear] a face of this earth. Today Shri Mataji we look back to the last 25 years of your life when you have given birth to your child Sahaja Yoga & when you have dedicated each second ...each moment of your life to bring up this child until today that we celebrate the 25th birthday of Sahaja Yoga.

In the past 25 years, at least 5 million human beings must have gotten there kundalini awakening through you Shri Mataji ...And today we find approx. 200,000 Sahaja yogis all over the world Who are actively practising Sahaja Yoga, Who are worshipping you every day, Who are devoting themselves to the dharma of Sahaja Yoga & who are dedicating themselves to the spreading of Sahaja Yoga. We have 100's of ashram all over the world ...You, Shri Mataji has created 1000's of families You have given the chance for 1000's of high souls wanting to [unclear/in-connect] and participate in this tremendous happening, in this tremendous awakening of the mankind.

We have schools...Many schools all over the world & effect Shri Mataji you have created a completely new human race, a completely new kind of human beings who have through you Shri Mataji access, through the subtle arms of reality Which are totally unknown to the rest of the world ...All the Sahaj yogis ...They live in conscious connection and conscious bondage with divinity and the experience every day the Param Chaitanya. They are living actual existence, of the holy ghost of the Adishakti. And they experience there own nature which is divine ...This is the greatest achievement which has ever been achieved by any of the incarnations, by any of the prophets, by any of the saints, and it really marks the coronation of the spiritual evolution of mankind. So on this very important occasion, We thank you Shri Mataji in the name of all the prophet's, of all the saints, of all the seers of everybody who is been working for the emancipation of mankind since the existence of mankind and whose dream and whose vision has finally come true at the very ancients of the golden age to come at the very entrance of such a yuga which is heralded through your advent Shri Mataji. And which will be built on the foundation of these Sahaja yogi's, who you have created until today.

Shri Mataji, as a symbol of our total devotion to you, as a symbol of total awareness that who you are Today we would like to surrender to you the world which is represented by all those flags. And not only do we want to surrender and to your holy lotus feet the world and all those national flags They represent all our wrong identifications...They represent all their differences between human beings ...They represent the cause and the reason why human beings have been fighting and falling in the lust, sins that we look back into history ...

Today it is another very important day, it is not only the 25th Anniversary of the opening of Sahasrara chakra but it is also the 50th anniversary of the ending of the second world war So both the anniversary fall together.

So Shri Mataji, its the Sahasrara is symbolising the dimension of integration, the dimension of the absolute and the dimension of the oneness ...We now surrender all the differences between the human beings, all the wrong identifications and we ask that all of these things get dissolve in the oneness of Sahaja yoga, get dissolve in the recognition of you Shri Mataji Nirmala Devi ...Thank you very much! We salute Shri Mataji! We congratulate you We Thankyou and we are looking forward to the next 25 years with you Shri Mataji! Thank you!

[Every body bows down to Shri mataji]

[While the offering of Flags to Shri Mataji ...Sahaj yogis take the Maha Mantras]

Shri Mataji ...Please accept these offerings as a symbol for a desire for a future to come without any difference, races no more different religions, no more different castes, no more borders, no more nations, but a world one in unify by Sahaja yoga ...finding itself at your lotus feet....Jai Shri Mataji!

[Performances45:36]

Shri Mataji: Program that the Austrians gave and then the people ...I should say the Germans who gave the program was very good because the first program was sort of the classical side of it & I love the way they play...All these beautiful tunes of a classical western Music, that was very much interesting no doubt but after that also the drama that they have was very interesting about Sahaja yoga `And I thoroughly enjoyed that also, the way they are understanding Sahaja Yoga and everything can be done if you have faith in yourself ...That's very important ...And all this night that we have spent here It was very blissful I think that everybody was so very happy& was enjoying. So tomorrow We have again a programme for Sahaja Yoga Puja So We should go & possibly sleep. After this I know you will have some time to enjoy each other for a while as usual But after that please go out to sleep ...Now today's celebration was very important [unclear /as we]brought the flags. I was so filled I don't know for what sort of feelings but so many feelings ...That I don't know what to say about this ...Such a unique idea ...Some of the flags I did not know also. But in this world, this flag represents some sort of a very sublime idea about that country ...very sublime ...Now you see all these countries, how all this nobility is going down ...and there is no respect for that flag which they have created ...I am happy that you brought those flags & that you should find out, what is the noble idea of having these flags & what is the purpose of having this different colours & what is expected of you as the citizens of that particular country This has really, shown how you feel that Sahaja yoga has to have become [i won't say a political party]but politically aware ...You have to be politically aware ...It's very important because these days if you read the newspaper you get such a fright to see that everywhere there is a war going onthis one fighting ...that one ...and all kinds of revenge is going on. At this moment, to think that all flags to come together. It's a very unique and great achievement of Sahaja yogi's to think on those lines. It is not going to be like the United Nations, Which is just united in the names. But it will be one collective nation we can create. I was really very much touched by the way they organised all these things & on their own way you arranged all these things. I had nothing to do about it & how long you have taken responsibilities and working it out ...It's very very gratifying, these 25 years have been so much [unclear/passed]But one day can show you some sum total of what we have achieved ...So Thank you very much for everything ...Thank you! May God bless you! May God bless you. May God bless you.

version 2

The lady who danced before us, I saw her, I think I'd seen her about two years back.
That time she was very shy and just, just a dancer.
She was a teacher also.
But today when I saw her, her confidence and everything was surprised.
In two years she's just shone.

And she was just localized in one place in Australia.
 But today she's traveling all over.
 So this is such a honor to the great art of India.
 And this art comes from the depth of their heart.
 And you can see that it's not easy to master this art.
 It's very difficult.
 I know his guru very well and his guru's guru also.
 I know, I met all of them.
 And his guru's guru was such a strict man that one day he hit Ravi Shankar with a tanpura because he had played for swar somewhere wrong.
 It was very interesting the way he was describing to my father that please don't ask me to play anything, you know, before my guru.
 If you want, I'll come to your house and there I'll pray, but not before my guru.
 But such a master, he knew Pakwaj very well.
 So many instruments he knew.
 And he used to call me Ma.
 I don't know why.
 Always he saw me, he used to call me Ma.
 He said, ma, one thing is good that you are here, but you should not have married.
 I said, he said, no, you are Ma and Ma should not have married.
 It's very innocent like a child.
 Innocent like a child.
 And one day he brought one baby of a deer to me and said, mother, can you put your hand on this thing is lost and he is crying and all that.
 And he brought some milk for that.
 Like I tell you just like a child, such a nice, innocent man in music.
 He had inner some sort of a talent, a great talent.
 That's what my father always used to say that never be disrespectful to any artist because they are talented, because they are something special for God.
 And so you must be very respectful to all the artists.
 I am happy that Sahaja yogis are really very appreciative of this music.
 And also they respect all of them and love them.
 So all the time, whenever we have programs, we always call people from outside.
 And I hope he will also be available to us later on to come and play for us.

This program that the Austrians gave and then the people ...I should say the Germans who gave the program was very good because the first program was sort of the classical side of it & I love the way they play...All these beautiful tunes of a classical western Music, that was very much interesting no doubt but after that also the drama that they have was very interesting about Sahaja yoga `And I thoroughly enjoyed that also, the way they are understanding Sahaja Yoga and everything can be done if you have faith in yourself ...That's very important ...And all this night that we have spent here It was very blissful I think that everybody was so very happy& was enjoying.

So tomorrow We have again a programme of her Puja. So We should go & if possible, we should sleep now. After this I know you will have some time to enjoy each other for a while as usual But after that, please go off to sleep.

Now the today's celebration was very important. The way they brought the flags. I was so filled. I don't know for what sort of feelings but so many feelings, ...That I don't know what to say about this ...Such a unique idea ...Some of the flags I did not know also. But in this world, this flag represents some sort of a very sublime idea about that country.Very sublime, very noble. Now you see all these countries, how all this nobility is going down ...and there is no respect for that flag which they have created ...I am happy that you brought those flags & that you should find out, what is the noble idea of having these flags & what is the purpose of having this different colours & what is expected of you as the citizens of that particular country. This has really, shown how

you feel that Sahaja yoga has to now become a, what you call, I wouldn't say a political party but politically aware ...You have to be politically aware ...It's very important because these days if you read the newspaper you get such a fright to see that everywhere there is a war going onthis one fighting ...that one ...and all kinds of revenge is going on. At this moment, see, to think that all flags can come together. itself is a very unique and great achievement of Sahaja yogi's to think on those lines. It is not going to be like the United Nations, Which is just united in the names. But it will be one collective nation we can create.

I was really very much touched by the way they organised all these things & on their own way you arranged all these things. I had nothing to do about it & how now you have taken responsibilities and working it out ...It's very very gratifying, these 25 years have been so much [unclear/passed]But one day can show you some sum total of what we have achieved ...So Thank you very much for everything ...Thank you! May God bless you! May God bless you. May God bless you.

1995-0507, Sahasrara Puja: Achieve Complete Freedom

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7 May 1995

Achieve Complete Freedom

Sahasrara Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Today it's a great day for us, for all the Sahaj Yogis, that on this day – I would say, we are late by one day, or two days – the Sahasrara was opened out. It was just a miracle, I should say, because I didn't think that I am at a point where it could be done. So I wanted to wait, but some things happened that made me think that it has to be open: it was in such a situation that I felt that if I delay it anymore now, it may help these false gurus to spread their nonsense all over. This is just, I should say, a sahaj way of doing things.

Now, 25 years have passed, and you have all gathered here during this time, and we have so many others who are not here, who have achieved so many things. But perhaps we are not aware as to what we have achieved in the real sense of the word.

You've got your vibrations, you can feel this All-pervading Power; you are, as they say, swimming in the Ocean of Joy; you are all enjoying the collectivity, and you have transcended many of your limitations.

All this has happened to you because it is your right to have it. I don't take any credit for it. Only thing [is that], all the time, I have been pointing it out to you, one thing, that now, you have entered into the Kingdom of God, and enjoy yourself.

We have to see around ourselves: the whole nature enjoys itself, it doesn't bother, doesn't bother about anything. They haven't got Realisation, they haven't felt the Paramchaitanya, but how is it they know that we have to enjoy?

The flowers come out for a short time and fade out, but as long as they live they are very happy. They don't think of their past or of their future, but they enjoy the present. And in the present they enjoy what? Is that they are fragrant and giving fragrance to others; they are beautiful and they are soothing others. The whole nature is like that. If you look at the birds, or anything that we call as natural, is all sort of in a meditative mood. All these hills and big, big mountains, they look as if they are a witness to whatever has been happening.

Now, we have to really first look back [at] what we have achieved. That is important, because if you are climbing up on a hill, if you look back, you get a shock, and you may fall down. So, normally people say, "Never look back." But, a person who has earned some treasure, he again and again goes and counts it and finds out how much he has got, and every time he sees that he enjoys. So, to know relatively what we have got, and how we have achieved something, will definitely give you greater strength of mind and richness of life.

The first thing that has happened to you which is very important, is this: that you have felt this All-pervading Power. That shows that you must have been great seekers of truth, honest, sincere, sensible [so] that, just coming to my programme, you felt the vibrations, and after that you started settling down into it. So many of you have felt it, suddenly, and they were amazed, and they were shocked and surprised, and they wanted to test whether it is true or not.

But then you were confident, you found it, that you've got definitely a new dimension in your life and that you are feeling this All-pervading Power of Divine Love.

I'll take one lecture, sufficient to describe this All-pervading Power! But what you've got out of it – the essence of it, one has to know – is a complete freedom: you have achieved your complete freedom.

First of all, the freedom has come to you – first of all, most important – is from your ego. This wall of ego you have crossed. You have got out of the bondage of this ego, which was really so much, full of problems for you.

So many things this ego does of which you are not aware. Firstly, a person who is an egoist doesn't mind hurting anyone. He hurts, but if he's hurt he doesn't like it, immediately he'll start crying. Especially, I have seen people who have too much ego are very easily hurt, but they don't understand how many people they have hurt already, and how many are really frightened of such a person.

So, you got rid of your ego. It is sinful to hurt any other human being for anything; for whatever may be the reason that you feel you should hurt another one. The first is the revenge, the idea of revenge is there that, "I must take a revenge on the person who has hurt me, or has done some wrong to me!" or something of that kind. This idea of revenge comes when you react. Some react very violently. I have seen some people murdering each other in the name of revenge, killing their own kith and kin, killing their fellow men, their countrymen. All over the world is some sort of a stupid idea of revenge.

But if you go to the subtle side of revenge, what is it? What revenge have you taken? Supposing there is somebody who has troubled you, you are angry with that person, and you have killed that person, so you have actually saved him! He won't have to suffer from guilty conscience, he won't have to do anything, he's just finished. What is the revenge is? The revenge should be only by which a person gets out of his idea of killing others. Like a sword never fights a sword, it fights the shield. In the same way, the revenge that we think we can take on another person is not a revenge, because any action you take in the name of revenge comes back to you and hurts you much more.

So many things can happen if a person, in the name of revenge, starts acting. Now, for example, these days, you know, in the whole world there's so much of revenge going on, even in the name of God: taking revenge because certain people are following some religion, or they are doing something else that you are doing. Working out this kind of a revenge, what is happening is that you are just killing people, destroying them, who do not even understand what sort of a revenge you are taking.

People are putting bombs and putting all kinds of things, and by that thousands of innocent people one is killing. So what kind of a revenge have you taken? They don't deserve any revenge.

So this revenge, when it explodes, can destroy so many innocent people, and it will definitely react on you. You cannot get away with it. It's a very long process of this revenge.

I have told you about Bermuda Triangle, what they say, that so many blacks were taken slaves and were drowned in that area, so their spirits, they are saying, are haunting on the people who are passing by, mostly the whites, and they just drown them. So it's a very long process, and all that I need not discuss at this auspicious occasion. But I have to say that, when we take a revenge, every action has a reaction.

So somehow you have got out of that idea of revenge – just out of that idea.

There is another thing: if you don't take revenge, and leave it to God, it acts, it acts. Not only that, but the Divine power takes into its own control how to really give a good lesson to that person, or to that community, or to that kind of organisation which is taking a revenge on you. You don't have to worry.

I'll have to tell you that in these 25 years I have seen, people have been extremely unkind to me. Many organisations, many so-called "religions", all kinds of things, have been after us; media has been after us. Take the example of French media: they tried to trouble us so much, and tried to bring a bad name to us, doesn't matter.

The media people -now three of them who went to India – are now under warrant, and if they go to India they will be arrested. I

didn't do anything, we didn't do anything.

Secondly, the same media, I mean the same newspapers, are all bankrupt. You didn't do anything about it, you didn't go and say that they should become bankrupt, you didn't take any revenge. Why should we? Why should we take any revenge? Because we are not bothered as to what happens, we are not bothered as to what these people have done to us. But legally they are now involved in such a way that they are under warrant, and if they go to India, they'll be arrested. And the whole of French government is with them, all of them are trying so much, but this punishment is on their head. In their lifetime – they didn't have to die or anything – in their lifetime they have got it.

So you have got this special power that you don't have to take revenge, or you have to just forgive. Just forgive, and the forgiveness will look after the whole arrangement of how to bring the other person to its proper path.

So, once you are out of this idea of revenge, you really feel very peaceful, extremely peaceful. Because this peace that you have within yourself, is not unnatural, it's not mental, but it just happens to you. It's alright, so what? If they have said, if they have done, anything wrong to us, why should we bother?

So many things are there which, I can tell you, have worked out automatically.

Now, in Turkey, they told me that there is some boy who is from England, and he went and told the media something against Sahaj Yoga, and it was all published. But in the court he confessed that, "Whatever I said was wrong." Nobody, went and told him, nobody threatened him, nothing happened.

So, from your point of view you must understand, that you are not going to get into any mess of taking revenge, of any kind; because you belong to the government of God, and this government is extremely alert, very genuine, and also extremely efficient; and, as far as you are concerned, you are a citizen of that great Kingdom. So what you have achieved is the citizenship of this great Kingdom of God, where you should feel absolutely secured.

The man who is secure is never afraid, never afraid.

So, you have also got rid of your fear. Man, I don't know why he is afraid of this and afraid of that, and worries about this and worries about that. It's something surprising how they worry about their health, worry about their family, their children, their house, all sorts of things. But Sahaj Yogis don't, they don't. We have no worry. It all works out [so] why should we worry? That instrument of worry is over, it's finished; I think, it's gone out of order. And what you are now [is] in a state where you just have no time to worry, because you are enjoying yourself.

This fear I have seen in people works so much that so many diseases people get out of fear, so many diseases. Especially most of these left-sided diseases people get out of fear.

What is there to fear? This is like you beat the Mother Earth saying that, "There's a snake." There's no snake, but you may just feel that way, and you may go on with this fear. Any kind of an idea about a phantom or someone, or some sort of a big devil standing somewhere: it is all nonsense! For you, it doesn't exist. Say in the darkness you are walking, so you see forms and things, and some people say, "I saw one on a tree, some sort of a form." It doesn't exist actually. It doesn't exist. But this fear in man makes him think like that. He is afraid of this and afraid of that. And then, as a result, he loses his freedom, he becomes a slave, slave to so many people he is afraid of: [fearing] that such and such man will harm me, such and such man will trouble me.

And the whole concept of fear has ruined our family lives.

For example, a wife is dominating, husband is dominating: there's nothing to fear, nothing to fear. By fear only you play into their hands. So, supposing the wife is dominating, just make fun out of it. If you cannot make the fun in the presence of say, your wife or your husband, better make it outside, thinking, "Oh! Look at that!" It is your special quality now that you can really get rid of

your fear completely. What is there to be afraid of wife or afraid of husband? What can he do to you? At the most he'll kill you, so what, you are going to die anyway! (Laughter)

So, the fear of death is another nonsense people have. First time when I started my work, everywhere they asked me, "What about death?" I said, "But just now you are living, why are you asking, 'What about death?'" So, many people asked me the question, "What about our death?" But why do you want to know about it? I'll tell you what [it] about today, just now.

So this is another mad idea that we should know about our death, what's going to happen. And whatever happens, once you are dead you are finished, you don't have to do anything after that! So what's the use of knowing when you will die, what will happen to you? Whatever has to happen will happen! We never ask that, "When I sleep what will happen to me?" Do we? And this is a permanent sleep and we worry so much about it, that we should know what will happen after death.

One has to die at the time whenever it has to die, because whatever is born has to be dead. But you do know that you have got eternal life. You can never die.

Death is not this body disappearing. Death is where you are absolutely without any control of your soul, [yet] living. Once you are a realised-soul you have all the control, all the powers to take your soul wherever you feel like: to be born if you like, if you don't want, you will not be born. To be born with the people in the families, in the communities, wherever you like. There are many great souls, I know that, have taken birth, daringly, into societies which are very much, I should say, deteriorating and are in danger of getting destroyed, because of stupidity they do.

So this happening, that we are afraid of death, is absolutely absurd for Sahaj Yogis. What is there to think, even, about your death? There is nothing like death for you because you have got eternal life. It's not that you continue with the same body. You may go on changing your dress, but you are living, you are aware, and you know, even if this body is not there, you will be there all the time available for Sahaj Yoga, for anything that is to be done in the name of reality.

So, you must know your position as [an] eternal being: what is your work, what is your ideal, what you have to do.

So one has to get rid of this idea of death because death doesn't exist for you: it's finished. Moreover, all such people who are afraid of their death go on having insurances, this, that, all headaches, you see! And ultimately, what happens? All these worldly things you leave here and you depart. There is, I don't think anybody, could carry even a little dust with that soul which is departing.

But in your case, when you people are no more on this Earth, so-called, then you don't carry all these material things because you have already given up. You have no interest in them. You are not materialistic. So, your spirit is free, and when you die, what happens to you is a very simple thing - that you feel very liberated, absolutely. And then you feel your freedom, completely, and you can decide what you want to do.

It's all under your own guidance, your own desire. Everything works out. You don't feel that you have come out of your body, and this is what should tell you that there should be no fear of death, but, on the contrary, it should be welcomed. Because you will feel much more liberated, much more at ease. You don't have other problems that you have to, in any case, carry on in this world because of this body. Now see, "I have to take some medicines, I have to take vitamins." You don't have to take anything! You don't need anything. This body is finished is a very good idea, because so troublesome it is you see! All the time, despite the fact you may say that, "I don't care for this body", and all that; but this body won't leave you. This is the most sticky thing we have, is our body! (Laughter) So to forget about death should be the easiest thing for you.

We have broken many walls, as you know very well, that the conditionings that we had we have finished that. It's very surprising - I have seen people, when they get their Realisation, immediately after that they start seeing around them. They'll immediately tell you what is wrong with their religion, then they'll tell you what's wrong with their country, what's wrong with their culture. It's through them I have come to know so much. I didn't know that this was so, but they themselves told us. Now, for example there's

a Frenchman, take it: if a Frenchman gets his Realisation, I mean, you know everything about French! The things you could never even imagine what sort of people they are, they will tell you everything. Same with the English, I have seen English, they may, they laugh at themselves alright, but actually when they become realised-souls, they give you a complete picture of English people: what sort of people are there, what's wrong with them, how they are egoistical, this, that. I was amazed, I mean I never knew so many things, which I came to know through Sahaj Yogis who got Realisation; because they have seen all these things very thoroughly and very closely and they knew what was it.

Now, when you become so clean, washed-up completely, your mind completely cleaned out, from all kinds of conditionings, you become like a mirror, a beautiful mirror; and in that mirror one can see [the] complete picture of the society in which you live, the complete picture of the government which rules you, everything! So clear cut. And it is absolute, it is not biased. For example, you ask somebody then he will say, "What is your politics?" If I say, "My politics is, I have no politics." He will say, "What! you have no politics, how can you exist without politics?" "I have no politics." So they will go on asking questions to you which are very much unknown.

But for a realised-soul it is just the other way round: he not only sees, but also shows and expresses very clearly. I have been amazed at the way people have been really so reflective of the society into which they live, and the country which they represent. So the identification is lost, complete identification is lost. You don't feel identified much. You just see what's wrong with that.

Then another point is, you start seeing how you can help, what you should do, how you can work it out. And the importance of that becomes your main thing in life.

Everybody, I saw yesterday, the way you brought all these flags and all that, behind that flag I could see all of you wanted that peace should prevail in those countries, they should get all the joy and beauty of Sahaj Yoga. What a feeling it is! It's not like yourself becoming Sahaj Yogis and sitting in the corner, no. They want to do it for that country about which they are not identified, but without identification they have that deep feeling that they have to work out, correct it.

It's a very different type of personality you develop. Normally, if you say a word against somebody that, "See, in your country they do like this." "Oh, what are you talking? What about your country?" Immediately! They'll never accept you. If you just try to say one word against their country or their government, which may be the most rotten government, but, "No! Still, what? We are all right!" That kind of stupid identification which keeps you completely glued to that society. Like some people will say, "No, no! I have to go to the pub!" I said "Why? Why have you to go to the pub?" "That's our society, that's our culture! We have to go, we have to go to the pub, get drunk and fall down, all of us together. That's the sort of thing we are. We can't help it, you see, this is what it is!" You tell anybody, "Why do you do like this? What is the need to do?" "No! Because I have to live in this society. After all I belong to this society, and I just can't do what I like." But when you get your Realisation you can do what you like. You can do what you like because you only like that [which] is righteous, that is good, that is constructive, that is helpful. So you can do whatever you like. After Realisation, there's no restriction for you. All these restrictions of, "Don't, don't, don't don't!" These really enslave you, I think it very much enslaves you.

But after Realisation you are such a free bird that nothing can enslave you. For example, there are many preachers who preach, "You shouldn't drink. You should not smoke, take drugs." "You should do this, You should do that!" But it doesn't stop you. It doesn't help. People struggle, try everything and ultimately they commit suicides. But they can't get rid of those habits. While now you are so powerful that nothing can stick to you. That's the purity of your character that has come up. It doesn't allow any nonsensical things to stick to you.

I have heard of so many Sahaj Yogis telling me how their eyes have steadied down, how they have become so righteous, how they have become so pure and they can't understand; they said "Mother, is it your purity, you have given us? Or it is our purity you have awakened?" Of course yours, no doubt. All these things you have and you become aware of it. And thus you get absolutely misidentified, I should say, with all these nonsensical things, and you don't like it. You just don't like it, and you go on criticising.

I have been to all these countries also before and I have met people who are very much identified; and diplomatically I was not

supposed to say anything whatsoever that would make them feel that they are doing something wrong. But after Sahaj Yoga the same people are telling us and making fun of the whole thing. For example, I have heard some Sahaj Yogis talking to each other. He says, "You see in my country this is such a stupid thing going on!" Another one said, "Nobody can beat mine! It's much worse!" [This] is a very common competition among Sahaj Yogis going on!

So then, we have to see how pure we have become. And in this purity, anything that is dirty, murky. Anything that will spoil this purity, we don't like it. We don't like it. We are washed, cleaned, from inside, and we won't want to take anything like that within us anymore.

Then I have seen, also, the way people have become so compassionate. It's very surprising how they have become compassionate to each other. For example, there were two Sahaj Yogis who were not very happy with each other, not compatible, whatever you say that is; and I did not know how to make them feel that, "You see, the other Sahaj Yogi is alright. It doesn't matter after all, what is it?" "No, I don't like this thing in him!" And the other would say, "I don't like this thing about him!" So it went on, "I don't like.." He says "I don't like..." I mean they were seeing each other's defects or whatever you may call them. So I said, "Alright, now will you meditate for some time again. Meditate, meditate." And I said "Now, do you love me?" One says, "I love you more that he loves!" (Laughter) I said, "It's a difficult situation!" How to make them understand now? That you cannot weigh your love, you cannot make a chart out of it. It is something within yourself, and if you love somebody then you enjoy it. You cannot qualify it, you cannot quantify it.

But this was going on with these two gentlemen together, and I thought, "Now what to do? They are very important and still there is no understanding between the two." So the Divine power took over, I think. One of them fell very sick suddenly, very sick. And I had sent word also that, "You'll be sick, be careful!" But they thought that the other fellow might be trying to be funny or something. It was not understood. He fell very sick. When he fell sick, then this one, the other one, felt such tremendous love for him. It's something nobody can explain, that he went and sat with that patient for twenty-four hours and said, "If you need any money, I have got." He paid wherever he could pay. So, this gentleman, also - who was a very sensible and reasonable person on his own - felt this love, this affection in this hard task-master, the other one, and such understanding grew up within them. It is, I think, the Divine's play that they were brought together so close, and such compassion.

So the force of compassion within you is so much. It's very subtle, you don't see [it]. Because on a mental level I was telling them, arguing, trying to pacify him, pacify him, like that, was on [but] it would not work out. But when this force of compassion started acting, suddenly into one of them, the other one saw the compassion, the pure compassion, and just they became great friends.

So one has to feel the compassion within yourself. I have seen many a times that there are many Sahaj Yogis, and sometimes I have to correct them or say something. Immediately another one will say, "Mother, can you forgive him? You can't forgive?" I say, "I've forgiven, I'm not saying anything." "Please forgive, please!" I feel so happy to hear that, that in one point, in one condition, when it comes to a Sahaj Yogi, you support him; even against me, I feel happy. It shows that you are, not only generous, but you are filled with your compassion.

So, this source of compassion which is within your being, in your heart, you have to just open your heart. If you open that heart, it's like opening the Sahasrara.

You'll be amazed how you can forgive people and you can live with them. I have reports which disturbs me, many a times, that people are forming different groups and having different ashrams and they don't come to the collective and all that. I feel very much concerned. Now what is missing is...of course there are also some people who think that they must have a separate, their own organisation, and why should they be in the collective and all that. So that it is definite that such a person has not yet achieved that state of compassion. In the state of compassion you like that somebody tells you that, "Don't say anything to such and such person. I don't want you to say this." It's very, very joy-giving to me.

Like, we had one couple: they were quarrelling throughout. They used to send me letters after letters. Baba! I was fed up. Telephones after telephones, both of them quarrelling, quarrelling so much. I did not know what to do with them. So, I thought it

is better that they divorce and finish it off and I told them separately that, "You better divorce each other and get out of it. But the complaints you have are such that they cannot be solved!" She said "How?" I said, "You are saying that, 'My husband doesn't give me more time. He is always out. And he doesn't spend any nice moments with me, we don't go out,' and all these complaints are there." And the husband says that, "She always troubles me that I must take her out, and I must do this and I must do that. I want to do it, but I can't do it." So, I said but when you take a divorce you never can claim anything: permanently the husband is lost and you are lost. So why do you want to do such a thing?" Immediately this compassion started working. And then I put in a word that, "Supposing any one of you is sick tomorrow, then you will look after each other?" This just put them out! You know such little, little moments in life come in the lives of Sahaj Yogis, I have seen, that suddenly this heart opens, and with that they combat all these petty nonsensical ideas which keep them out, out of each other and out of the collectivity.

What gives me the greatest enjoyment is to see how you love each other, care for each other, joke with each other, and dance with each other. This is the greatest thing that I enjoy. I don't want to get rid of this idea of mine, despite the fact [that] so many times it is hard to believe how could Sahaj Yogis behave like this and try to create rifts and distances between the people who are realised-souls. Because realised-souls anywhere in the world, if you see them, they respect each other; not only respect but cared and never talked ill of another realised-soul, never!

I don't know if you have known about the private lives of these saints, but in India as we have had so many of them, when you see them, how they have behaved towards each other, the way they have looked after each other, it's so beautiful, it's so noble; as if they care for the other Sahaj Yogi, or yogi, or a realised-soul [more] than for themselves. And the whole thing makes you feel like in a new world of new people who care for the feelings of others, and not what they want to say or what they want to have, or they are something special.

Also, in Sahaj Yoga, [now] you have come, you have lost your speciality! Some of them think they are very special! Supposing I call some lady to put, say, some alta (: kumkum) on my Feet. She starts thinking she's very special. But I just call her because I know she has a horrible Agnya and I have to clear it out! (Laughter) And when somebody told me, "Mother, she thinks [she is] something very special.", I said "Really, what makes her think like that?" "Because you call her to put some alta on your feet." I said, "I just call her that she has such a horrid ugly Agnya, that she will trouble everyone, so I want to clear it." So, either I should have told her that, "You are a very egoistical, horrible!" And all the words that are possible, otherwise she won't understand. It's so surprising.

There is one lady who was really very nasty to her in-laws and everybody in India, and she came to see me; I called her. I actually scolded her, I said, "What business you had to behave like this here? Your father, who was such a racist, you never said a word against him, and why are you talking so much against these people?" I scolded her. And she went out and told, "Oh, look at [that], Mother has called me! Nobody is allowed to see Her." I said, "What's this?"

It's a very funny situation with people I sometimes feel, the way they think they are something special and they should make themselves special. It is becoming really difficult. Now, just to show my love, to appreciate something, people I have done. And if you give some present to that person or you show concern about that person because he's done some good work or something, he starts thinking he's something special. I mean, it's an impossible situation! Because I expect that if I have done anything good to that person, or in any way suggested my concern about a person, that person has to become a very good Sahaj Yogi, in the sense, the most humble and honest and loving person, otherwise it has no meaning. No use being good to anyone if that means that person jumps into hell. So, this one is also another idea of speciality, that they have lost their sense of speciality.

When a drop becomes the ocean it has become the ocean, but it's not the drop anymore. If anybody thinks I am a special person then know that you are no more an ocean, you are still the drop! Because, unless and until you are the drop, how can you feel that I am something special?

So, you have lost your speciality, you have lost it; because all these ideas of speciality comes from your past.

One lady I met once, long time back, she was a very rude, proud, arrogant woman. So, this was in Delhi where people are very

conscious of their husband's jobs and this and that. I didn't even know the destination or even the designation of my husband. So, she was very rude to me. I said, "What's the matter with you? Why are you so rude? What's the problem?" She said, "You don't know? I am the wife of such and such!" "You are the wife or the husband?" (Laughter) "I am the wife of such and such!" So, she asked me "What are you doing here?", I said "I am a housewife." Then my husband came in. She said "Do you know him?" I said, "Yes, I know! Why?" I thought there must be something wrong there also! So she said "No, I just want to know, how do you know him?" As if I was some criminal or what? I said, "He's my husband.", "Oh, my God! He's your husband!!" (Laughter) "What happened?" As if ten serpents had bitten her! Maybe her husband was at a much lower position than my husband, maybe, something [like that], which I am not conscious of it. But this is what is: "I am something special!"

This stupid idea of being special has to be completely negated in Sahaj Yoga.

Not mentally, not mentally: mentally if you are again saying, "I'm not special, I'm not special," like a mantra, you'll become much more, because you will say, "I have said this mantra 23,000 times! Who can say like me!" So this idea, "I am something special, I am something great, I am something out of the blue," something superior to others, just vanishes.

Like as I said, you are a drop in the sea. You have become the ocean but you are no more a drop to have it a relative value system. There's no relative value system. There's no system by which you can say that, "I'm higher," or "He's lower." All that has created all the problems of the world: from our caste system in India, the social systems in the west, the racialism in the west, also self-consciousness of, "My religion is better, yours is worst, we are the best." All these things have created problems. It has done no good. It has failed and failed and failed.

So, in Sahaj Yoga, at least don't bring this disease anymore that, "I am better, our country is better." This speciality you should drop and the real beauty of your personality will show.

For that, you don't need a special skin, you don't need a special body, you don't need a special glamorous look, what you need is a beautiful heart. And, I tell you, it's the beautiful heart that attracts, nothing else. It's the beautiful heart that you want to have.

I have known people, many like that: there was one gentleman who divorced his first wife. She might not be so good looking, ugly or whatever it was. Then he married another good looking woman, and he ran away from the house. So, I asked him, "Why? You didn't like that woman because she was ugly or whatever it was. So, why are you now running away from this one?" "She has no heart. She has no heart." And this is what you have: a very great, generous, beautiful, dharmic, heart. You have got it as a present from the Divine and which you must respect. You should be proud of it and enjoy it, as you should enjoy your generosity, you should enjoy the way all this nature is enjoying itself.

To be very meticulous about things, to be all the time correcting others, is a headache, it's a headache. The best thing is to correct yourself and laugh at yourself. That's the best way you can do it. Everybody has some funny things about themselves. I also have, I must [say]. And I enjoy them because I think I try and try but always I forget. For example, the spectacles: I always forget them. Before coming, I must always forget it. I tell myself that I need it, I should take it. I must remember. But invariably I forget. Now, don't know why. I mean, I can't do without it, but still I forget. There are so many things: for example, I don't know how to count money. If you may give me a hundred rupees, I'll count it [as] two-hundred rupees. I tell you, I am good at mathematics but I can't count. I don't know how to sign a cheque, can you believe it! I can't sign it. You have to write the cheque for me, otherwise I can't. And, somebody asks me for say hundred rupees; I'll give him a big five-hundred, and forget about it. And that person will say, "Mother, you gave me five-hundred." "No, no, no. I gave you a hundred only – "No, you gave me five-hundred. I went home and found out." It's alright. After all if he's dishonest, he's dishonest, if he's honest, his honest; so why to worry about how much money you gave and this thing, that and meticulously finding everything like this? And

I have seen with all these meticulous people, they always fail; because this brain plays some tricks on them. For example, there was one fellow who told me that, "The size of your car is such and such, so, the size of the garage should be such and such." I said, "Alright." So, when we built the garage, the car wouldn't get in! I said, "Such a meticulous architect and such a well-known person who has got so many awards, this, that, how could he make such a mistake?" But I still didn't understand it, you see. He

said, "Now, you better buy a smaller car." I said, "At least now you measure this garage in a proper way, otherwise again if I buy something it won't enter in!"

So, what I am saying: we are so particular, so meticulous. Now, see these little, little flowers, I see them here. They are not meticulous. They are growing on their own, freely. Everybody gets the sun's rays and they are quite happy. But the way we are particular. Those people who are very particular are headaches to themselves. And then ultimately they find that it's not so. You have lost that, you have lost that meticulousness.

I know of a Sahaj Yogini, she was running a shop and she said, "Mother, I knew each and everything, and I knew each and every price and everything I knew in the shop, but since I have got Realisation I have forgotten everything." "So, are you happy or unhappy?" "I'm very happy!" "Why?" "Because, now I'm making a big profit!" Profit is the main thing. Why should you try to remember each and every thing?

So, to be very meticulous to be very systematic...the world is, if you see around, no tree is systematic. It is unsystematically systematic. Some leaves are this side, some are that side, some branches are on that side. There's no system, because then you become a military, if you form a system. So, in Sahaj Yoga, there is no system. We are beyond time, we are beyond all kinds of systems. We have no system. All our system is what is the unison within ourselves. Like these two hands, they have no system built in, nothing, but they move, especially in Italy if you want, both the hands move like that, all the time in Italy! And I don't know what it means, but they all do the same thing. But there's no system built in. Nobody said to them that, "Do these gestures and all that." But they do it and they do it naturally, all of them together, without any system.

So to build up mental systems is wrong and against Sahaj Yoga.

Some people have written to me, "Mother, we want to translate your transcriptions. do this, do that, and plans." I said, "Forget it! Forget!" Because, if you start planning, you will definitely, definitely fall into the trap of systems.

You will have to follow systems: "This system is good, that system is good, why not have this way?" And I don't say that it's wrong because you have been used to systems. Especially in the West people are over systematic, over systematic. In everything, like they'll have [dinner] courses, built up: then the spoons, then the forks, then how to move and what to eat and how to eat. I mean, it is too much! If you have to eat food it's straightforward: you can eat it with your hands. There's no system needed.

All these systems and norms are too much in the West and you should really try to curb them down. As a result, they had anti-culture and all that nonsense - another kind of stupidity - where they were building up another kind of a system. Then they said, "We are hippies now!" So they must have hair never washed, never clean, with lice in their heads and it must be all like, you can say, the shankara style. So, all of them have to have that way - again a system. There's no variety: one hippie means, another is the same. You cannot make them out one from another. If somebody puts a ring here, everybody will put. If he puts a ring here, everybody will put. Without any brains, without any understanding. And they talk of individuality, and a personality! Where is the individuality? There's no individuality. Because you take to anything that your gang, you can call, or you can call the crowds are taking to. "Very fashionable." In India, if you say it is very fashionable, it means it is very expensive and very beautiful and it's a very elite, elite word. But when it's said, "This is very fashionable," [it] means everybody likes it. It could be a punky thing or anything - it's fashionable - finished! It's the fashion. Means you do not have your own idea, your own personality, your own individuality.

In Sahaj Yoga you are not bound to any fashion, no fashion. If you like, wear this, wear that, whatever you like. You are free to do what you like. You can wear whatever you like. But, as I said, again, that you will govern yourself, you'll be your own guru, you'll be your own master and you'll do whatever is good, whatever is decent, whatever the deities will like. You will just do it that way because now you are a Sahaj Yogi.

So the life becomes so much easier; so much easier. You don't worry about things which are not there and you are not also

worried about the things which are there. Because you see something and you think, "Alright, I have got this nice [thing] now. I must keep this one for somebody. I must give it to someone."

So, I got a ring which was quite big, so I was thinking, "Whom should I give this? Who has got thick fingers?" So I started looking at the fingers of everyone, you see. "Whosoever has a thick finger, I'll give him this one." I mean the thought was just the other way round: supposing you are not a Sahaj Yogi, then you will say, "Oh wah! Such a big thick finger! Why don't you take out some gold and use it, sell it off?" Or else you see, "You can take out the stone from here." And I mean all kinds of nonsensical things you will think, but you'll not think that you'd better give it to somebody because you can't wear it, it's too big for you. Why not give it to another? What's wrong? After all, it is not fitting you – so give it to another. But this is only possible in Sahaj Yoga.

I have seen people, very kind, very, very kind people, who have been very sweet to each other. And exactly what the other person wants they'll buy and give it to that person or may say, "Oh no, I have one I'll give it to you!" They do it like that. All the time thinking of others, "What should I give? What should I do?" It's the expression of that joy, the compassion within you: you use your matter for that, all the time, all the time.

Like somebody's house was burgled in Canada. So she writes to me, "Thank God, my house is cleaned out now! I didn't know what to do with it, with the junk."

So you see, this kind of an attitude comes in, that if you have to give to someone then give it to someone who is a Sahaj Yogi to express your love.

But normally, people will do: whatever is the junk in the house, whatever is rotten, finished, that they will give as a present. But when you are a Sahaj Yogi you want to give something really very special. Because the whole being has become so beautiful, just like a flower which wants to give fragrance to others all the time: the fragrance of your compassion and love, affection and security.

It's a new age, that's what they say; but I would say it's a new human beings that are before me. And all this newness has so many beautiful facets that they really sparkle like diamonds, no doubt it.

My only blessings to you is that you grow and grow in it and become greater and greater people, never thinking that you are greater than others, never thinking that you are more special than others. This will definitely soothe you down completely. Somebody might have hurt you somewhere, doesn't matter. Somebody must have scolded you, doesn't matter. What is your capacity, is to love another person and to be affectionate and kind.

I am really amazed how these twenty-five years have passed with all kinds of stupid problems and nice things and such a mixture. And all those things have never disturbed me. I was never disturbed. I used to act sometimes, that I am angry or sometimes I used to say things which I should not have, normally said because it was needed to be said. But, on the whole – like sitting in a very big ship we can say – we all are elevated into the realm of Divine Love and this is what one has to enjoy. One person, if he has that love and compassion and that pure love, then that person can emit it to others and the rapport of this compassion is extremely beautiful which cannot be described in words. Like yesterday, I couldn't speak, because in what words I could put my feelings? I thought there are no words yet created on this Earth to express my deep feeling of how you people have taken Sahaj Yoga so well and have understood it.

May God bless you all!

Sahasrar puja is a short one. We don't have a very long puja for Sahasrar Day, because you know Sahasrara breaks in no time! So it's not a very long puja, but it's very deep and, again, ultimately the last chakra which is opened out is here, is the heart. So in the Sahasrar puja our hearts open out, that's the main thing. And that is what one has to enjoy: the opening of your heart. Don't worry about any Deities, about any rituals, any this and that, but just open your heart. We are not bound by anything. Just open your heart.

May God bless you!

1995-0603, Evening Program, Eve Of Adi Shakti Puja

View [online](#).

3 June 1995

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Talk

Sahaja yogi : Shri Mataji & Sir C.P, We are really most fortunate with your presence here. And only the half of the Sahaj Yogis of Spain, Belgium, Holland and all the other countries that are represented here we wish extend our gratitude for your presence here And We have the 3 countries that have prepared a small program consisting of Dance,& some songs,& We hope you will enjoy it ..till we do the presentation of all these things.

Other Sahaj Yogi : Namaskar Shri Mataji! Namaskar Sir C.P, from our hearts we would like to express the tremendous joy It is crossed to be today & present to you Shri Mataji, Sir C.P & brothers and sisters from so many countries. This little music program today ...The program will start first with the Dutch art in the 3 parts. One part from Holland, one from Belgium, & One part from Spain ...So we will start with the Dutch song first & the first is a welcoming Dance to Shri Mataji ...

[Performance starts]

Shri Mataji: This lady [name of Sahaj yogi artist who danced] is such a surprise, such a surprise and what a wonderful surprise it was ...I am sorry to say but I have never seen such a combination of music & dance.[unclear/Name] is a very great master but I have never seen anybody utilizing his talent for dancing. It's so much better, You see ...Sometimes people get bored with Kathak, or any Dance ...They don't understand but if there is a music of this quality with this dance coordinated with it It becomes so much better & deeper. This is the new thing I have never seen before ...I must Congratulate![unclear/Deli Verma (name)] for that. And it is so(clapping of SahajYogi) Now you have seen Kathak is a very delicate dancing, very delicate & all the rhythmic patterns and all that are very fast but delicate ...And I am really surprised with this lady that how she has achieved such mastery ...I am so enamoured by her that She picked up this difficult Dancing style, I congratulate her again and again and I would also ask some of him to learn this dancing because I find that Western people dance sometimes better than the Indians ...In Russia, I saw a dance of a lady ...It's very young ...She did Kuchipudi with such vigour and with such understanding, with such rhythm ...I said where did you learn...She said nothing I just saw on the video,& I had this tape & I learnt on that ...Imagine for this kind of art you have too really dedicate your life & this lady I could not understand how she has managed to dance without any guide, without any Guru, without anybody helping her. So I think If you people take to this dancing, It would help you a lot ...&This; is a very good idea. Because there are so many beautiful, We can say Musical records from very great masters And if you fix ...I mean if you can manage to put your own ideas of your dancing according to the rhythmic pattern of that music It's something the west will take very fast ...I know many people understand and appreciate Kathak But they get bored ...They can't go along with them Offcourse you Sahaj Yogis have an advantage, because you know -Brahma, Vishnu, Mahesha and all these things so, you understand much better than others. But if this kind of a dance style starts...Not only that dance will propagate but also the Music.

I have something discovered very new & am really enamoured.I thank her for coming down here. To do this in this terrible [unclear/court]. It's not so bad as Holland I must say ...(Shri Mataji laughs then).

Actually, the way you have decorated this time, is something with all these [unclear], behind them the snow-clad,& these mountains. You do get that feeling more of chill...It's very nice. I like it ...Because you know I like all this kind of atmosphere. I am happy that you all have enjoyed all these beautiful performances of Sahaja yogis also...They have really worked very hard this time to make the beautiful program all of them. I wanted to hear one song composed by [unclearHosey] because I am missing it

nowadays. So I don't know Why they didn't play...I was very anxious that they should sing one song. So at the end of the program can we have one song and thank all the artists, all the people, all the Sahaj Yogis who have worked so hard, to make this program so successful.

I am sorry we some or other ...It is a 'tapasya' to be here ...this thing we try to make it up but it wouldn't work out and somehow it's just now in a situation that we can not call it a hall or a hanger or anything like that ...But I am sure we have good days and we are going to buy a very beautiful land along the riverside & They say within six months if it isSo, because you know these Italian thinks they take so much time I don't know They go upward, downward, this ward ...that ward ...but they promised that by the 6 months, we can shift this one there. So We are not going to fix it up much. And for the Guru Puja, I don't think you need a very complete thing because Guru Puja will be quite firm. As it is this is Sahaja Yoga 'tapasya' part of it, I think you don't mind it... We have been always like this ...in a mess about this tent ...(mother laughs) ... Ultimately the tent broke and now this thing we got it & we could finish it...So its better now, to hope for the best, luckily we have a very beautiful land now & there we can fix this permanently plus we have some rooms and bathrooms and everything very comfortable for you...For this, I would say we must give hand to [unclear/Greedo (name)]for he's work it out. And there is such a funny lodge in this country apart from that, they are very funny people Who want to sell also. But all of them Or Some or other he has a 'siddhi' I think he has surpassed and with the help of all those we have achieved all this, you see.[unclear name]has also played a very important role ...So all these people are to be really congratulate it.

2:12:57 So I hope by six months, I don't know where I would be ...We will have a proper hanger and a proper house, and a proper bathroom for your convenience. It takes time. But its shows also how much patience we have and how much you can tolerate, this kind of a very dilapidated business. Because you love me,& you love each other and when you come here you will meet each other and enjoy each other's company ...You don't feel the pangs of the body Also you can go for the comfort of the spirit ...and that's why I think you don't feel anything ...I mean ...Even if it's was not there you were quite happy So I really thank you all for accepting all this. Despite all our efforts, we could not raise it in time. I am sure by the time its next year it will be alright ...

Tomorrow I was thinking we can (i would say if you are ready) have the puja at 12 o'clock or 1'oclock so try to finish the work fast So that we don't have to again face this cold in the evening and it would be better if we can finish all the preparations for the Puja And Thank you all for this beautiful organisation, of this beautiful rendering from you 3 countries ...May God Bless You All

1995-0604, Adi Shakti Puja: the hurdles in rising the Kundalini

View [online](#).

4 June 1995

The Hurdles In Rising The Kundalini

Adi Shakti Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Today we have gathered here to do the Kundalini puja or the Adi Shakti puja. There's a difference between the two: Adi Shakti is the total power of God, of His desire, while [Adi] Kundalini is the one that is reflected, part which is reflected, in the human beings as Kundalini. So there's a difference between the Adi Kundalini and the Adi Shakti.

Adi Shakti is the Parashakti, is the power which is beyond all the powers, which controls all the powers. And one of the powers of Adi Shakti is Kundalini.

For example the Kundalini which is placed within me, in the triangular bone, is not [the] totality of me. In the same way the Kundalini, which is placed within you, is not the totality. Of course, it is the power which is there to give you your Self-realisation; is the power that redeems you, that nourishes you, that enlightens your centres.

But there are two other powers, as you know, very powerful, which are working through Ida and Pingala, and the third one is Mahalakshmi which is in the centre.

Now Kundalini's main job is to give you your Self-realisation, because She is your individual Mother. Everyone has the Kundalini within himself or herself reflected; whatever maybe the quality of that person.

Now as you see reflections fall on everything. Say, the reflection of the Moon falls on the stone, we don't see any reflection. It then falls on a better reflector, say the water, then we can see the reflection. But when it falls on a mirror, which is very nicely made, say, in Belgium, it reflects better. So that is how the reflection gradually goes on improving.

In the same way, we have human beings who have different reflectors. But they can be improved and they can be made absolutely top class – it's possible. It depends.

Now, here it comes the two other powers that are within you. The one power which is the desire. Though the Kundalini, as we see, is the power of pure desire: it doesn't want anything, but it wants to give you Self-realisation.

[Of] the other two powers, one of them is the mundane desire. This mundane desire, if it becomes nothing but pure desire, then Kundalini has no problems from the Left Side. But if it is not a pure desire, but full of other desires...For example, the first desire of human beings, which comes from animals I think, is food – he wants food to nourish himself. But human beings don't only take food to nourish, also for the taste of it, or for the beauty of it, which is innately working in them. That's why we run after food which is very good, is very tasty. All kinds of ideas we have and there's no standard: somebody can like this, somebody can like that. But the one who understands that the taste of the food is not important, and can practice it, then it works, it works wonders. Because the lowest desire, which is of food, comes under your control.

If you can sometimes go without food – of course not for God but for yourself. God doesn't want you to starve. If you can live without food, if you can enjoy every type of food, then you have done a lot to improve the path of Sushumna for the Kundalini.

I have seen, in many cases, that Kundalini just doesn't rise. She doesn't rise. Even if She rises, She falls back. This happens when a person is very self-indulgent. He's all the time thinking of things which are not of very great importance for spirituality.

Apart from this, there's another horrible one, desire, we have: is to grab as much money as possible, to think about money. This time, I had a bad experience because Sahaja Yogis came down to me and told me, "Mother, they are asking if we should reduce the puja money or something." I was shocked, because I never decided about it. It's all decided by the leaders. I said, "I am not concerned." Then they would like to have a bargain as you have in the shop, or maybe some sort of a sale, or some sort of a thing. This is one of the greatest dangers in your ascent. For a guru, people pay millions and millions. Here you know I'm working it out for your projects, I'm buying lands for you, I'm doing things for you and for which you need money. But nobody comes forward with any donations as such, they won't. They don't understand that it is for you I have to have all these things, not for me; and they pestered people many-a-times like this.

Once suddenly, we decided that we could have fifty percent payment. Immediately, so many telephoned, "Aah! Are you going to have fifty percent less, the bargain price? We are coming for the bargain!" It's the sale programming. For example, in the sale what do they do? They offer you something so that they can get a lot more customers or things like that. Sahaj Yoga is just the opposite of that. You don't have to give anything but you get a lot. But this is not for sale; this is not for sale by any chance. It is a thing where you have to pay because we have to have all these things, and I have to pay so many things which you do not know. Like last time we had about I think fifty people who came just free. Some of the leaders know, but some of the leaders, they just go on asking like this because, I don't know, perhaps they want to save money or they want to popularise themselves among the disciples, maybe that is the reason.

So this thinking about money itself is a very detrimental force for your spirituality. Otherwise, what others are doing is the same: all the time they are thinking of money, thinking of money. Now, if you are thinking of money, and thinking of earning more for Sahaj Yoga, to help Sahaj Yoga, it's all right. But it is for your own ideas. In the West it's very common, not in India, I must tell you. India is a poor country, but one day Yogi told me, "Mother, I need some money for the school." I said, "All right I'll give you." "No, no," he said, "I'll collect." And he collected in one meeting eighteen lakhs of Rupees. Of course I told him, "Now don't take it, I have got money to pay. Don't collect!"

But so much of money orientation all the time: thinking about money, saving money, these things are absolutely against Sahaj Yoga.

You can ask anyone how much I understand about money. I don't understand banking, I cannot count: even thousand pounds I cannot count. I'll count them two thousand or three thousand; I don't know what I do. My brain goes off when it comes to money! I don't know how to count. I'm not worried about what money we have, what we have. What we have to do is: this money is here, let us do something about it.

Today, I don't know why I have to tell about this gross subject, but it has been pointed out to me, "Mother, you never say anything about it and the people are getting really materialistic!" That's a very sad affair. Even one person, who is materialistic, will have to go out of Sahaja Yoga. Gradually it will work that way and you'll be surprised that you are out of Sahaj Yog. It is very amazing how, after getting Realisation also, getting on top of the world, we still live in small little holes like rats of this money business.

This money has brought so much problems to our world, you can see it clearly. All this economics and all this knowledge of economics where has it gone? Is the world better by it? There's recession going on everywhere. Everybody is unemployed. In every country you go there's unemployment, so much; this is so much. That shows that this economics is also a very artificial science and dealing with the weaknesses of human beings, not with their strength. If they could know the strength of human beings, they would have done much better than they have done so far.

I'll give you a simple example: Now, we have very sophisticated places in the West, very sophisticated. They have everything electrical and you push the button and everything is there. Especially in these modern planes, when I travel, I don't know which one to push because they are so slim and so delicate you see, need a special artist to do that. All this is for what? For getting more money, and more money and impressing people. But at the same time people are fed up! When all these sophistications

are on, they are fed up with computers, they are fed up with electricity, they are fed up with cement, they are fed up with all kinds of artificial things — is a fact; more, much more in the West than in the developing countries. They are just fed up.

Now this is the force, this is the strength. Why are they fed up? They are fed up because they have realised it doesn't give you joy. It doesn't give you a soothing feeling. It irritates them. So it is against human mind, a human character or human civilisation — something inhuman. So now what to do?

I went to America once, and went to see a friend of ours and all the houses were covered with a cow dung colour. So I said, "Why do they have these cow dung all over these houses?" "What is the matter with them? Why don't they have nice white, or another people like very much is this sand colour?" They said, "Nowadays these Americans want to have cow dung." I said, "Cow dung! For what?" "Because they are fed up of cement. And now they can't get so much cow dung here. So they have a special way of making cement look like cow dung! They mix up things so the colour comes out like cow dung." I said, "Why the cow dung of all the things?" So they said that, "Some of them went to India and they had to sleep in some huts which were covered with cow dung. So they found out, logically, that cow dung if we have, it will be the most soothing colour for us. And so there were articles about it and people have started using cow dung."

So what is the force now behind? What is the strength? The strength is that they want to live in a natural way; they don't want to have artificial things. So they go to another extreme to have cow dung.

Sahaja Yoga is in between. Now one has to understand that whether you put cow dung, or you put cement or anything, it's not going to give you joy.

Say, for India, people who have got cement houses are 'great'! According to them cement represents luxury and also wealth. But in the West, if people see cement, my goodness, cement means to them it is something like a grave. So now the positive thing that is in them is that they now want to live with the natural things. They want to use natural material, natural life. But to the extreme if they go — you see, we had anti-culture like hippyism and all that, it brought no luck. So to get from one end to another extreme is also not conducive to a human life. Because a human being cannot become primitive. Even if he tries to dress up like a primitive person his brain is modern.

So when they get fed up, from one to another, they don't realise that what is the missing point. In both the things, whether you live like a rustic person or a very cementy (sic) person, any type you might live, the missing point is that in everything there is a competition. Once it starts, the fashion, all right, everybody will have cane chairs — everybody is having cane chairs.

Now in this competition, they miss the point, is the joy. A person who is a realised-soul will not desire! Whether it is cement or anything or anything, doesn't matter, it's just the same. But it will come to his mind that all these artificial things are ruining human beings, so he'll say no. But he will not have hair like the primitive people, he'll not behave like primitive people, and [he'll] lead a very normal, natural life.

So when the mind starts thinking something about it, it will never get to the point of joy, from one end to another.

So they think that they are going into a balance, they are going into dharma. But my experience is different. Even those who were hippies, I know them: they used to eat like real gluttons, and they were very much interested in their comforts, and they would go to any extent of snatching anything that belongs to somebody else. They thought they now have become hippies, so they are already the landlords, because they have given up this, they have given up that.

So the mind that suggests that to overcome your money-orientation, your competition and all these artificial things, you should change your lifestyle. But that doesn't help, never. It's just a play of the mind from one to another. So how to detach yourself from this idea of money-orientation? Whether you wear a sanyasi's dress or you wear a wonderful, some very expensive dress, is the same to the body. You can't even see your own dress. So is the same to the eyes. But with the mind you start convincing yourself that, "Now I have become a big sanyasi because I am wearing a saffron dress!" By wearing that kind of a dress you can

never get rid of this nonsense. So first thing [is] you have to be a normal person. There's no need to be abnormal outside [such] that you are deceiving yourself. If you think by changing your dress, attire, your lifestyle, you have become a great sanyasi or a great, detached person from this money-orientation, then I must say — don't deceive yourself. A person who is detached from within helps the Kundalini to rise constantly without any catches.

So, for a Sahaja Yogi, it is important to introspect, and see for yourself what is your level — as I told you about the reflector — what sort of a reflector you are. No use deceiving yourself, because Sahaj Yoga is for you, for your benevolence, and your Kundalini is for your benevolence. The ascent is the aim of your life, and to perfect it is your job. So you don't have to take to anything outside. It is inside you have to see yourself — what sort of attachments you have.

The second force which is, I'm surprised how [it] has suddenly come up among Sahaj Yogis that they don't have immorality problems. They have just become moral, most of them. Ninety-nine point nine, nine, nine [percent], I think, are moral people in Sahaj Yoga — there may be [some who aren't] here and there — because they enjoy their morality. Because they enjoy their morality they want to be that. Not only that, they want their children to be moral, their families to be moral. And that is how morality is spreading in Sahaj Yoga very fast.

In that also, one has to understand that it is the innocence which is the force, not the morality. Like some people write to me, "Mother, I get up in the morning, I sit before the photograph, I do this, I do that, then I take my bath, and then I do this and..." I can't understand this, no, not necessary. You have to cleanse yourself once in the night as you would cleanse yourself, your body, and once in the morning you have to pray, that's all. It's not necessary to have this ritualism, this kind of a rigmarole, all the time you going, every day morning till evening nonsensical [with] these things. And they become fanatic. They start becoming absolutely fanatic about Sahaj Yoga. And this fanaticism can be very dangerous because they try to remember everything by heart, this and that. No, not necessary. It should be in the heart, because [otherwise] it amounts to the lip service then. And with the lip service gradually you start feeling you are great, your father is great, you are this and that. So you are thrown away. You yourself throw yourself out — like you hit a ball and it comes back. I have seen people, many, who try to thrust themselves in Sahaj Yoga just are repelled back by themselves, not by Sahaj Yoga. Sahaj Yoga attracts you, no doubt, but you must have gravity. If you don't have gravity, how can you be attracted? The seriousness about it is only this, that you should introspect, seriously — find out what's wrong with you. Because this is a great chance for you to ascend.

With this kind of a mind, which becomes fanatic, in Sahaj Yoga, starts saying harsh things to others and disturbing the peace of others, because they think they are very great Sahaj Yogis, then I think one should introspect and find out, "Why am I doing it?"

So many people have the same defects but for that they'll scold others. Perhaps maybe they think by correcting another person they might be corrected. I don't know what the idea of their procedure is. But it is very absurd sometimes the way people look at their problems as if these are the problems of others. Now, if I am saying this to you, somebody must be counting, "Ah, I know this one, Mother is saying about that one!" Never will say that, "It's for me, and I have to see myself and introspect and find out what is dragging me down."

So, this is one of the most important things is that you cannot be harsh, you cannot hurt people, you cannot misbehave in that manner. And if you can do that then you are thrown out of Sahaj Yoga by yourself, nobody has to throw you out.

You have to [be] collective, people have to like you and you have to [be] one of them. If the collectivity is not there, your Kundalini will never rise. Because she is rising, she is trying to give you a second birth so that you become one with the Whole: the drop becomes the ocean, that's Her job. She'll never rise [otherwise]. A person who thinks he's very exclusive, special, should not come to Sahaj Yoga.

This is another great hurdle in rising the Kundalini, when people think that they are something special. We have no priesthood, and leadership is also a myth I think. People whom I think are better off with their Kundalini I can communicate better. But sometimes they too behave in such a manner that one is shocked — how could they behave like this? And these serpents just suddenly come up and you see them and you are shocked! "What are they doing? Where is their attention? What are they worried

about?" So, such stupid ideas if they walk into your mind, tell them, "Shut up now, I know myself very well." That's the best way to keep you out of it, all these nonsensical things that are working out.

First of all, you must remember that you are seekers of truth, have been seeking truth for ages, for years together, and now, I would say, for many lives, and now you have found it. So grab it and hold it fast, by understanding that this is what you wanted you've got it now.

The another big problem that comes in the awakening of the Kundalini which I feel is very important to be told to you, is that, some of you think that you are very close to me, that you have a special right on me. You don't know your Mother is a Mahamaya. Be careful! I am telling you again and again. Never think that way. Nobody can be my favourite, I assure you, cannot be. It is like a mercury, if you put it on another metal or something it doesn't stick. My mind never sticks to anyone, never sticks. Now supposing somebody is in trouble, somebody has written to me, there's some problem, then the thought comes in, but I don't stick to that. I don't stick to anyone. Nor do I have any attachment to anyone, because that will be against the principle of pure love.

I cannot be attached. Of course, I see your problems very intimately. I would love to solve them, I get worried sometimes, you can call it 'worried'. But the thought, attention, is going towards that person.

You have seen when there's a tide, the Moon, when it is full Moon, the tide is much bigger. Does the ocean think? What about the Moon, does he think that it has to attract the particular ocean or someone? It's just the nature, the swabhava, the nature itself that acts. That's the nature, you can't help it. And this nature is the one you should also try to adopt and adore, because it's very helpful. This gives you a great relief from your mind, which is always thinking, thinking, thinking and doesn't allow you to have thoughtless awareness.

You get attached to someone, you are worried about some problems. Even your problems sometimes, all the time your problem, thinking about your problem, or about somebody whom you are attached to. Then this mind starts working: how to solve the problem, what to do, this and that? But then you stop your Agnya completely! How will the Kundalini rise?

In any walk of life, for a Sahaja Yogi, it is the best way to stop thinking is to think how he is going to spread Sahaj Yoga. Just divert your attention. This is the greatest pleasure for you, for which you don't have to pay or anything; just know what powers you have got. At this point, I find many people are not at all aware of their powers and [are] not using them.

When you don't use your powers also Kundalini falls down. Why should she work? She is not stupid! If you don't want to use Her for what She has to achieve, then why should She worry about you? So, She just drops down and She has nothing to do with you. Then suddenly you come out, "Mother, I got this trouble, I have got that trouble, this happened." Specially troubles like arthritis and all such troubles come from people who don't use their vibrations. Give it to the flowers, give it to the trees, give it to anything that is living, but don't shirk it. You need not touch the person, but the desire should be, "Whom should I give vibrations?" Only worry should be, "Whom should I put attention to? Where should I put this energy of mine?" Once you start using this Divine Power it starts flowing much more, much more, and your Mother the Kundalini is very happy with you. And then you start seeing wonders, what's happening.

For that you have to have, first of all, attention on compassion and love. But compassion and love of God, God Almighty. But when I talk of compassion I find people are more interested in the people who are Sahaj Yogis who are suffering, who have problems, who are thrown away from Sahaj Yoga, they will write to me, "Mother please, please somehow or other, take them back." That's my job, not yours!

But those who don't love God, they are not going to achieve much. They have loose tongues, they talk funnily, they don't understand they are dealing with God Almighty! And this kind of frivolous talking and frivolous behaviour: you must understand that angels are around you all the time, all the time they are with you. They watch you. They will help you, they'll support you, they'll elevate you, they'll cross all kinds of hurdles; but you have to love God from all your heart and all your soul. You can't say

things which are not full of protocol. All this is only possible when you surrender your ego.

God doesn't want anything from you. What can you give to God? It's a funny idea people have. But it's all right, you can give anything to God. Krishna has said that, "You can give me flowers, you can give me water, you can give me this, presents, this, that, I'll accept." But what does He say? That, "Only thing that you have to do is to be one with me. You have to be one with me, you have to be connected with me." And this feeling of connection is so satisfying, is so joy-giving, so nice, which cannot be described in words. Thus, you find your Kundalini is just flowing out with joy for yourself and for others.

Also, the Right Side: ambitiousness, domination, showing off, harshness, cruelties. I don't know how many things there are on the Right Side, but they can be unlimited. I mean, the limit is Hitler, you can say, so far. God knows some other one may come to compete with him, but so far, he is the last word. So all these also start destroying this Kundalini.

I have seen also, the Kundalini of people which is hurt, wounded, just can't rise, is finished. Then I feel that, "Let them take a second birth; only then one can work it out, because it's impossible [for] such a Kundalini to make Her rise." If you are selfish, and you are cruel, then this Kundalini becomes hurt. A good mother feels hurt when her child misbehaves, so this Kundalini gets very hurt. Because She wants you to have your second birth, and She just can't bear it; and this makes Her absolutely incapable of rising. She becomes sick, ill and wounded. So, all kinds of aggressiveness should be given up. That's not going to help.

Because you have come to Sahaja Yoga not for saving money or bargaining or anything. You have come here because you are seekers. I have seen invariably people who have been to false gurus always have this kind of a money-orientation because they must have been lynched completely by the previous gurus, maybe. I don't know what to say.

So, it is we who can rise through our own goodness and beauty. And it is we who can come up to a level of great Sahaja Yogis. Don't keep this power with yourself. It is to be distributed and given to others and make others also very happy and joyous. It's a duty of every Sahaj Yogi to do it. Also, thinking about Sahaj Yoga, not about yourself, is the best way to avoid many problems.

But once they start thinking about Sahaja Yoga, they start thinking about the defects of the Sahaj Yogis. That's not going to help. You have to develop that peace of mind within yourself by which you can become the witness of yourself first. You should be able to witness yourself and see what are the things which are putting you down, because today the world is absolutely chaotic. From this chaotic world you have to rise into a very peaceful, beautiful world and you have to take many into that. For that, you have to have the quality. It's not just you become Sahaja Yogis, put my badge here and all that. In every way, you can spread Sahaja Yoga. But be careful, because one should not feel that you have done a great job. Whatever you are doing is for your own good, not for others.

Now we have to see what a great thing that has happened because Kundalini was a big mystery before. But now it is not anymore, it's all opened out. You all know about it. You know about its powers. You know how you can achieve your highest goal. So, just to balance, just to lead a mediocre life, is not the way a real true seeker of truth should do. But if you are the real seeker of truth, then you should see, "What's wrong with what I have been doing, whatever I have been following?" And, "What I have to achieve?" All the scriptures have said that you have to be the Spirit. All the scriptures had said that you have to be born again. I am not saying that alone. Only thing what I am doing is what they have said I am trying to do it, and requesting you that you should do.

Sahaja Yoga is not going to [be] like other religions where people abuse children, do what they like, make money, this, that, all nonsense, like a mafia! We are people who are chosen and are special people who believe in a good moral life and a peaceful life.

May God bless you all.

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View [online](#).

24 June 1995

Kundalini Can Correct Your Genes

Public Program

Royal Albert Hall, London (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Royal Albert Hall, London (UK). 24 June 1995.

I bow to all the seekers of truth.

At the very outset, we have to know that truth is what it is. It cannot be changed. It cannot be challenged and it cannot be described. Truth is beyond your mind.

You have already heard that the Divine has created a beautiful instrument within you, which exists in all human beings. Maybe because of different times, maybe some of the incarnations didn't talk about it, but most of them have talked about it. For example, Christ has said that you have to be born again. Also in the Bible, it is said, "I'll appear before you like tongues of flames". These are the centres about which you have heard.

For the last 25 years, I have been working on people with Sahaja Yoga. I found it such a tremendous thing that it is not easily believed into. Especially for people who are superficial, who just read books and now feel satisfied. All those people who are critical of everything. Those who do not have an open mind like a scientist, or some of them, who are I must say, are idiots, or maybe mad, or maybe mesmerized. But for a person who is ardently seeking, honestly seeking the absolute truth, Kundalini, about which we have heard, has to be awakened. No doubt about it. There's no compromise on that.

Today we see these flowers here. You know that they had to plant a seed in the Mother Earth and the primule had to come out of the seed and then the plant was created. In the same way, we too have a primule. There's no other way out - it has to be Kundalini awakening.

There are so many cults nowadays. You have heard of one very dangerous one. They are all money-oriented. Even the religions are money-oriented, or they are power-oriented, or maybe they are also sex-oriented. Cults are a little worse than that, I should say because they have no binding force. But all these outside religions have not given us what was promised, what was said, so we have to ask a question - what we have been doing our forefathers have been doing - all kinds of rituals, all strictness, everything - why is it we haven't got that higher state which is described?

Of course, in Indian scriptures, it is very vividly, clearly talked about but there too, people would not accept it. There was a great poet who wrote in the Marathi language, because about Kundalini was written 40,000 years back, in the 6th century and Adi Shankaracharya. But even when in the 12th century [ie. 1200s] this great poet Ganeshwara wrote about Kundalini, they just tortured his life - tortured him, tortured his sister, brothers, everyone who were full of knowledge. So he went into permanent samadhi they say - living samadhi, at the age of 23 years. But the books he has written are of such high-level spirituality. They're so joy-giving and so beautiful. But what people did to him. Is today again - they have started doing to reality, instead of saving people, telling them what is written in these books and what were the incarnations who wrote, instead of helping them to ascend, because this is a special time, which they don't realise. They are so busy with their organisation, so busy with discussions, arguments. Now recently, as you know, there has been a horrible declaration that a person whose genes are not all right, cannot be condemned. So what is the use of any religion? What's the use of having any federal laws? It's all absurd. Scientists also come to conclusions which are stupid.

Actually, genes have as I must tell you little bit scientifically - has a database, and this is in a series because there are nitrogen, phosphate and carbohydrates in a cell. And these series, if they change, then people take to perversity, to the wrong type of life. But if they're all right then a person is a normal person.

According to the scientists, they are born with it, they are inherent, they are genetic - it's not true. It's not absolutely true. They may be, but many people you know, say if your son you send to someplace in America he can get spoilt completely. His genes can be changed.

A father who is a drunkard, his son may not be a drunkard. It's so obvious. Even the chromosomes which are responsible for our body growth can be changed. If somebody's a hot-tempered person his face will change from his childhood to look like a monster. If a person is a monster and if he comes to Sahaja Yoga he looks like an angel.

What happens, actually in Sahaja Yoga the series of these changes, the series of these different things, you see, if they are changed, if they are disturbed - is corrected completely. How? The Kundalini that is within you, She nourishes, She gives the balance, She understands, She knows you, She knows all your past. She is your individual mother and She corrects. We have people here - I must tell you today - we have people who have been criminals, who have been drug addicts of the worse type, who have been drunkards, who have been also we can say, like prostitutes; adulterers; all sorts of people came to Sahaja Yoga and they are like angels. Believe me. They have become like angels. They don't have to fight anything. They have become - means it's an actualisation of the experience. It is not just talking, talk, talk, talk, talk and go and read this book and go and read that book. No. It's beyond words. Adi Shankaracharya has called as [unclear], meaning the web of words - "Oh Mother, take me out of this web of words".

Now all chaotic conditions are existing. You don't know what's happening in this world now. I mean 50 years back it was not such a bad world. But what has happened? With all this advancement, with all this growth, with all this science - well, where are we? We don't know ourselves. You say this is my body, this is my intelligence, these are my emotions, but who is the owner of this my? What is that? And that is what we have to become - that we have to become the Spirit.

It's not like having a certificate, having a born-again - it's just a false certificate. When you are born again, what you feel, you know that now, that you feel this all-pervading power of Divine Love. It is love. It is compassion which you feel. Actually, a human being is the epitome of evolution. He is so beautiful and so glorious, so loveable, but we have made him into a sex point - this Mr Freud and this Saad and all these people. They have reduced him to this level and we accept it. All this we accept. Have you got no brains to understand? Have you got no personality to understand that we just get driven to all these mad people, telling you anything? So, I have to tell you that human beings are so much ready to be in the Kingdom of God. They have to just enter in. They have to have just willingness to do it - you cannot force it on anyone. Can you force a seed to produce a tree? You cannot. It's a living process of our evolution, and now this is the last breakthrough that we have to achieve. But people are so much lost. There was one gentleman who had written a book about the last breakthrough, this, that, and when I met him I found he's completely finished. You can't give him realisation - he's lost with the words. He wrote such a book but he's not seeking the truth.

You should not accept anything which has not given you the absolute truth. With Sahaja Yoga, you know absolute. How? You put your hands out when you have got your realisation. You can feel on your fingertips your centres. Then you can feel the centres of others also. It's not only that you feel the centres of your own, but also of others. Because a new dimension has come in human awareness, which we call as a collective consciousness. It is to be actualised. It has to work out. But if you go on, say, challenging, it won't. Why not have it? You don't have to pay anything for it. It's a living process. How much do we pay to the Mother Earth?

We are so much used to payment - even in the church, even in the temple, even in the mosque, everywhere - we think we should pay. People don't understand that this is a living process of Divine Love. How much are you going to pay for love which is divine?

So, first of all, we should give up this idea that you have to pay for something. Then, secondly, you have to understand that

seeking is not through ritualism - you stand on your heads, or you hit somebody, or you do all kinds of these tantrums. There's no need. You have to be respectable. When you want your freedom, you don't have to do anything, it just works out. Believe me, it works out. No credit to me either, no obligation to me. It's your own. The only thing we can say that in my presence it works out - but then, in your presence, it will work out also. That is how now, do you know, Sahaja Yoga is spreading in 65 nations. And these democracies where we are living, thinking we're very free people - you're not. Just face it - you're not, because we are possessed by money, we are possessed by materialism.

But in Russia, I was surprised, where you should say the government was horrible and they were suppressed and all that, but people have no sense of possessiveness, and they are the best, even their scientists - about 250 people came - scientists, and told me, "Mother, we'd like to hear what you have to say." I started in science. I thought better take them to science, otherwise, how will they follow me. You'd be amazed, they said "No more science. We know all that. You tell us the science of God".

So this materialism has crippled us completely. We want to possess this, possess that. They do not. They were told that you can have your flats. Government is willing to give you your houses and flats. We don't want to look after them. They said, "We don't want, we don't want any flats, we don't want any house - nothing. because we can't look after them". Can you imagine? So in a way, that curse of communism has improved them and this blessing of democracy has created demonocracy. I can see it clearly. You go to Russia. It's very different. You see people who are really, absolutely pure people. How is it in those horrible circumstances, with those sufferings that they have had, they have come out so well and how they can understand that they have to find out the truth?

About everything you can find out, whether it is absolute truth or not. The main point is, if you don't have the absolute truth, any idea you can fix-up in your head and start doing the wrong things. Like Hitler - he got the wrong idea into his head. Say that, I mean, it's funny that, the Jews must be killed. Now he started killing the Jews. Can you imagine? And he said that they are a superior race. By what measure are they superior? What, by what measure? If somebody is superior in this world, what we think of saints who are superior to us? But these people killed small children in the gas chamber and watched it. How can they be a superior race? So they get some idea into their heads that this is something, we are great, we are a superior race, we are chosen ones, we are on the path of Christ. All wrong. Just believing in yourself in the wrong way, we can go to hell directly.

First of all, know who you are. If you don't know who you are, how can we decide, how can you see the truth? Because you are not yourself. You might be Mr Freud, you might be Mr Saad, you might be somebody else. Are you yourself? This is the most important thing. I'm happy you all are here and you are seeking the truth. This is the greatest blessing of modern times, that people are - so many of them - are seeking the truth. But, you should not be misled. One gentleman was writing some very frivolous books, about - I don't know - about all kinds of nonsense, and he came to our programme, I think, and he wrote that "I was waiting and waiting for one hour, but Shri Mataji never came" - because that's the style we have. First, we have to prepare your mind a little bit, soothe it down, because you are now coming from all kinds of problems. So, just to soothe it down, we work it out for one hour. Like that. It's compulsory. But here in this place, one fellow writes against me, saying, "She never came and then She said to take out your shoes". That settled it. I mean that's the biggest crime, I've told him to do. As if I've told him to kill somebody or ... So such frivolous people, how will it work out? It's not meant for frivolous people.

I must say that so many have now got this realisation and are settled, like just like beautiful gems, in Sahaja Yoga, so many, that I'm sure there will be many more who will be coming. Because the first time when I came to England, I had to struggle with seven of them. For four years. And here you will get your realisation in no time, I know that. Because on the whole, it has from all the sides, it's grown, even in England.

So, one has to understand that you don't belong to anyone, but you belong to the Kingdom of God. And once you enter there, there are so many miracles that take place, that you'll be amazed. People have written letters after letters, "Mother, this miracle took place, that miracle took place." And I told somebody, why don't you write it down all this in a book. Within one month he tells me "This has gone over my head now. Both [unclear]. Now You select and tell me what to write". I said, "Better not. Better not write. It's absolutely not necessary." When people will see themselves and enjoy themselves, they will get the best. I mean, I don't know how to tell you, some miracles that have taken place in Sahaja Yoga. It's impossible even to think that such miracles can

take place.

There was a lady in Mexico - this is the latest. She was working in U.N. in America when she met me and she became a great Sahaja yogini. She had great faith in herself - real faith. And when she went to her son, he was suffering from a disease which is quite inherent and is absolutely fatal. Most of the people in her family got it at a very later age, but this boy got it when he was studying, and she was quite worried. It's very surprising, she wrote to me in three letters, "Mother, what should I do? Should I bring this boy there or what should I do, he's so young, or should I come to you?" All kinds of things. I was very busy in these three weeks. She wrote three letters. The fourth letter came on the fourth week that, "Mother, amazingly, they took his examination and test and all were negative. He's completely cured". I didn't do anything. I didn't do. It's the Divine which looked after her because it became like a challenge. I don't know-how and the child is completely cured. It's a fact. I'm not telling you a lie and I don't want to tell you, but I'm just telling you so that you should also try to accept that you have to ascend, only this much. You have to accept that you have to ascend. That will work out tremendously.

There are so many things that happen as a result of your inner awakening. Your attention becomes enlightened. With attention, you can cure yourself and cure others also. Your attention becomes very pure. What Christ has said, "Thou shalt not have adulterous eyes". Such eyes just start shining. You have seen people. They are so much ill, I can't believe it. They wrote a letter of confessions. I never read them. I burned them. Some of them I read and I said oh - they were about to be finished and they are cured. They are all right and they are such beautiful people.

We have to think that we have no possibility of having peace within ourselves, peace in the country and the global peace. We cannot have. Why? Because we haven't felt our peace so far, so how can we have global peace? But once this happens, such friendships, such love between each other. Such pure love. I'm amazed at how these people from 65 countries love so much. I'm very proud of them, very proud, and they have specially come here - about 150 of them from all over the world - just to be present with the British Sahaja Yogis. It's really remarkable and I'm very happy that they felt this responsible. I'll tell you another thing - that the Germans in Austria felt their responsibility that they should look after the people from Israel - the Jews. So they went to Israel. Can you imagine this? Germans going there. Can they even think of that? And the first time when I went to Russia, it was the Germans who first came dashing there. "Mother, this is our place, where we have to work with you".

It's so nice to see the beauty of human nature coming out. We have so many beautiful people. I don't know how to describe them. Their beauty shows every moment and their greatness, their generosity, their sweetness. All our enemies drop out - lust and greed. All these drops. You become a beautiful person, so why not have it? But apart from that, when you are enlightened, you are like one candle which is enlightened and one candle can enlighten many people. That's how Sahaja Yoga is spreading. You will know that you can give realisations to others, you can cure people, you have the power and that is all awakened. And once you get that, you will know you are not an ordinary person. You are a special person who has got all these qualities - full of peace, joy and feeling for the whole world. We have to now think on a global level. We cannot think on a smaller level and fight.

Just now I met a great religious leader of Shias and he was telling me that people are fighting even in England among themselves. "That's the stupidity", I said. They justify it by saying that the Muslims are fighting among themselves and you justify that they are fighting among themselves. If somebody is doing wrong things, must you do that? Is there a justification for that? This went into his head and he is beginning to help us very much in solving the problem.

But there is one thing about these religions - they think they are an exclusive religion, which they are not. If you see Mohammed Sahib himself, has written about Abraham, He has written about Moses, He has written about Christ, and His Mother. Especially, He has respected His Mother much more than in the Bible. Because the Bible was written by this horrible fellow, Paul, and he must have tried to bring a bad name to Her saying She's a woman. Can you imagine? She is a Goddess and calling Her a woman. But later on, people must be the influence of the [unclear] religion, that they called Her as Madonna. They called Her. Not in the Bible. So all these things have happened to these so-called authentic books also because it was placed into wrong hands.

It doesn't mean that there was something wrong with Christ. No, not at all. But to understand Christ, you have to be born again. To understand Mohammad Sahib, you have to be born again. To understand any one of them you have to be born again because

you haven't got that subtle understanding that you get as a realised soul. It's not at all difficult, but what happens, you might get your realisation here tonight. Maybe. All of you may get it. But then, you get lost. Because this Kundalini which is in the triangular bone rises, but again it goes back to cure you, to help you, to solve your mental problems. She does all these things all the time, so you have to keep Her out, you have to keep Her connected to this all-pervading power. For that, you have to meditate. You don't have to do anything else, but to give little time to yourself. If you can't give any time to yourself, what's the use? What's the use of getting your realisation? It reminds me of the parable of Christ, where He says that some seeds fell on the street and some fell on the marsh and they were sprouted and finished. So, you have to respect very much your Self-Realisation. Unless and until you respect your Self-Realisation and go ahead with it, you will not grow. But the best thing that will happen to you, that once you start meditating you'll reach a state of thoughtless awareness, where you will be in the present, which is the reality and you will grow. You will grow into beautiful things. It has happened with thousands, so why not with you people? Why it should happen with you, that you should grow into Sahaja Yoga. When I come, I see the whole hall is filled. When I go away, there are they tell us, hollow hall. "Mother, only five people who came".

So, it's like, My lecture becomes like any guru shopping, you see. "All right, let's today go and see Mother because after all, we cannot go out to the sea. It's all so clouded, so better try this one, we might enjoy". That's not the way. It's a serious thing. It's very important for you. You'll get rid of all your horrible diseases, all your troubles, everything if you really try to be growing in Sahaja Yoga. Otherwise, after some time, somebody comes, "Mother, I have got cancer". Cancer can be cured. We have cured cancer, blood cancer, I assure you. We have done that. So many things have been cured, without going to the doctor's, without going to the hospital. I don't mean that we'll cut the income of the doctors. They shouldn't be worried, because all the rich people are for them. They can take that much money as they like, they can do what they like. But for people who are in the middle path, who are seeking the truth, they don't have to pay - because they are seeking the truth, they are not seeking the money. So, they can get their relief from any kind of diseases and we can show you medically how it works. It can be brought down to the medical level. I studied medicine for the same reason because I have to talk to doctors. And I've found that medical science is very limited. It cannot go beyond a certain point. There are so many things which cannot be answered by medical science, which can be easily answered if you become a Sahaja Yogi.

I mean, you have already heard such beautiful songs. Most of them are English. Now to tell English to even say one sentence in Hindi, it was a big headache. So My father used to tell Me, "Never teach Hindi to any Englishman". It's very difficult. But today I see these Englishmen singing even Sanskrit songs so well. How their tongues are twisting, because Sanskrit is a big tongue twister. How they have picked up the song, the music, you know. I'm amazed at them. Some of them never knew how to sing, even. How they have gone up like that? It's so heartfelt joy, from them, and I'm sure all of you will get your realisation, seriously think about it and grow in it. I think there are many centres in England, especially in London, and you can go to these centres and learn from them. Only thing is, we are not very monied people, we are not very interested in money. So, all our centres are placed in very ordinary things - somewhere in the schools, somewhere like that. It doesn't matter.

Those who are seekers, whether they are rich or poor, whether they are middle-class - everybody is just the same in the eye of God. So, you have to humbly go and develop yourself. You can save the world. England is the heart of the universe. You don't know that. It circulates everywhere. Any small thing happens in England circulates, but the media is so horrible that sometimes I think they are suffering from angina or what. This media can be corrected once they know the reality and work it out. So, your ascent is very important to Me, and I've gone up and down fully from the north to south, east to west and all directions in England because it's very important. People, somehow or other, are in circulation with the British. So British have a special responsibility, that they should not publish something nonsensical without verifying it; nor they should do something nonsensical here, because everything, more than America, is accepted from England. Very surprising. So, the responsibility of English is much more than anybody else, I feel, but I don't know how many are going to see this responsibility.

Now, we have many immigrants also - from India, because English was there for 300 years. So, automatically, there are immigrants. But they are so bound by pounds that they are just collecting pounds. They don't remember from where they come, what is their tradition, what they have to seek, nothing. So you'll find very few Indians, because they are uprooted people, and they are here. They have forgotten their tradition. But that doesn't mean that Sahaja Yoga is something partial. It is not. It's open to all of you. All of you are very much respected and wanted to come to Sahaja Yoga. Sahaja Yogis are trying their level best to

spread Sahaja Yoga. There's no conversion. There's no branding. Nothing. But what happens is that you become a spiritual personality, so easily, without going into any problem. So easy, isn't it? Such remarkable discoveries there, which can change the whole world. So I put more responsibility on the English to do it more, accept it more. Not only to My lecture but to come up with something that is substantial, for your country and for the whole world.

Thank you very much.

Just a minute, where are you going? Just a minute. Now you've come to take your realisation, not to listen to my lecture only, did you? Please.

I have already told you that you are beautiful people - very beautiful, but you must have respect for yourself. You have to love yourself and understand that you have to get your realisation. You have to - it's very important. The most important thing for you is not to get a lottery but to get your Self-Realisation.

[Talking to a Sahaja Yogi about the microphone] This is like some Sahaja Yogis who go on falling down.

All right. Now again I have to request you to take out your shoes. I hope you don't mind. So that you are in contact with the Mother Earth. Those who are sitting on the chair, please take out your shoes.

Now, as you know there are two powers within us. Please keep both your feet apart from each other.

Come forward.

Just have, as I said, respect for yourself. You should not suffer from any inferiority complex at all. So, before we start, I have to tell you that there are three conditions which are very simple, logically.

The first one is that you should not feel guilty at all about anything. As in the Catholic religion, you have to confess, you don't have to confess anything to me. I know you very well. So, now, you should have a very pleasant attitude towards yourself - of not anger or of guilt. If you feel guilty then this centre here on the left-hand side [left side of the neck] gets into trouble and you get spondylitis, you might get angina, you might get lethargic organs. But guilt is a myth because when you committed a mistake you should have faced it and finished with it. You cannot carry it all your life.

I know one gentleman who once used spoon and fork in a different way and all the time he used to tell me, "I felt very guilty in England because I didn't know how to use spoon and fork". Can you imagine?

All this nonsensical thing which are of no importance. Anything you have done, at this moment here is forgiven because this Divine Power is the ocean of forgiveness. It's forgiven, so please forgive yourself and please don't feel guilty. This centre [left side of the neck], if this centre is out of order, how will the poor Kundalini push through.

Now, the second important thing is that you have to forgive everyone. Not to think about whom you have to forgive. Now some people say, "It's very difficult, Mother. It's too much for us". What is it? Whether you forgive or you don't forgive, what do you do? Nothing. But if you forgive, at least you don't play into wrong hands. All your life you have tortured yourself by not forgiving, so now, at this moment, you must forgive. Forgive from your heart, everyone in general, not to think even about them.

Third one again, I have to tell you that you have to take out your shoes. Some people have objection for this also, that Mother asks us to take out our shoes. I didn't say to take out your crown, I said to take out your shoes. That's nothing so great.

So, be in a very pleasant mood to have this ascent into the Kingdom of God. You have never felt this all-pervading power of Divine Love, which is the cool breeze of the Holy Ghost, as they say - and even in the scriptures written by Adi Shankaracharya himself. [Words in Sanskrit.] He calls it [words in Sanskrit] the waves of beauty. But he describes them ... [Words in Sanskrit.] But

it's not very cool, also. It is very nourishing and extremely soothing feeling that you get when you get a connection. So, for that, you have to have these three conditions I've told you.

Now, both the feet have to be apart from each other, because these are two powers - left and right - and the left and right powers, because they are two powers, keep your feet separately. So your left-hand side problems and your right side problems can be taken away by the Mother Earth. That's all you have to do - nothing more.

Now, please put both your hands like this [palms upwards] towards Me. Now, these are the fingers and here the sixth and the seventh point [Mother points to each finger and then the base and centre of palm] which are our seven centres on the left-hand side and in the same way we have on the right-hand side. Left-hand side left, we can say, the left side looks after our emotional side, and the right side our mental activity and our physical activity.

You put your both the hands like this [palms upwards towards Mother].

Now, you have to close your eyes and please don't open them till I tell you. But, before that, I will show you - before that I will show you - how you are to place your right hand, which is for action, and the left hand like this [palm upwards] towards Me. With this right hand, you have to put them in different centres, nourishing your own centres. Maybe many must be already feeling the cool breeze in the hand, many must be, but still, you do it, it will be better.

So now, we'll show you.

First, you have to put your right hand on the heart. In the heart, in the heart, resides the Spirit. If you become the Spirit, you become your own master, your own guide, because you get the light of the Spirit and you know what it is.

Then you put your right hand on the upper portion of your abdomen on the left-hand side. This is the centre of your mastery. This you will learn much more when you come to the centres. They will explain to you much better.

Now, take your right hand in the lower portion of your abdomen on the left-hand side. Now, this is the centre which is surprisingly is for pure divine knowledge.

Now, you take your hand upward onto the left-hand side of your abdomen, on the upper part.

Now, take this right hand on your heart.

Now you put your right hand in the corner of your head, neck and your shoulder. Now turn your head to your right. This is the centre I have already told you when it goes into jeopardy, you get diseases. So, this is the centre, when you feel guilty it goes into trouble.

Now, take your right hand on top of your forehead across and put down your head as far as possible. This is the centre for forgiving others, without thinking about them, in general.

Now, take the right hand on the backside of your head and push back your head as far as possible. This is the centre where you have to ask forgiveness from the Divine Power for your own satisfaction.

Now, stretch your hand, palm, fully. Stretch your palm fully and put the centre of your palm on top of the fontanelle bone area, which was a very soft bone. Don't worry about your hairdresser. Please put the hand nicely pressing, so you push back your fingers, so there's a good pressure on your fontanelle bone area. Now, this you have to move, slowly seven times clockwise. Bend your head, please. You can take out your spectacles if you like and bend your head and move your hand slowly, clockwise seven times.

That's all.

Now you have to close your eyes. Please close your eyes.

Now, put your right hand on top of your heart, left hand towards me and both the feet apart from each other. Now, here you have to ask me a very fundamental question about yourself. You have to ask me three times in your heart. You can call me Mother, you can call me Shri Mataji. "Mother, am I the Spirit?" Ask this question three times, in your heart, not loudly.

Now, I've told you that if you become the Spirit, you become your own master, so please take your right hand in the upper portion of your abdomen on the left-hand side. Here you have to ask another fundamental question, three times, "Mother, am I, my own master?". I have to tell you that I cannot force Self-Realisation on you. You have to ask for it.

So now we take our right hand in the lower portion of our abdomen and here you have to ask for pure, divine knowledge. So ask six times because this centre has got six petals, "Mother, please give me pure, divine knowledge". Humbly you must ask, not demanding, but humbly.

Now, raise your right hand in the upper portion of your abdomen on the left-hand side. As soon as you asked for the pure, divine knowledge, the Kundalini has started rising and we have to open these centres by our self-confidence. Here you have to say with full self-confidence 10 times, "Mother, I am my own master". Say it 10 times, please. Which is a fact, which you will be, but you have to show your readiness.

I've already told you that you have to become the Spirit because you are not this body, this mind, these emotions, this intelligence, these conditionings or this ego, but you are a pure Spirit. So raise your right hand on top of your heart now and say 12 times with full confidence, "Mother, I am the pure Spirit".

This all-pervading power is the ocean of knowledge, is the ocean of compassion and love, is the ocean of bliss, but above all, it is the ocean of forgiveness, so please forgive yourself. Whatever you have done in the past can be easily dissolved by the power of this ocean of forgiveness. So please raise your hand on the left-hand side of your shoulder, on the corner of your neck and the shoulder, and turn your head to your right. Here you have to forgive yourself and so you have to say, "Mother, I am not guilty at all", 16 times. "Mother, I am not guilty at all", 16 times. With self-confidence, you have to say that. Please say it. I feel it again and again whenever we have programmes here, that this centre is very badly affected in people, that they feel guilty.

I've already told you that whether you forgive or you don't forgive, you don't do anything; but by not forgiving you play into wrong hands. So, what's the use of torturing your life with this myth? So now please raise your right hand on top of your head and put down your head. Not head on top, but we can say, on top of your forehead. On top of your forehead. And now put down your head. Here you have to say from your heart, not how many times, "I forgive everyone, in general". Say it from your heart, not how many times. You'll feel much lighter. Say it from your heart, please.

Now for your own satisfaction, you have to ask forgiveness from the Divine Power - not feeling guilty, not counting your mistakes. So now please take your right hand on the backside of your head and push back your head as far as possible and here you have to say, "O Divine Power, if I've done anything wrong knowingly or unknowingly, please forgive me". Now, this also you have to say from your heart, not counting how many times, "O Divine Power, if I've done anything wrong knowingly or unknowingly, please forgive me".

Now the last centre is very important. You have to stretch your palm fully and put the centre of your palm on top of the fontanelle bone area. Now please understand that there has to be pressure on this fontanelle bone area, which was a soft bone in your childhood. Now push back your fingers so that there is a nice pressure on this area and now put down your head. Here again, I have to say, I cannot force Self-Realisation on you. You have to ask for it. So now please put down your head and move your scalp - not your hands so much as the scalp - seven times saying, "Mother, please give me Self-Realisation".

[Mother blows down the microphone seven times.]

Now please take down your hands, slowly and open your eyes, very slowly. You can wear your spectacles. Put both the hands towards me a little higher. Little higher. Now please put the right hand towards me like this [raised palm upwards towards Mother] and with the left hand you can see if there is a cool or a hot breeze coming out of your head [left-hand palm above the head]. Now don't doubt because there's no air-conditioning here in your head. So just see if there's a cool - bend your head - or a hot breeze [unclear] is coming. Some people get it very far, some people get it nearby, but don't touch your head. Keep away from it. Now, please put the left hand towards me [raised palm upwards]. Now, put down your head again and see with the right hand if there are cool or hot breeze-like vibrations are coming out of your own fontanelle bone area. Now it is hot because either you have not forgiven yourself or you have not forgiven others, so please do it now. Immediately it will become cooler. It's done.

Now again, with the right hand again. See for yourself. You can move your hand.

Now please put both your hands towards the sky and push back your head. Here you have to ask another question. Anyone of these three questions, you have to ask one question three times in your heart. Please ask, "Mother, is this the cool breeze of the Holy Ghost?". Second, "Mother, is this the all-pervading power of Divine Love?", which is [unclear]. Or, "Mother, is this the Paramachaitanya?". Ask anyone of these questions three times.

Now, please bring down your hands. Again, put both the hands towards Me. [Raised hands towards Mother, palms upwards.] Can you watch Me without thinking? Without thinking can you watch, because your attention reaches beyond your mind into thoughtless awareness. Some are feeling here, they should move it upward like that. Some are feeling from down below. [Mother strokes from the wrist upwards on the back of each hand.]

Now, all those who have felt the cool or hot breeze on their fontanelle, through their fontanelle bone area or on their fingers, fingertips or the palm, please raise both your hands.

Oh my, all of you have got it. So great. May God bless you all. May God bless England.

1995-0625, Advice, Picnic

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25 June 1995

Talk to Sahaja Yogis

Richmond Park, Surrey (England)

Talk Language: English | Transcript (English) – VERIFIED

In the nature one goes absolutely thoughtless. For me it is such a pleasure to meet you all here under the trees. There is a beautiful atmosphere created by these trees. How much they work hard for us – think about that. All is built-in, in them, built in to produce this chlorophyll, this greenery. All that is built in, in them. But see how collective they are. You have to learn a lot from them. Every leaf is allowed to get the sun, every leaf. How they grow, how they are organized, how they behave like this, nobody thinks even – and what is it working it out in them? They haven't got realization, but how do they work it out in such a beautiful manner? Because they are under the complete control of the Divine – absolutely, they don't have to worry. Even the animals are, that's why they are called as Pashu, means they are under the complete Pash. Pash is the complete control of the Divine and Shiva is called as Pashupati, he's the one who looks after all this. Affectionately and in a very delicate manner. All this is created for human beings. These human beings don't understand that all this world, which is created, is for the use of human beings, not for abuse – but use.

And this is one thing which has to be really felt in this atmosphere, that how they are collective. They have no problem, how they live together creating a good atmosphere for us. How they keep to the cycle – it's a global cycle. First, for example, we can see that the sap rises, then it gives whatever is needed for every part of the tree. Then whatever is left over it can go into the atmosphere or it can go down. So it does not get stuck into one place. This I've told you a long time back that, you should not get stuck into anything. If you are detached then everything works out, very well. But if you are attached, you just get worries and problems, thinking too much about it – your life becomes miserable. But if you are detached, then the nature takes over and it has taken over for these and you feel extremely relaxed then, absolutely relaxed. But when you are thinking, we have to do this, we have to do that, we have to achieve this and you start worrying. So two things can happen. One is, you will get confused – you'll not achieve any results, one thing – and you'll go on thinking, thinking, thinking. And the second thing that will happen is that you will exhaust yourself completely. But if you are detached, then as Sahaja Yogis, you will be amazed how things work out. After getting your realization you should try to detach yourself, by getting into thoughtless awareness. Just detach.

Now see our attachments, after so many things. This detachment you can just practice, that, you can see yourself in the mirror and know that you are not this reflection that you see but you are much more than what this reflection is. And what is that within us which looks after everything, even before realization, which looks after the parasympathetic nervous system. Little, little things you know, it looks after. It tries to keep us on the right path and gives us a conscience. What is that? What is within us that does that? The spirit has not yet come into our attention, but there is something within us, which makes you, think about the truth, to seek the truth, to know that there is something wrong in the society. What is that within us? Can you tell me? God has not left you without his care. There is something that looks after us. Kundalini is sleeping, then it is in our hearts. What do these have to feel within them? It is the Soul, it is a Soul, which lines our spinal column.

Sometimes when people die, or are about to die and they come back to life they always say they passed through some sort of a tunnel, somehow a black tunnel, somehow a bright tunnel, somehow a light tunnel, and all that. This is what is the soul, which is within us, which starts going up and with that our attention goes and we feel we are passing through a tunnel. All right? These souls you can see now in the sky, all hanging. With seven loops you can see them. Only after Realization, not before that. So this soul guides you. This soul has brought you to Sahaja Yoga. This soul has told you that you have to seek the truth and you have to get to the truth. This is also the, I should say, the pursuit, perseverance or the way this Soul gets out to you. You have to seek. Some people really get so restless about it. All this comes from soul before Realization and this soul starts working. This kind of a search that you have had.

When a person dies, then his soul comes out and his Spirit also guides him. So we call it a dead soul, like that. They hang in the air, sometimes, sometimes when they are Realized souls, they need not. They become one with the Divine, and whenever they want they can always be born again. But these Souls who are still attached to something, maybe the children, maybe the house, maybe the drinking habits, maybe something nonsensical, still hang around and they are the ones who trouble us, who bother us too much. They can be in groups, they can be many of different types, they could be with a very bad subconscious activity or could be with the superconscious also. But about this we cannot talk to anybody else, because they don't know, they don't want to believe that there is something like that. They believe in a religion, which says that there are dead souls, and there are bad spirits but that's only in the Church or in the Mosque or in the Temples. But in private life they don't believe that we have all those things hanging around.

Now some difficulties that you face which cannot be solved could be coming from these dead Souls. So the best way to get rid of them is to develop a detached attitude towards life. Now somebody is very much attached, say to a house, or to a building or to something like that. So, what happens these souls who are trying to find out somebody through whom they can satisfy their wishes, enter into you, enter into your mind and then everything goes wrong. You cannot do well, you cannot achieve anything, you feel horrible. Especially with false gurus, you get this curse upon yourself. All these things have to be corrected through detachment to things. What are you attached to? Some people are very much attached say, to their children. Then the children will be attacked by these souls. If you are too much attached say, to your money, then something will happen and you will lose the money. We have known so many people who were multi-millionaires, but the greed was still there. So the spirit, or whatever, entered into them, started telling them "invest here, invest there, invest here" and no money was left. Especially the western business is like that. It goes on telling you "now you invest there" then you invest there and nothing is left with you but loans and debts and that is how you get into trouble. So one has to be very detached about everything.

You know the story of my getting into business of terracotta. It so happened that, you see, some of these big Johnnies from Delhi, who are retired, thought they must still serve their country by having export. But they cannot carry on with each other with their bureaucratic nonsense. Everybody thinks that they are the best. So they fought and the whole firm broke up completely. But still my husband said we will have our own, and so many of them had their own, I don't know what they are selling. So, I asked him "what will you export" he said "fans", I said "Fans to where, to Switzerland? – exporting fans?". Like that, he told me various things, which are all to be imported, not to be exported. So he said, "What will you export?" I said "I'll export terracotta", he said "what, it's clay!, that's clay! – "that's what I'm going to do." But, I don't know banking, I don't know anything about business, nothing, I'm so detached about it. I don't know what it is like to do business. So that headache I don't have, but terracotta is selling very well everywhere because I know that now people want hand made things and they love it and it is doing well. And then I'm helping some people in a far-fetched village, or villages, who have only one cloth to cover their body, one cloth. So it helps by also charitable nature. Also a global need today that people should use hand made things. It is working out very well, you would be amazed. It is working so well. I don't understand anything of business, but it is alright. I don't have to know anything about it, it's just working out.

So, the detachment that I have about it...like somebody said, I gave so much money to Shri Mataji, so Mr. Shrivastava asked "who counted? She doesn't know how to count!". Really I don't know how. If I have to count thousand, I count two thousand. I don't know what happens to me. Otherwise I'm good at mathematics. But when it comes to counting, my fingers just go on slipping. I don't know. I don't know how much money I have in the bank. Never: It's terrible with me. I don't know how to count money, I don't know banking, I don't know how much money, what is the return, how much I have put in, nothing. I'm buying things whatever I think are good, hand made nice things and they are selling, I don't know if they are selling for the same price or a more price, I don't care. I have taken no headache upon myself. No headache of any kind.

It is such a pleasure to see these poor people making something so nice. It's such a pleasure. Everywhere. In Russia they make such beautiful things, Bulgaria, Turkey. Turkey is another great country, I must say. They are so capable, they make the best terracotta. Better than even the Indians, in a way. You can cook in them food, you can wash it, you can do what you like. Such capable people are there. But in these modern times you see, they are not successful, they have to have computer, you have to have competition, you have to do this.

So if you develop a detachment, through thoughtless awareness, God will take over, he will do your work. He will look after you. You should have faith in God that is the main thing which people don't understand what it means to have faith in God. That He is almighty, He does everything, He looks after everything, why should we worry? This is a very good way of life, is not to worry. You have gone beyond now, you have gone beyond time, you have gone beyond all the three Gunas, you have gone also beyond thought. So, whatever you have been through, your thought waves and through your mind, you can stop it. In America I gave realization to one girl, she had a shop. So she told me one thing, Mother I knew all about my things I had, I had a complete list with me, I knew this way, I knew this way, all that I had, clearly – now I don't care. I don't know what I have in my shop. "What is the result – I am making big profits", she said. I said "that's the best thing that you are making big profits, after all what is the use of carrying all the load on your head and making no profits."

So one should be prepared to surrender completely, absolutely to the will of God. Whatever he does is for our good. Say, for example, yesterday in the programme, I didn't want people to have rain, that's all, I didn't say anything to anyone, it just worked out that it was cloudy so nobody came to this park. Nobody came out for a holiday, nothing, they were all jolly well there. Otherwise imagine how could I have worked out this Sahaja Yoga, in the west especially. It is an impossible situation but it has worked and it is growing and people are enjoying it. But it was not any kind of a, what should I say, a deliberation, a worry, nothing of the kind. It all worked out and it is there, you can see it very well.

In the same way you also should not worry about anything whatsoever, any worry comes you just say "shut up", any worry comes up just say "no". Don't worry. See there are mothers who worry about their children, I get such thick letters you know. Such thick letters I have no time to read, I don't know. Ultimately the whole thing you read is about their children. Before Sahaja Yoga perhaps they were not so much attached to their children, perhaps. But now after this they are glued down.

Then there are worries about husband and wife, which is very common nowadays. There's a husband and wife they say they would go to Ganapatipule and there they get into the mood of marrying. And as soon as they come out of Ganapatipule they don't want to marry. So what is this? I have known many kinds of mad, but this kind I have never known. It is very difficult. There they are so enthusiastic with this thing, they apply, they give you a big list of people, four hundred applications and then they suddenly declare now we don't want to marry! But if it is mutual it is better but one will say I don't want to marry. Some English girls have misbehaved very much. So much so that now the names of English girls is cancelled, they are like black-listed. We don't want to have any more English girls.

Surprisingly, how can they be like that? You had such great writers as women, I have read them. You have had so many people like even Shakespeare, always praised women. I can't understand why should you make this kind of a mistake. If you don't want to marry, alright don't marry. Then if you want to marry then at least know what is your responsibility as Sahaja Yogis. Complications after complications. I'm not saying only from England but more from England.

I have told you before also that this should not be done. There are girls who are not married for say 34 years, 50 years – still we find boys, I mean some older people for them also. And then after that suddenly you find they say no, we don't want to have this man we want to have another one.

English men are very good husbands, no doubt, but they are like cabbages sometimes. That part I don't like. Sometimes they are really cabbages.

So, one should understand that as a husband you have to get things corrected. And as a wife you are a part of the society, which you have to not only, create but also to preserve and to advance – is the duty of women. They don't know what their duties are, and it's not their duty to work like secretaries or some sort of politicians. What their main duty is to become a very active member of their society. Of course we have some very great ladies, I shouldn't say that, it's not that we don't have, but some of them are exceptionally funny, they don't realize that marriage is not meant just for a kind of a shopping centre. It is a mission. It is very sweet to be a wife and to be a mother. But they lack sweetness for small small things if you are going to fight, alright then

you had better not marry in Sahaja Yoga because you tarnish the name of Sahaja Yoga, which has given you realization. So you must know how to manage your marriages, and to do some justice.

Of course, in Sahaja Yoga, we have divorce. We allow people to divorce if they want, because it is a question of freedom. You can divorce anyone you like but it is better to make your marriage successful if you want to help Sahaja Yoga.

Another problem, which always crops up sometimes, which is very dangerous. Like somebody has the habit of forming a group against the leader. We have had recently a very bad case from America. Wherever she went she formed a group against the leader. And was creating such a problem, so I told her "now you go back to India now, we have had enough of you." She wouldn't go. She went to commit suicide. Two miles she ran up to the River Hudson. She didn't jump of course, she didn't jump. And nobody threw her in also. But she was threatening I'm going to commit suicide and she took some panadol or something, with that you don't die, must have been some aspirin, must be something like that, but she didn't die. I don't know if she took it also. So all this tantrumism, you are going against yourself. What is the use. When I told her you go back to India, now we don't want you here, she did all this...she said "I will not go, I'll do this, I'll do that." Her father got such a big heart attack – she had to go – next day. I didn't do that. I would hate to do such a thing. So she had to go. I said, "let her jump into the Hudson River and finished".

So this kind of tantrum nature of women is very bad. You are deceiving yourself, you are Sahaja Yogis, you should know how to absorb the problems, you can. You can pacify, you can cool them down. You can do everything, you have the power. Women should understand their own powers, it is very important. Because they don't know what powers they have. I am a woman myself and if the women start behaving like this, it's very difficult. Also some men have this habit that they start forming a group.

The third type some of them who maybe leaders or maybe something, maybe leader's wives, they become extremely dominating, somehow or another, it's kind of a bumping station they are nearby or something. The whole air goes into their ego and they start, see, like floating in the air and kicking everybody around. Now, this kind of a thing is also a sinful thing to do. Because you are the wife of a leader, you have to behave. You cannot try to hurt people and trouble them because you are the wife of a leader. Actually, according to Shashtra, there are five mothers we are born. One of them is the wife of the leader, wife of the Guru, is your mother and she has to behave like a mother. She has to treat all the disciples like a mother and if supposing the leader is angry or upset with someone, she should try to soothe him down, she should try to talk to another person and say see now, this you should not do. This is her job. Not to dominate others. They are doing just what they are not supposed to do. So, if anyone of them have problems and he cannot talk to the leader he'll go to the lady and tell her, see this is the situation. And then she can really bring you down.

I remember one case in our life, it was really remarkable, my husband had somebody in the office who went out to another company, because this was a Government company and was not paying him so much, naturally, he got a good job so he went to another company. But he didn't like it very much the way they were doing some things. So he came back and he asked my husband that, "I want the job back". He said, "You get out, I'll have nothing to do with you. Why did you leave the job?" So he didn't know what to do, he tried but that didn't work. So, he came to me. And he told me that, see I want to come back. I am a very good officer, I have done a very good job, but it was stupid on my part to have taken on another job, which I hate and I want to come back and serve my country. So when CP came home, I told him that, "This gentleman came to see me". So he came to the right one you see. He said, "Now, are going to eat my head off?" I said, "No, I'm just telling you he came to me, because he thought I was more generous than you are". He said, "What?" I said, "Yes". "I'm no less generous" (CP). I said, "All right, you do what you like". So, the next day he gave the job back to him. So the job of the woman is much bigger, much deeper, and much higher.

My husband had at least one hundred relations, very close. He told me that you have to look after my people. Then he got so fed up with me he said "I just told you to look after them, you're making them sit on my head now". I don't feel that way. Not only those hundred but hundreds of their relations also I tried to help, as far as possible. You see this is something so satisfying that when I go to Lucknow they all come and see me, no one comes to see my husband, never. So, you see, you create a committee of your own. Your own community you also produce out of that. They are your own. If you need anything they will be there to help you, they'll be there to look after you.

So what is most important is to just love and try to please others. If women can do that they have achieved their womanhood. All the time telling against somebody to your husband, all the time criticizing somebody to me, that's not the way. On the contrary, never tell or complain about anyone, unless and until that person harms you. And always tell something nice – that's the best way. For example, somebody comes to tell me about somebody "Mother, see he did this to me, he did that." So I tell him a lie, and say, that's allowed, and I tell him "now I don't understand how do you say things about him. He was just praising you all the time. For one hour he praised you." Finished. Really, they trust me. They think I'm telling the truth. That's how you can run the family, you can run everyone around and Sahaja Yogis.

The first thing the women must know they have to become compassionate and loving. Their main power is in compassion. I think that is my power too. Why are you here? Some of you can't even hear me, but you don't mind sitting down here. It's just love. Just love, you know. It's so great to feel you know, this beautiful atmosphere of love, give and take. What else can we give each other? This is what I'm trying to tell you that this is the heart of the universe. What does the heart have. Compassion and love and enlightenment. So we have to understand that it is only through compassion you will be satisfied.

I've known so many people in this world who are very great, who think no end of themselves, who are very well known, great writers and I don't know what else. All kinds. But they always complain that nobody comes to see us when we are old. I said it is the other way around here. The older I'm becoming, I've more visitors. Nobody seems to know about my age. They say "how do you do it?", I said "just love, just compassion, just pure love, nothing else". But they never loved anyone all their lives, and they lived like this. So now they are lonely, they are alone. They are talking to their fridges. Can you imagine, they talk to their fridges now. You can't purchase a friend like that. You see, so this is a situation in which no Sahaja Yogi should land. So you should see how much collective you are, how much you help each other, how much you are kind to each other. This is very important to introspect and find out, more than anything else. It doesn't matter if your vibrations are bad, doesn't matter, they will be alright. But first your attitude has to be alright. In Sahaja Yoga I see people who don't have good attitudes, can never progress.

Love should be pure. If you have love for someone you won't see bad points of the other person, never. You will always see the good points of that person, always support that person. Sometimes I'm faced with such problems that there are people who are to be told, so I prepare myself first. Before the mirror – "I'll stand up and say like this, I'll say like this, I'll say like this". When the person comes in, half of it is lost. When I'm talking about 25% of this gets lost, whatever, 25% I have left, I tried it. It's very easy to give up that than to keep it, very easy. It is better if you practice that, I'm sure. So little, little things you can suggest to them.

Like yesterday, you know what a nice present the English Sahaja Yogis gave me, was a beautiful miniature of Royal Albert Hall. Can you imagine, beautiful. With handwork on that, beautifully done, so beautifully done. It really, it was so from the heart, because I loved this hall somehow, since long. And shows the Queen Victoria, for whom I have such tremendous respect. Like she built it in the name of her husband. This kind of thing shows such a deep reverence for her husband, love for her husband, and she remained like a widow, when he died, throughout. She didn't attend any functions, nothing. Like an Indian, we don't, the women. And she enjoyed her widowhood. She was all the time with it and she did so many good things after that. She's the one who created all this terracotta patterns you see around. She, in the seclusion she became extremely creative. But she was a deep person, and I think her example should be a good example for the, especially, the women of this country. It is very, very much a personality, which is respected, especially in India, very much. You know in a riot there was a statue of her, her nose – somebody had cut – and all the newspapers and everything and everyone went with the banners "who cut the nose, how dare you, how dare you do that" and they saw to it that it was put back. See, she's a woman who is adored by a country, which was under her domination, in a way. But this is what is the personality of a woman.

We have to understand what we can do. When it comes to war a woman can become like Joan of Arc or if it is not, it is in peace time. She prepares for neutralizing wars, for bringing peace. She's the one who is the creator of peace. She's such a powerful thing because that is the real power. Not in doing some sort of a work like men and competing with them. But a deeper potential that you have. Use it for creating a very compassionate and beautiful place. In the field of peace, of global peace and bringing this compassion into action. It's possible because you are all Sahaja Yogis.

Husbands also must respect their wives. Very important. Where women are not respected, calamities come in – like Bangladesh. See Bangladesh is full of calamities because they don't respect their women. Pakistan is full of calamities, now there are wars going on, this is going on, because they don't respect their women. What about Saudi Arabia, always in threat of wars. What about Iran. All these countries where women are not respected they are in trouble. But women also must respect themselves, not like the women in the west the way they throw themselves at the men. Why should you try to attract men all the time? Why should you try to be all the time dressed up that they should run after you? Why should you run after men, they should run after you. See this one is a culture which really debases women to I don't know to what level. They are not prostitutes!! So we should have our own self respect.

I have told you of 3000 women who committed suicide in India because Muslims were going to invade so they burned themselves suddenly, just to protect their chastity. So the power of the woman is compassion but her vehicle or we can say the one that works out is her chastity. We should respect our body, respect our husbands, respect our children, respect everyone. That's important. It's very important, very complimentary, men and women are complimentary. Just like I always say that say, for the west though they have done very well in the Science field, the blacks are very complimentary because how can they win their rugby's if they don't have the blacks, what about losing – all these things are complimentary.

So we are a sum total as one – we have to have Indians also here, we have to have English also because we are all complimentary – like the left hand has to have also a right hand – it's like that – it's all a sum total together. But if you see complimentary powers like left side is complimentary to the right side. But they cannot be the same, they have to be opposite – otherwise how are they to be complimentary. So men should respect their wives and the wives must respect husbands because they are complimentary and in a proper way we have to understand the importance of married life in Sahaja Yoga. I spend so much time on these arrangements of marriages and this and that – you have no idea. If I could be spared of that I can write one more book. Because first, you select, then you marry, then you get all the changes – this, that, letters after letters. All the leaders – leaders are always worried about individual cases, always, they will write to me “Mother, there's a problem, this woman doesn't want to live with him, then this man doesn't want to live with her”. I mean, you do something and then suddenly what you find is there are problems out of that. There are even worse – the whole year they will last – then comes another marriage. These people – I spend so much time on this. Now, this time those who don't want to marry should not marry, and if they marry and do like this they will never be allowed to come to Sahaja Yoga – finished. (Gap in tape) They think they can do what they like – both of them are to get out of Sahaja Yoga and get a divorce – and then they'll blame Sahaja Yoga. I say so because I have had lots of problems from all over the centres, all over the world.

So, now under the tree we have to promise, because they are living beings that we are not going to do all such nonsense and we are not going to create problems among ourselves and we are going to live very happily as husband and wife and enjoy life. Of course, there are very difficult cases, alright we can work it out. There could be exceptions, but out of hundred marriages, if the sixty marriages fail you're better not to have it. And they discover after three years, somebody discovers – or four years – so God knows what is going to come up – it's very difficult. So it's not a marriage, what you call institution, it is a thing for having these great souls, which want to be born to you. For that we are having marriages but if you do like this then it will never work out. Or if you want to have divorce then at least no more marriages. Will be good idea.

I am so very happy to see so many children here. All are beautiful, born realized, sweet things and so joy giving and we should really know that between 10 to 15 years you will see the force that is coming out and they'll correct you. They will remove all of your complications. So allow them to grow, allow them to be grown-up Sahaja Yogis and then you will see the difference. How sensible they are. How beautiful they are. Support them, help them, understand them. Some Sahaja Yogis who are lost to Sahaja Yoga I know that the children are dynamites. Let them grow they will put them right, I know that. So we reach to a point to understand that now we have to move a step forward. Forget about all these nonsensical things and petty things and useless things and your problems. What are we going to do about Sahaja Yoga. We have the powers to go one jump higher and this will work. Everybody, must think on those lines and I'm sure it will work out, very sure it will work out.

May God bless you all

1995-0715, Evening Program, Eve of Guru Puja

View [online](#).

15 July 1995

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Transcript of a talk from video 2:52:51 missing

[Performance given by Amjad Ali Khan]

Shri Mataji: I don't know how to thank Khan Sahib, Amjad Ali Sahib ...I mean it is such a great honour to us that such a great artist should come all the way, to this far-fetched place like Cabella and entertained us with his magical music ...No words can thank him. I just told him in London that if you can come to Cabella, You will find a beautiful, peaceful place where you will enjoy playing to so many of us ...We haven't got such a lot of money. We are not very rich people. Because as you know we don't take any money from anyone And whatever small we could do for them, We have tried to do it ...I hope you don't mind ...Whatever is our small offerings to you is out of love and out of great admiration for your work in the field of music & your two sons ...I am very proud of them that in this young age they have picked up so beautifully, and they play so well.

Normally you can not find, such talented children's at this age ...You should be a very proud father of such great children & also their mother is very proud of them. I must say that this music is so great and so surrounding the whole atmosphere. There is difficult to describe it in words which are rather poor to express our feelings One thing only we can have is the report of so many of Sahaja Yogi here. As you were singing about the bhajan which was for the people -'Vaishnav Jan' & these are the 'Vaishnav Jana's' sitting before you ...as a dream of Gandhiji ...We have people here who have never learnt classical music not even classical ordinary Indian music, for they haven't known what 'talas' are, What 'ragas' are nothing...And suddenly how they have become so receptive ... of this great music and how they enjoy it, is a sign that they are all very involved people ... their spirit you see... is the one who listens to this music. You must be knowing that Indian music comes from spiritual authority. All the great saints and seers of India have created this great music from 'Omkaara' as they say ...This music is something I always felt should go round the whole world ...It's happening today with all of you sitting here & enjoying it. They do not enjoy it because it's out of the thing forced on them but just from their heart they are really enjoying it from so many countries We are people here I don't know how to give you the list of the people who are here really ...But they all are of different walks of life and some are very eminent people, very well known people and all of them have just joined together with your melodious music and have enjoyed it thoroughly ...I bless your children many time ...I hope they will carry the flag of your family onward and they will show to the world that the music is very important than anything else ...Also, I am very much amazed at our new guest -[unclear] It was just a chance they came here We had booked another gentleman called Gurminder and he was the one who was to come here. I had heard him about -He is also very great ...And he had played with /Khan Sahib before ...So we have arranged everything but he was in India and then something happened that he could not come ...We are so lucky to have a new person here, Who really has charmed all of us And is something a new find And I hope he will, again and again, oblige us and come here to play music ...Because London is easier you know... to organize then to organize somebody from India.Because if from India somebody doesn't come then we are lost ...We don't know what to do? So best is to arrange something and I must thank all the Sahaj yogis Who have been able to find out such a diamond for us. So all was very beautifully done. And We all enjoyed And I really still don't know how to get out of it. May God bless you all! And bless these great artists at the way they are doing such a great service to this art which is Indian Music, Which is of a very high quality you can see it ...and unless and until you have real 'Tapasya' you can't do it. I am amazed that these children -They must have got it from their previous life as our saints. The way they are, are absolute prodigies. They are not normal people to have these talents at this young age But there should respect their Music and they should really become great Musicians. Should not be bothered, that what this world is going about ...Because this is something the Music is going to come up ... very soon you will find ...See already we have so many people who are enjoying this Music So you should be really put attention to it & you have such a great father. We also have very good music before from the

Romanians and you are all waiting for them to come and they had such a good job of it... That despite all the people dancing and doing all kinds of noises they were still singing so well ...And they have composed some of the music when they don't know our language. Still how they have played is all miraculous ...I think... it's really a miracle...Then We had a new musician, whom Baba Mama has brought ...[unclear/Shivlikar (name)] is the other one I must say is another prodigy. At such a young age he played the sitar so well constantly he kept us, constantly he kept us entertained ...And so well I was amazed ...He must be also in previous lives must have been some 'ustaad' as I have said ...

So We have a very nice, beautiful combination of such a beautiful music today & this Guru Puja has already I feel has started the way -The whole place is echoing with beautiful notes and singing. Thank you Very Much all of you ...Thank you ... May God bless you. Thank you.

1995-0716, Guru Puja: Watch Your Mind and Attention

View [online](#).

16 July 1995

Watch Your Mind And Attention

Guru Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Guru Puja, "Watch Your Mind and Attention", Cabella Ligure, July 16th, 1995

It is a very important Guru Puja today because we have completed twenty-five years of Guru Puja.

(Hindi: "Please put the fan in the rotating manner".)

Also, it is extremely beautiful to see so many Sahaja Yogis who are, really have become, very great. It's a question of understanding what Sahaja Yoga is.

Is a very unique discovery, I feel now, that people who were seeking the Truth have found it and have now got it absolutely on their central nervous system. Yes, in some places it's difficult to explain how it has happened, how it has worked out and how, in these twenty-five years, we have been able to achieve this expansion of Sahaja Yoga.

The main thing, I feel, is that you all should know that as the tree grows, the roots have to grow much deeper and they should spread also. If it doesn't happen, the tree cannot be sustained only by Mother Earth. So the roots are in your own life, in your own heart.

When we say we have become our own Guru, we should really try to find out with our introspection: Are we our Guru or not? Because, before this your mind was on one side and your heart was on another side and your attention was in another dimension. So, these three things were creating confusion within you.

If you understand a human being, then you will be surprised to see how these three things act separately in a human being. And sometimes they fight also. First is your intellect and your mind, second is your heart, your feelings, your emotions, and the third one is your attention. In these modern times this confusion is the worst because all the time your attention is outside. It could be towards beautiful things, or beautiful women, or beautiful men or all kinds of nonsensical way of wasting your energy. Such attention then is absolutely like a horse which is let loose. You cannot control such an attention. And this attention runs wild from one to another.

It's a fashion also. It's sort of a very popular thing to keep the attention moving all the time. But this attention that has to be towards the Divine, towards the Almighty, is just being frittered away. Thus, attention doesn't grow its own roots. First is to find out about yourself: where does your attention go? What makes you feel like looking after or concerned for attention? You see, the attention comes from various problems, and could be your upbringing where you are not controlled, could be your education, could be your atmosphere in which you live or could be your own ego or your conditioning.

(Hindi: "The water is maybe a bit too cold, that's why. What is it, tea? Is it hot? Pour it here, I'll drink it. That's fine".)

So, this attention is being attacked by all these outside energies or negative forces and it gets entangled - like a river flowing straight into the ocean can get lost in a barren place. In the same way this attention, which has to go towards the Divine, gets frittered away and is vanished. This weak attention cannot take you towards the Divine. Ultimately you find that all this attention is being completely absorbed or frittered away by the nonsense that's going on.

Unfortunately or fortunately, you are born in these modern times, and in these modern times, as you know, is a very chaotic condition. In these chaotic conditions, you don't know what is right and what is wrong. And there are all kinds of attractions, which can take away your attention and reduce the energy of your attention.

It is possible more for the people who are very right-sided. Also the left-sided people can be very much affected. Right-sided people, as you know, go up to a point and become extremely dry, self-opinionated and aggressive. All their attention is in aggression, while the people who are on the left side are indulging too much into their own whims and their desires and their own temptations. Both sides can fritter away your attention which is the most important thing. It is the most valuable thing is your attention. But the attention cannot be controlled by a person who doesn't have a weak mind or a weak heart.

Now supposing you take somebody who is a very intelligent person. The intelligent person puts all his attention in capturing the attention of others. I don't know why, but it's a kind of a paradox. The person who himself is having such a lot of aggressiveness and all that, tries to be very sweet, tries to be very nice with people just to keep good relations or, we can say, the good behavior towards people so that they pay attention to that person. This is a very subtle thing. They are not even aware about it, that we do such a thing just to make others pay attention to us. That is how we have seen that in these modern times so many stupid things people do just to attract the attention of others. Most of the fads that had come up in modern times are just to make something stupid so that people should pay attention to them.

Of course, the Sahaja Yogis are not like that. But I am just pointing it out how, in the modern times, you have to be very careful that you should not try to attract the attention of others. Instead of that, what you have to do is to pay attention to others in a very subtle way, not with any expectation that if you are paying attention to somebody, that person should pay attention to you. It's a very big struggle, I've seen, in Sahaja Yoga also, that people try to, say, become very popular or become very outstanding, or something of a very great qualities, to show off that they are something better than others.

A person who is really in connection with the Divine, is least bothered about how people pay attention to that person, but automatically the attention of such a person is on others, which is very , very subtle, very subtle. You cannot make out that the attention of such a person is on you, but it works and it works beautifully.

We have to understand that we have now come to the realm of the Divinity. We are in the Kingdom of God and we are divine people. We are very powerful people, but if we fritter away our attention, we become very, very weak people. Is easy to feel that we are Sahaja Yogis, we have done so much of realization of others or we have helped so many people. All this consciousness if it comes within you, then know that you are still not fully developed Sahaja Yogi. There should be no consciousness of what you are doing or what you are committing. There is no need to boast about it. There is no need to advertise it. Whatever you are, is already, can be seen by everyone. But even that desire is not needed because you are doing just for the satisfaction of your Spirit.

So then, when we come to our heart, in the heart resides the Spirit, as you know very well. Now when it is the heart, which has to work over your brain and which can work, what becomes of you is nothing, but you become a source of love and compassion. A source, I am saying. You do not assert on others. You do not say that, "I've done so much for you and what are you doing to me? What is this that I should have so much expressed, in so many ways, and here you are, you are forgetting me and not doing anything for me?" So the expectation of reward if it is there, then you must know is your mind which is giving you these ideas and is working it out that way that you just now put attention to the amount of love the other person has given you for whatever you have given to another person. Is very subtle.

So in Sahaja Yoga, you should see now yourself as just a source of love, which is just flowing. In that, you do not say that you have to have this or that, or you have to achieve this goal, or you have to become that. Is finished now. Once you have become the source, then how can you become something? The thing is, those who are receiving from the source want to have some sort of a reward or some sort of a recognition. In this subtle way if you move, your mind is very clever. In Sahaja Yoga, we have very

clever, intelligent people. But this mind... You have to be very careful because this mind can cheat you. So ask your mind, "Why are you in Sahaja Yoga? What is the purpose of your Sahaja Yoga?" Gradually this mind will shut up.

And then, you have to ask yourself that, "What is my own desire now? What do I want? What do I want to achieve? Why I am in Sahaja Yoga?" If you ask this question, you will see you'll just dissolve, you'll become thoughtless because there is no desire left now.

There is no ambition left, no competition. All these qualities are of the brain, or we can say, of the intellect, which makes you competitive, which makes you also jealous. So jealousy is also a product of this competitiveness because when two persons are competing or many are competing and one is selected, others become jealous. I mean instead of feeling happy, "All right. So, one of us has become something, so we should be very happy that he has become." On the contrary, the other people feel jealous, "Why has he become? Who is he? What does he think of himself?" Then they go further. Not you people, but on the whole, people go further with it and what they do is to harm another person.

In Sahaja Yoga, people are also sometimes very worried and frightened. There is no need to be worried or frightened because now you have become a Sahaja Yogi and a Guru. Nobody can touch you. Anybody who tries to touch you will be subsided, somehow or other. Of course, I don't do anything as such. But today only I heard that in Turkey there were two newspapers who were after Sahaja Yoga, writing all nonsensical things. So, the first one met with an accident and died. I didn't do that.

The second one had two people, editor and sub-editor, were killed and somebody cut their throats. Of course, I didn't do that. Some fundamentalist must have done, or somebody must have done. Now, we don't have to worry as to who criticizes you, they say it about you because you must know they are blind people. They are absolutely blind, they are not matured as far as the wisdom is concerned. For them to understand Sahaja Yoga is not possible. They go up to a point and then they stop. They cannot go further because this dissolution of your being, as I said, "the drop becomes the ocean", is difficult, specially in the West, where there are so many ideas of their own identifications and of their own personalities. Now, it is quite, again, a paradox that we don't want people to dress up indecently or we don't want people to behave indecently. Decency is a very big part of Sahaja Yoga.

So one can ask that, "Mother, when you say you have to completely dissolve, then why should we have this dignity? Why should we worry about having the dignity?" It's quite all right. This question is all right. The answer is like this: Supposing, you put a drop of some filth in the ocean, then the ocean can become dirty. If you put some poison, then the whole ocean can become poisonous.

In the same way, whatever is not congenial to the ocean, to this Divine power, should not be done. Otherwise, you will spoil the whole of it. We have had experiences. We have had Sahaja Yogis who were leaders also, and they tried to be quite funny and the whole collectivity was spoilt. One person who is not a good person can spoil the whole collectivity. The one who is then a leader, on top of that, is even worse.

So, one has to understand that when you are becoming a drop of the ocean, this ocean is the pure ocean of love. In that you should not do something that will create repulsion, frustration, or even sometimes it can create a very grotesque image of the whole ocean. That is why we have to be decent people, decorous people. It is not that in any way we want you to be like a dandy people or anything, but what it means that you must respect your body, respect yourself and a respectable personality you should have.

Too much indulgence to that is not proper but it should be such that you should respect yourself. It's very important. If you cannot respect yourself you cannot respect at all the Divinity within you. It's like a decoration of the Divinity that your whole behavior, your whole attire has to be in such a way that people should know that he is a decent man. Indecent things have come out and have become now an everyday fashion. And they go on coming one after another because of the entrepreneurs, and we are playing into the hands of entrepreneurs.

But if you know what dress you have to wear and what is good for you, once and for all you have to decide. Now the attention should not be also wasted in that "I will today, I will wear this kind of a sari, tomorrow I'll wear that kind of a dress, third day...", because that also spoils the attention. But if it is a decent thing, it's perfectly all right, and that will really make you feel dignified within yourself.

In modern times, as the people are, I don't think they have much respect for themselves. You see very highly posted people, highly placed people doing all kinds of nonsensical things like cheating, like having relations with people who are of dishonorable position. All this is happening, if you see in the newspaper, you are shocked how these people at the helm of affairs could be like this. Because they are still not matured enough to know where are they, what is their position, how they have to be. If you are matured enough then you will understand that, say, I'm a housewife, I'm such a minister, I'm prime-minister, how I should be. That all that achievement they have outside remains outside, doesn't go inside.

But for a Sahaja Yogi it should be absorbed within. It has to be absorbed within so that the attention is not wasted too much.

The another part which one has to see is the heart. Some people are saying, "Mother, if our heart is ruling the head, then we become too much emotional, we get too much attached to people, we get, you see, sort of individual friendships and things like that." On this point, one has to know that why do you get attached to one person? It's not your heart. It's not your heart. You get attached to a person because you have some sort of a, we can say, a relationship, maybe. Or maybe, you like the hair-dress of that person. Maybe, you like the dress that person has. Something outside quality is attracting you towards that person. It is not something inner quality that is attracting. For example, if you are attached to your children too much, you will spoil them. They will not come up to your expectations.

Anybody you get attached to, you must verify, why are you attached to such a person, what is the reason? Now, in Sahaja Yoga people are attached to each other very much, I know that. But it is not for any external reason. Because somebody is rich, because somebody is famous, because somebody is doing some sort of a extraordinary work. No. They are attached to that person because that person is a bundle of vibrations, that it gives you tranquillity, it gives you joy and it gives you a kind of an immense dissolution of your being.

So, that happens when you are very much there, as I have told you the story of once this potter was kneading the clay and his name was Gora kumbhar, and when Namadeva, who was a tailor, but very well known poet, both of them were poets, he went and he saw this potter was doing such a, I mean, it was not a very respectable work he was doing, he was busy kneading the clay, he looked at him and what he says that "I have come here to see the Chaitanya, to see the formless. But what I find that the formless has got into a form."

This only, I always say, is only possible between the two Saints of the same level. That the way they appreciate, that the way they feel - there are no words for what I want to say - but the way they feel the oneness, the unity, which is a subtle one between each other. Such a feeling if you have for each other, then know that you are really now dissolved and you are in the ocean of joy. But on the contrary, those who are sitting on the shores cannot feel that. They judge, they try to find out what's wrong with that person, this is not so. They can never appreciate another person.

What they feel is that they have a right to criticize, to find out faults with others and that they are something special. And the other person also finds some faults with this person. So it's a faultfinding society I find sometimes. And you get fed up with it. But when you see that the another person who is there, the person who is another saint, you feel such rapport, such oneness, such a spontaneous feeling for that person which is absolutely pure.

There's no expectation, there's no mental activity to find out what's wrong with that person. There's no judgment about what he, the person is like, but just oneness with that person you feel, and you feel that your quality of your love has got a new shine, a new dimension.

So, it comes to that, what we should appreciate within ourselves is the purity of our love. When you are pure, the purity is there, you do not get attached to anything, but in that detachment, you are enjoying. In attachment you cannot enjoy because in that you are bothered more about the superficial relationship with the other person.

Now, in a wider way, if you see Sahaja Yoga, you are all very important people - extremely important - because in the history of spirituality there were not so many saints sitting together. Never can you see so many people from so many countries thinking about Divinity and morality.

It is impossible to get so many people together, on any point whatsoever, who are feeling the oneness, the, you can say, the most soothing feeling with each other. Whether it is comfortable or not, whether it is very much according to the norms of comfort, people who are saints are absolutely happy with other saints and other saintly people. They rush to people who are saints. Once it happened to Me when I was in Kolhapur that they told Me "There is a saint who talks about You." "So where is he?" They said, "He lives up there and it will take at least three hours for You to climb up. He only lives there, he does not come out." I said, "All right, I would like to go and see him." So I was walking and it started raining. So they said, "Mother, You never go to anybody like that, why are You going to him?" I said, "No, just I want to go up and see him." Now, this fellow, they said, had a control over rain, but it was raining, raining, raining very heavily, and when I climbed up I saw him sitting down and going on like this with great anger.

So I said, "Let us go and sit in his cave because this fellow is now not in a normal mood." So, I went and sat in the cave there, and there he came. He couldn't walk because his, they say that his legs became absolutely lame because of the vibrations that were too much in him, whatever it is, he couldn't walk. So, they brought him there, he sat down. So, the first thing he asked Me is, "Why did You not allow me to stop the rain? It was raining so heavily, and when You were coming up, I didn't want You to get drenched the way now You are all full of water and I didn't want You to suffer like this because it's not a good welcome to You. So, did You do it just to control my ego, because I must have developed ego because I can control rain, that's a fact?"

So I just smiled at him. I said, "See, you are My son, isn't it? And you have bought a sari for Me. But you are a sannyasi, so I can't take a sari from you because sannyasi dharma is different - I'm a Gruhastha. I can't take a sari from you. So I deliberately got drenched so that you could give Me a sari."

The whole temper, the whole unnatural behavior, all dropped out. He became extremely sweet. "Yes, yes," he said, "how do You know I bought a sari?" "At least," I said, "in love you know everything." And then he brought a sari for Me and he did Aarti and everything.

But, you see, all these things show that how the love masters everything so easily. Small, small things, if you are expert in expressing your love, how it works out. There are so many incidents I can give you like this. But the main thing we have to see within ourselves, "Do we really love each other? Do we really have affection and compassion for others who are not even Sahaja Yogis?" Those who are not Sahaja Yogis are also the blind people. You should have compassion for them.

You should feel that these people are so unhappy and they cannot come to Sahaja Yoga and they cannot become Sahaja Yogis, and only in their ego they are satisfied. So you must have real compassion for them. If you have this compassion you might be told by people that "Why are you wasting your energy, you are doing this, you are doing that?" The compassion is, actually unites all these things within ourselves. That's the uniting factor.

First is your attention, first, which is very, very important, I think. And the second one is your intellect, or you can say your mind, and the third one is your heart. They all get somehow or other united together once you have this capacity to have compassion. You don't quarrel with Me or anyone, you don't have to think about it. You just, you just feel absolutely at home when you are compassionate and with this compassion, you are having relations with others. Now, this compassion is not studied out or worked out or maneuvered.

It is just there. It is there. In that compassion it forgives, it forgets all nonsensical things. The forgiveness is only possible if you have this compassion within you.

Now, even there are Sahaja Yogis who asked me, "Mother, how can we have love and compassion?" I mean, this is a question which many have asked me. Now, the simple thing is that if you develop your thoughtless awareness in your meditation, in thoughtless awareness, you watch anything in thoughtless awareness, any relationship you see it in thoughtless awareness, then you'll be amazed how the gates of this compassion will open. Thoughtless awareness opens your heart, but it doesn't go to one person or to another person, but it is throwing lights on all the sides of your being. Everybody is benefited, everybody has a divine feeling for you. Because this compassion is not linear, nor is it aggressive, but it just flows and smoothes and soothes everything that is chaotic, that is troublesome and that is painful.

This is what you have now. You know, these things were done by saints long time back. But then nobody liked them, and they crucified them - out of jealousy. Because if somebody became a saint, then people felt very jealous of that person. So they killed them or tortured them and troubled them.

The situation is not so bad now. Of course, there are some useless people. There are some people who are really monsters, I agree. Forget about them. But on the whole, our attitude should be that these are blind people. Now, looking at somebody who is, maybe, something wrong with that person, may not be good-natured, - may be anything. But in your heart you should not have any grudge, you should not have any complaints about them. You can talk to that person about it. You can tell him in a way that will be absorbed, but you should not try to make an issue out of it and try to, in any way, trouble or torture anyone.

("Can you put off this one?" Hindi: "Put off the fan".)

You have seen already, in Sahaja Yoga, those people who came and were troublesome and were not of any worth for us, just dropped out by themselves. We didn't have to do much about it. They just dropped out and they have gone into some sort of a problematic life.

I, even now, receive letters from them saying that "We have this problem, we have that problem and how to solve this and solve that." But it's automatically happening, because, after all, there is a big choice going on and the Divine is trying to decide who are capable of receiving the blessings of the Divine. This is the only thing you have to achieve. That's why you have come to Sahaja Yoga. Nothing else is important. There are people who are very highly placed, tomorrow they go into dust. There are people who are regarded as very great, famous people, they go into dust. It's all the time is happening in your presence. Every day you read a newspaper and you find how they are behaving. Like today, somebody told Me that in the newspaper there was there that now one bishop is going to discotheque, can you imagine? He is going to a disco.

Now what people must be thinking, they must be breaking their heads. Now what to do, this stupid fellow whom we call as the bishop and everything, is now going to disco. What they, I mean, all whatever he had respect, maybe it is artificial, but it's all lost, finished. Because you see, as they are, they have no value of themselves. They just live with their ego, "I am such a big man. I am this, that. I am a bishop." They walk in a different way, they talk in a different way. And suddenly how they go down. Now what was the need for this old Johnny to go to the discotheque, I can't understand? So, because of this kind of life that he is leading, thinking no end of himself, he could never see that "one day I will go down."

Another thing, which you should see in a very wider way, that he had no feeling why people respected him. He never knew why people had respect for him. Or he was not conscious of it. At least he would have preserved that. He did not. Why should he go to a place about which he has been always denouncing and saying that these are bad places, one should not go there?

So, in your case, you have to be conscious that you are Sahaja Yogis. If you become the ocean doesn't mean that your consciousness has vanished, but it has enlarged. You have got the consciousness of the ocean.

You are not the one who has become like a mesmerized person or a person who has no connection with oneself. On the contrary, you are connected with yourself much more than you were before. So, when you become the ocean you don't lose your personality but you expand your personality. You become a greater person. And this is happening in Sahaja Yoga. I am noticing many people are developing that kind of a personality, and they are expressing it and manifesting it. It gives me great joy to see in My lifetime I could see such people who are doing this kind of thing.

So, whenever you are doing something, whatever is your enterprise, whatever your lifestyle, whatever it is, that's all outside. One should not lose your attention, which is towards God Almighty. If that is lost, you are lost. There's a very nice poem Namadeva has written about that there was a boy who was flying a kite, and the kite was floating, and this boy was looking after the kite. And while he was talking to everybody else, but his attention was on the kite.

Then it goes further. He says that a lady is having the little child on her body, on the waist, and she is cleaning the house. She is cleaning with a little broom. She has to move from here to there and after that cleaning, she has to do other work also. But the child is here. So, her attention is on the child that he should not fall down, something should not happen. Though she is doing all kinds of work, everything, her attention is on the child, in the same way, your attention should be on your Divine power of Kundalini.

There's third one he's described that there are many ladies who are taking water from a river. Sometimes they have three pitchers on their heads and walking. And when they are walking, they are talking to each other, they are telling stories about each other and anything, but their attention was on the pitchers, which are on their head. In the same way, whatever we are doing, our attention should be on our Kundalini.

We should find out what are we doing. As it is we have the light. But you must take light into every corner of your life, every aspect of your thinking, every kind of an effort you make. And you'll be amazed, if you really watch your attention you will really know what you are doing. It's the attention to be watched so much that ultimately you'll be surprised that the attention is no more frittering away. Without the attention you cannot work out Sahaja Yoga. This is the main problem of Sahaja Yoga, is that your attention has to be towards God Almighty. Otherwise, nothing can work out. Your ascent cannot work out.

Hahn [Hindi Word meaning 'yes'], if you have come to Sahaja Yoga to make money, all right, you will make money and get out. If you have come here to show off your knowledge and all that, you will show it and get out. If you have come here to show your power and your authority, you stay there and get out. Like that many people have gone out if you know. And this is what is to be really taken care of, that you don't try to use Sahaja Yoga for all these stupid things, which are not permanent, which are not eternal. Sahaja Yoga is to be used just for cleansing yourself, for becoming the ocean, the ocean of love.

Now, many people also feel that love is rather difficult, because you can be harmed by others, or somebody can take advantage of you. The main thing about love is, if it is not a pure love, then it creates problems. Supposing you trust somebody because of money, trust somebody because of somebody... relationship or anything, and you go on indulging into it, ultimately you'll find that you will be very disappointed. Very disappointed. But supposing you show your love, just with purity about that person. It's so subtle. It's so innate within you, built in. It's there. We have to just open out. Every human being is a bundle of love.

And when he is afraid of others - specially in the West, there is so many ideas they have created that you are afraid of this kind of love and that kind of love and you see the way the perversion and all nonsense is there - but in pure love there is a kind of a beautiful light which protects you, which guides you and which enlightens your life completely.

This light is just nourished and also, we can say, like the lamp has to have the oil, this is the one that is for our spirituality: The Love of a person. You are embodiment of love, take it from me, because you are a human being. Even the animals are there who know what is love is. You see... I know that if you love a tiger, the tiger will never harm. If you love a snake, it will never harm.

If you try to love anybody who is very cruel and very bad, gradually he will calm down. He will harm you little bit, he will do this, he

will see things and he might be mean with you, do all kinds of things. But then, gradually you find your love works, and works, and works. And ultimately it is your love, which is important to that person.

Now, your love is really firstly appreciated more by innocent people, like children. Children know what love is. If the children see you, and they run away, that means something wrong with you. I've seen people... like once we were in Japan and there were two foreigners who were there, ladies, who were dressed up - I don't know from which hair-dresser they had dressed up themselves and they were very much overly decorated - and they came with us. We climbed up a place to see something and when we came down there were some children standing there. They had gone before us. So, they said, "Where are those witches?" I said, "Which?" "Which went with you?" I said, "What do you mean?" "They came, you know, we were frightened, we ran away to our houses. Now we have come to tell you they are witches." These small, small little Japanese children, you know. "They are witches, you know, they are witches. Be afraid of them."

And they had decorated themselves so much, so much hair dressed up. They have tried to make such a beautiful show of themselves, but the... for the children, they were witches and they ran away. And when we came, they came running and telling us, "Don't be with them, they're witches."

So, the judgment of the innocent people is the best judgment. If they are innocent, they are extremely well equipped to judge a person - who has love and who does not have. And they are the best people because they will appreciate you the best. They will understand that these are people of some high quality. But if they are not innocent, cunning, some people are extremely cunning - that's the intelligence part of it - they can never appreciate you. They will appreciate something which is, something very, very abnormal, which from divine part, divine angle, is very, very abtuse and funny. But they will never appreciate you. Never, cannot. Up to a point they may, but may not, doesn't matter.

You have to appreciate yourself. You have to know that you are not unkind to anyone, you are not judging others, and that you are appreciating everything in that person - whatever is good in him as a human being. It works. You have seen, this all has worked through My love and compassion. But I'm not conscious that I'm giving you love or compassion or anything. I'm not conscious even that I am giving you anything. I'm not even conscious as to... I have created such a lot of beautiful people. I am not conscious of it. It's just happening. Just like this tree is here, see, it is not conscious as to what it is and what it looks like. It's just is there. In the same way, if it happens to you, I tell you, you become really the source of such a joy for everyone.

Now, what do we have to do for this world? What is needed to be done for this world? People talk of peace, this, that. There's no need to do anything. It just... you become a personality of that kind - you emit peace, you emit love, you emit joy to others. Now, this power is within you because it is built-in, is within you. It is in a potential form in every person. Only thing, it has to be brought out. Now, with affection, you may not, but with love and feeling that is innate within you. Because there are no words for such subtle things that are within yourself.

Because so far people don't know what are these things that make you feel oneness with others. All this, all this can happen to you very easily, very easily, when you understand that you are not this mind, you are not this body, you are not this attention - you are the Spirit. Then you introspect, "Am I the Spirit? All right, if I am the Spirit, what is... what am I doing?" Once you become the Spirit, then you feel, 'Why not others?' Out of love and compassion. Not for becoming some leaders or anything. Just out of love. "If I am that why not make others like that?" And that is how Sahaja Yoga has spread so much, and we have such gems of people, such beautiful people that I really never expected so much to happen in My lifetime. It has never happened with any saint, any incarnation, any prophet. So now, you people have become absolutely 'Khalis' [Punjabi word meaning hollow] means absolutely you have vacated yourself fully.

The story of Radha and Krishna is very beautiful where Radha said that, "Why do You take this... [Hindi: "I don't know the English word for Murlī"] flute to Your throat? Why do You take this" - because Murlī is such a sweet thing 'na' [Hindi meaning 'isn't it?'], flute is not so sweet - "but why do You take this flute to Your lips?" After all... She, She must have been jealous, I think so. So, it's a story, just a story. So, He said, "Why not go and ask the flute?" So, flute She went and asked, "Why Shri Krishna takes you to His lips all the time?" So, he said, she said, "You know, I have become completely hollow. There's nothing in me. He puts me to His

lips and people say that I am playing the tune. It's He who is playing the tune. Where am I? I'm not there. I'm just enjoying the same tune, which is passing through me. That is the expression." But then Radha told Shri Krishna, "Why don't You make (Me) the same way as the flute?"

So, this is what you have to be, the flute, means you have to be hollow within yourself. All these little-little things, you know, which come into your life are not important. What is important is - have you become completely hollow? This is where, I would say, introspection will help. The one who makes the flute is also within you. So let there be a flute made out of you by yourself only. This is the way you make yourself what you have to become.

In Gita, Shri Krishna has said, "Atmaneva Atmane Shrushta", means the Spirit gets satisfied by itself. Isn't it very difficult thing to understand - how can the Spirit be satisfied by itself? But now you can understand what Shri Krishna has said that your own Spirit becomes satisfied with itself. Then it doesn't require any other satisfaction. You seek the comfort of your Spirit, you seek the joy of your Spirit, you seek the beauty of your Spirit. You don't even seek, but it is in itself is filled with that joy of the Spirit and it only can be satisfied by itself.

There are many people who say, "I am not satisfied, you see, this I am not very much satisfied, it is not that I am satisfied." In the same way the Spirit can say, "I am not satisfied." But the Spirit can be satisfied with Spirit only. It's like the reflection in the mirror. When you look at the mirror you see there your own reflection. Now, if the mirror is not all right, I will say, "I am not satisfied with what reflection we are getting out of this mirror."

So you'll change the mirror, you'll bring the better mirror, you will try to get a better picture of yourself. In the same way the Spirit, which is reflected within you, wants to see its own image. And then what you do is to... you go on, somehow or other, changing, cleaning, making it all right through your meditation so that your Spirit is satisfied with the Spirit.

Shri Krishna wrote Gita in such a ambiguous manner because He was very clever. He knew human beings cannot take things straight, so tell them this way, that way, that way, so that they'll run around and then ultimately they will come to Truth. But Truth is very simple. Truth is extremely simple. You don't have to go here and there and you don't have to stand on your legs or feet all the time. You don't have to fight with anything. You don't have to take to some sort of a 'tapasya', abstinence - nothing.

Only just you become like a flute. You become hollow. It's not difficult. It's not difficult at all for Sahaja Yogis because already the Kundalini has made you hollow. It's not difficult.

But still, I find people deviate. Their attention goes here and there. So many people have told Me how their problems were solved without doing anything about it. I said, "What did you do?" "No, Mother, we just put it at Your lotus feet." I said, "Really?" "Yes, that's all. Or we were just looking at the problem, what the problem is. We were standing outside and looking at the problem and the problem got solved." Even the most difficult problems that you think, can be solved very easily because you have powers. Your powers are great. You are saints, but more than saints, much more than saints because you are born at such a volatile times.

Like, supposing, you have a light in darkness, you are finding something, you bump into that and you bump into that. But supposing this is a place full of gas, you bring one light (and) the whole thing becomes enlightened. Like that you have powers. But you must get out of this nonsense of "me", "my" and "mine". I don't know how to say you get out - It's not like a swimming pool, that you jump into it and get out. It's not like that. It is another kind of a very subtle understanding that our roots have to grow. And for growing our roots, we have to go within ourselves and find out within ourselves what is the area we are occupying, in what areas in our lifestyle we are taking these roots inside.

Also, Shri Krishna has said that the tree of life has the roots in the brain and grows downward. It's very interesting to understand that the roots are growing in the brain. That means your own intellect is just covered with compassion, it's just being absolutely one with compassion.

I had told you a story about a saint who was to take to... water for the Deity in Gujarat and he walked one month to go there with a pitcher of water. And then at the... because it was a very high mountain on which this Deity was, and he reached at the foothill. There he found a little donkey dying of thirst so he poured all the water for that donkey. So those who were with him, they asked, "What are you doing? You brought it all the way, and why are you putting (pouring?) it for this donkey?" He said, "You don't know? The God has come all the way down, just to meet me here. He doesn't want me to climb up."

This kind of a absolutely simple understanding of another's feelings and another's problems: you can solve them, you can sort them out. And the person will tell you that "You sorted out my problem." But you will not know how you have solved because this love is the power. This love can see things. It is everything. It's like a... you see a television, all right, it's a television. If you see a telephone, it's a telephone. If you see anything you do with the power, it's all is embodied inside this love. You need not have telephoned. I never telephone to anyone. Mostly I never telephone. I mean, if somebody forces Me then it's all right. I never telephone. But not to save the bill, but I do not telephone because there is no need. The whole subtle of the ether is at your feet. Just you want to do something you can just do it, just with the vibrations.

Now, many people say, "Mother, cure this person, cure that person." There's no need. You all can cure, you are so many. You can cure anyone you want, but you bring that person to Me. It's not needed. Just you can cure anybody you feel like. You can solve all their problems yourself. One little Bandhan can solve it. But for that you should be the source of love. Once you give a Bandhan the... this powerful love takes over - "All right, I'll do the job." But for that you have to be the master of this beautiful thing.

Now, one thing is very different from other masteries. In other masteries, you see people try to dominate or to, try to use it for destroying others. But the mastery of love is that you know how to build a rapport with the Divine love. And this Divine love is not only powerful, but it is such a efficient, I should say, it is such an alert instrument which works out everything in such a manner that you are amazed how things have worked out. And everybody has noticed it. I know you all know it. Not that you don't know. But you don't use. You have to be on the vibratory awareness and use that. Even giving yourself is a Bandhan itself clarifies you.

Imagine in your hand there is this great power of giving you this balance, this love, this affection and all the protection while you can give it to others also. You have become now the part and parcel of the Divine power. You are now in the Kingdom of God. And whatever you want to do can be done by this divine power.

With all this telling you I still feel, sometimes, you are not confident. You get upset. You feel that how can this be? You have no trust in yourself, you have no faith in yourself. And also there are some people, sort of, who feel they are neglected, or something should have happened to them. Once a lady started crying. So, I said, "Why is she crying?" She said, "Because Mother didn't smile at me." I didn't smile at her. But I never smiled at anyone. I don't know why she thinks like that. So, I asked her, "Why do you want Me to smile at you? What's wrong with you? You are all right? Why should I smile at you?"

So, you see, also this kind of a feeling that comes up sometimes that, in Sahaja Yoga, Mother should all the time be only attached to you. She cannot get attached you know. It's a helpless condition I have. There are so many, you don't know, defects I have, which you have no idea. I don't know how to count money. If I... give Me hundred rupees I'll count it two hundred rupees. You see, I don't know many things. I don't know banking; I don't know many things and one of them is I don't know how to put attention to this person or to that person. Like politicians would do - "You see, ah, you must look after this man, because he is very important." Nothing. To Me you are just part and parcel of Me, finished, nothing more than that. So, you see, everybody should know that you are very close to My heart, you are very much there, I am very proud of you.

And something, really it's a miracle that has happened, that you people have taken to Sahaja Yoga. So on that point also, that how much Mother cares for me, what She does... Now, supposing I tell somebody, "All right, you don't sit here, sit there," they feel bad. Anything you do, they feel bad. This kind of a person has no sense of love. He doesn't understand Mother's love.

So, at the end of the whole thing I must tell you, that when you are a guru, you are also a mother. You have to express yourself like a mother. She is kind, she is gentle, she forgives. She also corrects whenever it's necessary, but in her own sweet way she

corrects so the correction takes place - is not that a rebellion starts. So all that wisdom of a mother is within you, is already there, so please try to use. I am sure it will all work out and as it is we are a very beautiful group of people who are something out of the blue, who are so much in peace and in joy together.

May God bless you all.

So, today's Guru Puja will be... Of course we can - we can have a little of Ganesha's Atharva Sheersha, but Devi Puja will be much less. And for Guru Puja I would request the country leaders to come up. Country leaders have to come up. So it is in a different way, we can say that the main thing is the Guru Puja where the country leaders have to come up. The Devi Puja will be followed after that, which is very short.

(Hindi: "Please change this tea".)

1995-0724, Talk to Representatives of ECO-Forum and the Vice-minister of Health

View [online](#).

24 July 1995

Talk To Representatives Of Eco-forum And The Vice-minister Of Health

Public Program

Ministry of Healthcare, Sofia (Bulgaria)

Talk Language: English | Transcript (English) – Draft

1995-07-24 Talk to Representatives of ECO-Forum and the Vice-minister of Health

[Bulgarian Vice-Minister of Health speaking in Bulgarian, consequential translation in English]

... the private interest is dominating the interest as mankind as a whole. This is the reason and the pretext that in the latest conferences of Ecoforum on the problems of peace we addressed the United Nations Organization requesting the UN to make a Committee all over the world to preserve life on the Earth. With this respect we would be very glad and satisfied to have the support of Mrs. Srivastava.

Besides these principle issues I'm glad to express my joy and my respect to Mrs. Srivastava for the fact that She came to Bulgaria and is on Bulgarian soil and I hope that we could arrange a cooperation regarding that global issue.

I'd like to present my friends and collaborators, the leadership of Ecoforum for Peace: Mr. Prof. Alexander Alexandrov, he is a member of Board of Directors of Ecoforum and not until recently was he the Minister of Environment of Bulgaria, Mr. Trifonov - he is chief coordinator of Ecoforum for peace, Mr. Marinov is responsible for section culture in Ecoforum for Peace. Of course the Ecoforum board consist of members all over the world. So I introduced only these members of the board who live in Bulgaria.

- Very nice to meet all of them.

I would like to emphasise that Mr.[UNCLEAR ?Fati Sindhau Getwood] from of India was a member of the international Board of Ecoforum for two years. He died not long ago and may God bless his soul. He was the President of Wild Nature section and we need a personality to take over his place, from India. That is all I could to say as a beginning.

[Shri Mataji speaks from 4:57]

Very kind of you. What you have said about this global problem is a fact, is actually that's the problem that we have no unity in this world. As you know my husband was Secretary General of the International Maritime Organization which is agency of UN. There are 14 secretaries general, one of them. So I see to the problems of UN also.

You see the problem in modern times it is that human beings at human awareness can not become collective. There are fixed ideas in the brain and according to those fixed ideas they live. And all these conferences, which I have myself also attended many, are just discussions and paper work but actually they cannot achieve because there is not collective opinion. It seems impossible, by discussions, by arguments, by compromising nothing works out. Because just on another plane I work, I think we should make human beings higher then what they are, they must be more, to that state where you become collective, become. We have within us that kind of a power which can be germinated and we have now thousands and thousands of people who have become collective.

So we have to now become the Spirit and enter into a new dimension, the fourth dimension as you call it, where we are really collective, to be frank we are really collective. There we are, it's potential you are, it's potential, but you just, you become a being which is a universal being. And in the West, in Russia especially, I was suprised, Russia and all others Eastern block countries it

is very well working out. Of course, India is, because they know, it's not difficult in India, we have in thousands but even otherwise we have 65 nations which is working out. And it is something within us - the potential of our ascend. We have reached a pure human state but we have to little bit jump into a new awareness that Christ himself has said that "Know thyself". He talked of Spirit, that is there, and it automatically happens. Even in [?this] surprising Islam is written you see: "do not know yourself, you are like a beast", the Koran.

And this is a special time because at this time it's chaotic, you don't know how to manage things. At this time is the best time things to happen because people are so frustrated. And in this state I feel the developing countries will become much faster than the western so called developed countries because they realize the value system of the West has lead them to nowhere. So, you see, if this happens so many blessings coming.

First of all, it's a meta science, it is above and to talk to people about it in the West is very difficult. You can't pay for it, you cannot organize like a church, or this or that - no, you cannot. And those who want only can have it, you cannot force it onto anyone. It is just the time, these are just ready those who are seekers. Even if the young people are taking drugs they are doing it in the seeking of truth. You see they are genuine and they are seeking something beyond because they are fed up.

So you see this is very much connected with spirituality but you should not accept this blindfolded but let's try just to keep your minds open and see this as a hypothesis of reality. If it works out as honest people you have to accept it because that will solve all your human problems, all. I mean, we are all very glorious as human beings, we don't know how glorious we are but that potential has to be brought.

Now see I've now got 73 years of age, now working so hard, I don't get tired, I don't get tension, I don't get stressed, nothing. And I travel like [?star] if you see my passport, have you got there, [UNCLEAR] you got? Such a big passport I have.

So what I'm saying everybody has this potential and it has to be worked out, and is a process what you can call it a living process, this is the living process of evolution.

Now as far as the physical side is concerned, definitely we have cured cancer, blood cancer very very surely blood cancer, because we deal with the basic status within us. [UNCLEAR] Sahaja yoga. So when you are dealing with the basics, if you correct the basics you are alright. For that you don't have to pay anything, you cannot pay for it because it's the divine love of God. You have to get connected with it. In the Bible it's called as the cool breeze of the Wholy Ghost [UNCLEAR] on your heads.

Now we have built-in within us 7 main chakras, that means center of energy. And it is these determine our physical, emotional, mental and also the spiritual being. We go to Church, we go to Temple, we go to Mosque as we believe into everything blindly but the time has now come to prove that they are all correct. Also by that happening you transcend all these outside religions because all religions they are like flowers on one tree of spirituality, no exclusiveness about it, no exclusiveness. Even Mohammed sahab has talked about Abraham, Moses, Christ, even his mother, more than in the Bible. He said: "You dare not talk about Her Virginity, should be a sin.", Mohammed sahab has said it. But then later on these people, you see, formed exclusive regions just to fight. I think for democracy no exclusive religion can work out. So when we talk even about secularism still they're fighting, in the name of God, because they don't know they are all one, they don't know.

So I felt that instead of doing patchwork here and there better to change the whole thing transforming the human beings, that's what is needed I felt and 25 years back I started my work. But in the West they call us a cult. We have no bombs, we have no weapons, nothing, no guns, not even a dagger. But so many [UNCLEAR], false cults, false gurus came, and even churches are, they are all money oriented or power oriented but nobody spiritually. So one has to transcend and see for themselves, it's just, it becomes evident on your central nervous system. Once they know they're all one there is no quarrel, there is just peace.

So this whole thing that has been brought out is clearly explained, we have many scientists, doctors who're working with us. I've also done medicine but the main thing is this is beyond medicine. This is your own power cures you, this is your own, you are not obliged, can't pay, nothing. Then only you become really free. Otherwise there are conditionings you have, or you have Ego, we

have so many shackles on our body still.

You see in Sanskrit language they call a realized soul as "dvijaha" - twice born, and even a bird is called the same because the bird is first an egg and then it becomes bird. In the same way in the human beings also we are in our own shell. You rightly said that: "we are all individualistic". But in the real sense we are not.

You see, some entrepreneur starts some stupid production, everybody [UNCLEAR]. They haven't got their own personality. I don't know why they accept anything that is produced and start, especially in the West society, in England, in England you find thousands and thousands of things coming up every year.

Now these machines create ecological problems. How can you stop the machine? You stop the source. The source in Sahaja yoga is that we mostly use things made by hand, like this one here, this (sari) is made by hand. Artistic things, your country's full of art.

- Vaibhav, can you give one piece to show them?

I've been buying art from your country to export it so that people develop a taste and your country gets economic help. In the developed countries people are aware, they're trying to buy things made by hand, very expensive having it, very. Because they are fed up of cement, they're fed up of artificial. They cannot make handmade things. Now the developing countries should make. This is from your country. And she was very happy, the artist, when I bought from her lots of things. So we have to make people respect art and see things.

But all the junk from America is coming to Russia and they are full now of dollars, I don't know what's the matter with the Russians, they don't seek. All the junk, and also they have recession they cannot sell it. All their artificial nonsensical things normally they will put it in the sea, it's coming now to all the Eastern block, especially to Russia. Instead of that why don't sell your handmade things to America and get money from them. That's my idea. I'm trying to do that. So then we stop machinery by making people aware that you should use handmade things.

Say in India in a household they will have about one plate for food, one person, one plate. In brass or sterling silver, silver is cheap in India, so we have one plate for one person and this is then given to the progeny also, same thing. But if you start taking plastic there is no end to it because it is "disposable". So we build up a mountain of this, mountains and mountains of this plastic, this is another problem to correct.

Also ecological problems come from, as you know, in the [UNCLEAR] and all that, all the rivers fill with it and this and that. Now for that I would say that the industry must be moderated. And they will as soon as people start using handmade things the industry will go down automatically. It's already happening everywhere. May not be here but in England how many factories are closed, even ship buildings, many are closed, also in America. America is in a mess because as I told you they are full of that, and they just pay the interest. Also as a polarity action already all these overdeveloped countries are doing half [UNCLEAR] meaning they're facing recession. Automatically if you'd go with something beyond a certain limit you get reaction.

But awareness to use handmade things, Mahatma Gandhi insisted for all handmade things done. [UNCLEAR] covered ground [UNCLEAR], first handmade, another pradeshi - made in India, nothing from outside, nothing from outside. So English could do, I mean, you see all their Manchester industries, everything closed down. So that's kind of a movement has to be started. Really I was surprised to see in your shops so many things from abroad, especially from India also here coming. But in India you can't get one shop with foreign goods, not even one shop, nothing, you have to use only Indian way. Also we are facing this problem in the cities in India because see our government was so money oriented. And as soon as we get another government I'm sure it will reverse. These industrialists have already made so much money, they should settle down and retire now, close down their machinery. There is so much surplus produced already, surplus. In America there are shops and shops where they sell just the surplus.

That must change now, that is showing the failure completely. So we can now start a movement, let us wear clothes which are made with hand and also other things, use that which are made with hand.

Another I see that once you start exporting handmade things abroad their machinery will also fail. I'm trying to do that. Like from all these countries I buy and send it to, say America of all the places, and let them develop a taste, they do, they love it. [UNCLEAR] already knows what they would buy.

Can you show them that piece from India, which I have bought from a very remote village, very remote. It's not old, not very old and it sells like hot cake so I can help those poor people there and they have things like this: plates and cups and saucers, everything, all from clay.

So automatically the machinery will be stopped and the fashion also should start like that, you see, like an entrepreneur you have a fashion for a handmade thing. In your country I find linen is very well made.

- What's a linen?

- Tablecloth with fibers. And if you could find out, let them find out for me for linen, I've taken also from Russia, from everywhere wherever I travel, from the developing. So that you see..

- Not this one, the other one.

- Bigger one?

- Big one, yes, the one you gave me.

You should explore and find out what we are making with hands and should be a proper export quality.

- Not this one, the other one, the other one you gave me yesterday [UNCLEAR]. Men also have to learn a little bit of art.

- They want to ask the questions.

- Alright.

....the one with the imbroidery.

- Alright, let's start.

- What Mrs. Srivastava has just said is wonderful.

- Ah, see this one, it's such a beauty, and that is gift and they will also give designs for you to make. See how beautiful, nowhere you'll find this, they appreciate this. Alright, what is this question?

- Yes, we should be more practical about real life. It's a wonderful way to fight against machinery polluting nature. But how are we to overcome the problems of manufacture? How can we stop the industry that is kills the earth?

- They are just here for money sake, enmass, enmass they make, these people they are multimilioners. Even if you stop their machinery their seven generations can live well.

- The question is how to avoid the deadlock in which humanity is now? All that requires a lot of time and things are that bad we

cannot wait. And you say there is more efficient way then appeals and demonstrations.

- Absolutely right. The first point is that you have to become the Spirit and the second point is it takes no time, spontaneously, absolutely. In Russia 15.000, 18.000 people are there in one place and they all get it in no time.

- I absolutely agree with you.

- I'm not sure if we can make those who are in charge of the industry of West to feel their Spirit, how fast.

- They will, automatically going on, automatically, and secondly Sahaja yoghis don't use anything like that, they are satisfied souls and they just don't use anything made by machines. And the machinery also is now in the West is also getting locked up, very fastly. If you get the statistics you'll be amazed how many in England, how many in America, how many even in France, just getting, just locked. Only they are getting prosperous in developing countries. You just checked the statistics, you will be shocked.

Japan is also in a mess, absolutely. Then America is absolutely, yesterday they said it. Italy is again, Spain, but worse hit is France, percentage-wise, in ratio. But America so many. I know so many boys who went from India they are just getting [UNCLEAR]. Automatically it happens. But this way if they become more aware and respect this Mother Earth then it is kind of a fashion that starts. If Mahatma Gandhi could do it for crores of people, thousands and thousands, why not we do it? But he used patriotism as the mean, partriotism. What we have to use? Spirituality. It's not slow as you say, it is very fast. We don't know how to get halls for our programs anywhere and in Russia we had to go in the jungles near the Volga river because only in one center are 21.000 sahaja yoghis. Within five years I can tell you at least 20 percent Indians should become sahaja yoghis. We are getting very highly placed people also becoming sahaja yoghis. People like you who are so respectable, who are at the helm of affairs. If you take to this seriously it will work in no time because you yourself have this power, yourself will become powerfull.

So my work is on another level and I think that these ecological problems can be only solved if human beings become wise and know what is good for them, what is benevolent. You have to select people who are very honest, who are dedicated and they know the job.

For example we had one lady called Menacca Gandhi, she was very much for ecology. She is actually the daughter-in-law of Mrs. Gandhi, our Prime Minister. In India dynasty is very important whether there are brains or not. Now this lady what she said: "To protect your sea you must have all the buildings 500 metres away from the sea". And our Supreme Government, you will be amazed, agreed, Supreme Court actually. Then they sent a sort of application against it and I had to defend it myself, I'm not a lawyer but I did. This lady has not travelled anywhere, she has not seen the world. I've seen two countries who have solved this problem. One is Australia, another is Tunisia, of all the places. What they do? They give the seashore area to some very responsible people like a hotel or to some institutions, something very responsible, just on the brink of the sea. And even the septic tanks are in the front side and then the buildings and then the sea. And they charge even throw of paper, they are charged such a heavy (money of Australia). You will be amazed, not a single paper there, ocean is very clean.

- Prof. Alexandrov must leave now because he's got a meeting with the UN.

- Alright.

- Fifteen years ago I met Prof. Kaul, the uncle of Indira Gandhi.

- Kaul, he's a Kashmiri.

- We talked over different problems - economical, political, ecological and he said that the role of India is to tame the forces in the world.

- How?

- It seems with that respect that the role of Bulgaria is to tame again different forces but on the Balkans.

- How? How does he suggest that? What is the solution? - The way India tames the rest of the countries..

- The great powers.

..that way Bulgaria would tame ...the different powers on the Balkans.

- No,no, don't learn anything from India, don't learn anything from them, Mr. Kaul is wrong. They are in a mess, they in a mess now, understand. Don't follow them.

- There are three civilizations known so far, agricultural civilization up until 17th century, second industrial civilization which is ongoing and the third one is communications which will enter in the 21st century.

- Who told that?

- This the theory of Toffler.

- In India?

- No,this is the theory of Toffler of the third wave.

- Ah, global.

- It's global.

- All the issues are related to the issue of morality and it seems that each civilization should have different morality.

- You said it, that's it. I didn't want to say it but you've said it. That's it. Agreed. But how do you bring in morality? By preaching, sermoning? No. Only hipocrisy will come. The other way is a fact - when you become the Spirit automatically you become moral, automatically.

- It was a pleasure for me to participate in this meeting today but I think I have to leave it, this meeting, because I have an appointment with Ambassador Toshkov who is in charge of the Nature Consultations of the United Nations program.

- Alright. But one thing I tell you about United Nations, one thing. We have to have one Committee on top of them which should be selected from the whole world, all men, and they should be something like your [UNCLEAR] to decide. This UN I know how much money they give. They give such a large payment actually I was ashamed that my husband got such a lot of money from them. You see it's something absolutely money orientaed and job oriented. So you can ask for another Committe on top of them. It's very dominated also by muslim countries. In short I say, in short, one sentence. In India they started with the education of the public and they started schools, you see, and all the money goes to the ministers, nothing done, nothing, they have become so corrupt in India.

- The same problem is valid for lots of countries in the world, not only in India.

- That's true, that's true. So morality is the point, morality is the point.

- I hope to see you...

(a conversation with the interpreter inviting her to sit comfortably)

- She will sit. This is also a part of the machinery. No, they're, everybody cannot afford it so sit on the ground but don't buy artificial plastic chairs. If you can afford it get a nice chair.

- I'd like to express my admiration to your reasoning and I'd like to point that the basic contradiction for our contemporary world today is the contradiction between talent and reasoning, talent and intellect.

- Of course, mass realization.

- The talent is the genius to invent things but there is not enough reasoning to control the inventions. My doubt was in effect that I'm not sure we have enough time to raise the intellect that will control the invention.

- No, no, we have. We can, if you people help it can work out. The question of you people who are so important should try to help. If you help it will just blast out. But I'm still surprised, all the false gurus were helped, all the false people were helped and I can't understand. [UNCLEAR] who was a [UNCLEAR] Prime Minister officially went after a very false personality. Can you imagine?

- Andreotti.

- Also [UNCLEAR] I told you, through economic development and all that, you can have that but you should try to propagate that you all have to become Spirit. You can work it out, you already have got it, you already have got sitting down before Me. Now, raise your hands just like this, you can take out your shoes, [UNCLEAR].

- Is it possible that it works through [UNCLEAR]?

- It even works with shoes but better without. You can sit comfortably. Now just put your hands, without thoughts. [UNCLEAR]. You people plan too much, very futuristic, you have to be in the present. He's got it.

- You feel the cool in the hands or the whole?

- No.

- Yes, I feel something.

- You are alright. Even that gentleman [UNCLEAR].

- Do you feel now?

- It's like current of air.

- Not to doubt.

- They feel like a current of air.

- Yes, this is a cool breeze. Ask me a question, you can call me Mother, "Mother, is this the cool breeze of the Holy Ghost?", you ask in your heart three times: "Mother, is this the cool breeze of the Holy Ghost?".

- It will increase. Mmm. Alright? Now, you can feel it coming out of your head, this is actualization of baptism, you feel it on your head, it's coming now. They can feel it, [UNCLEAR]. Alright? And you'll feel very silent, [UNCLEAR], watch me without thinking, just watch me without thinking. Now you should only know how to use this power. See now, see, you feel very peaceful within. You have to have peace within, otherwise how can you create peace outside? See now, you will have experiences, health will improve, your concentration will improve, your wealth will increase. Now this is what you said that you need some help, you now have the help of the Divine, the protection of the Divine, take it from me.

- We thank you.

- Thank you very much, thank you for coming.

- We also thank you and we are sorry if we've gone too far, if we have said something wrong towards you, we're sorry.

- No, no, I was really enjoying. Everytime you stay with good people is something the most precious because they care for the benevolence of the whole world. Thank you very much.

[Mother speaks aside, UNCLEAR].

- Our talks should continue, the communication should go on.

- Of course, of course, we should, you are invited to Italy where I live normally and also for the conference we are having in Russia, I'll send them invitation.

- I mean our projects, I would like to appoint you with some of our projects.

- Let's see, I would like to see that also but to Italy you should come, to Russia we're having a very good conference on morality, health and all that. And Russian are organizing for people from all over the world.

- When is the conference?

- October.

- September, 19th of September. They will arrange everything for their stay, everything.

- We have an international conference in October.

- This is in September.

- They're talking about their initiative.

- Of course, I'll come. Where is it?

- It will be in Bulgaria, Shri Mataji, in Sofia.

- I don't know where I'll be, but if I'm here I'd definitely come.

- I see.

- I've been travelling here, there, there, I don't know the timings.

- So nice being here. Your shoes are here.

- I got so moved that I forgot my shoes.

1995-0725, To get rid of the confusion you have to become the spirit

View [online](#).

25 July 1995

To Get Rid Of The Confusion You Have To Become The Spirit

Public Program

National Palace of Culture, Sofia (Bulgaria)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of the truth. At the very outset we have to know that truth is what it is. You cannot change it, you cannot transform it and you cannot pay for it. We are all seekers of truth. What are we seeking perhaps you do not know.

Whatever I am going to tell you today you should not accept it blind folded. But you must keep your mind open like scientist and if it is proved then you better accept as honest people. Because it is for the benevolence of yourself, your family, your country and the whole world. We have become human beings at this level but still little more has to happen to us. In the evolutionary process we have to jump little more.

All the problems of modern times are because we are confused. To get rid of the confusion you have to become the spirit. Christ has said "know thyself". Also Mohammad Sahib has said "the one who does not know himself is still at an animal stage". All these great incarnations and prophets has said "you have to be born again". But that doesn't mean you just say that you are born again and put a sort of a sign board. Born again means actualisation of this experience firstly. Or else, not only that, but you have powers of your own which are manifested.

We say that, "This is my house, this is my head, this is my body". All 'my, my, my, my, my'. But who is the owner of this 'my'? Who is this I? that is the Spirit which has not yet manifested in our life. It's reflected in our heart and is watching us, but yet not come into our attention to enlighten us. When you become the Spirit, then you know yourself what are you. Then you realise you are not this body, this mind these emotions, this ego or conditionings. But you are pure Spirit.

So now we have to be the Spirit. That's how you get your Self-knowledge. That is what is called as Self-realisation. It is the evolutionary process which is the living process. As we sow the seed in the Mother Earth, it sprouts by itself spontaneously. In the same way, it happens. We have evolved without doing anything. We didn't pay to anyone, we didn't join any organisation, we just pick up. And these are special times. Because I call it as a blossom time. Because there are so many flowers, so many seekers, and now they have to become the fruits.

Now, as it is, you have seen here (somebody has talked about kundalini ?... All right). You have been already told about the subtle system within us. The left side channel that you see here looks after the left side sympathetic nervous system and right side looks after the right side system and the central one is the parasympathetic nervous system. We have chakras just like this. From the left and the right and you have the energy centres in between. There are seven energy centres, main ones. So this power you see down below as kundalini is the fifth power. Left side, right side sympathetic nervous system, then parasympathetic nervous system. And whatever we have achieved in our evolution is the fourth one, which we call as central nervous system.

Now the fifth one is this one which is in a dormant state. When it is awakened, then it passes through our fontanelle bone area lastly and connects you to the All-pervading Power of divine love. We see these beautiful flowers but we never even think how they are created by mother earth. These beautiful flowers are there because the same all pervading power looks after them. Who runs our heart? If you ask the doctor, they say it is autonomous nervous system. But who is this 'auto', who manages our digestion? So, the answer is in becoming the Spirit.

All the religions have failed mainly because they are money oriented or power oriented. They are not Spirit oriented. Money has

nothing to do. God does not understand money. It is the human headache. He doesn't understand your banking. So, we have to go into the realm of his kingdom. We live on the cusps of our thoughts, which come to you from past or the future. But you cannot be in the present. But when this kundalini rises, she makes these thoughts long like this, and there is a space in between. There you become thoughtlessly aware. You are aware and there is no thought to bombard your head. That is how you achieve your peace.

Many people have been awarded 'peace (award)'; I see they have no peace within themselves. How can you talk of peace when there is no peace within oneself? So when you get your Self-realisation, the first thing happens to you that you become thoughtlessly aware. That means all these modern problems stress and strain just vanish and you just relax. You watch the whole drama like a witness. And once, you see, you can see your problems you can solve them much better. And also there is a Divine help as blessings. Because we are not connected with the divine Power, we are like a kite which is lost its anchors [unsure]. But once you have the Self-realisation, you understand that you are being glorious, very powerful. And your power is of love and compassion.

Then the second thing that happens to you is that you become collectively conscious. Because after Self-realisation your hand starts speaking. Mohammad sahib has said that, "At the time of resurrection, your hands will speak". So, on your fingertips, you know what centre you are catching what centres others are catching because you become collective, you become universal being. You know about yourself and you know about others. If you know how to correct yourself you can correct others also. See, all your physical, mental, emotional, I would say even financial, political, all these problems are based upon these centres. When this kundalini rises she nourishes all these centres and you can get rid of your all the problems. It's so easy. It's your own power. You don't have to pay for it. No obligation.

Only thing so far you have not known yourself. Then your attention also becomes also very powerful. Wherever you put your attention you can understand your problems. And in the light of that Spirit, your attention takes you into realm of complete purity. No use teaching about morality. It doesn't work out. On the contrary, people can only become hypocritical. But, if you become the Spirit, you become; I am saying again you become moral. Just you become moral. Nobody has to tell you anything.

You will be amazed in England, overnight people gave up drugs. Overnight they give up drinking, smoking, and the all destructive habits were given up. It's miraculous, it's fantastic. But we are now working in 65 nations. And it is spreading so well, because you when you get your Realisation, you can give Realisation to others. You can spread it. You can give to thousands of people, one person. And that is how this power spreads.

There is no end to my lecturing. I must have give 5000 lectures in English language alone, and many more in other languages. It's just a mental act while we have to go beyond the mind. So, the best thing is to take your Realisation. If you have any questions, as I know so many questions are there, you may write to me and I'd love to answer that. If you want to ask me some questions, please.

So far. What is it. Come here. You must ask me sensible question, all right.

Translator: How can you cure psycho diseases ?

Shri Mataji: of course of course we can. See, all mental diseases are caused by the left side movement of this channel . If you can cure your left side you can cure all your mental problems. Its very simple. You don't have to be a doctor for that.

Translator: Can we influence the criminal in the right direction?

Shri Mataji: Of course, of course why not. But, why try criminals? Why not these ordinary people? Even your genes also they change. All these tendencies come to us because of our genes. But when this kundalini rises, she knows everything about every individual. She is your own mother. Your individual mother. She thinks and she understands and she can change your genes. That is how you are.

Translator: Shri Mataji, I have a question. How do you start the serpent power kundalini slept at Mooladhara Chakra? Do you know anybody who has awakened kundalini?

Shri Mataji: This question is nice. I was born with it. That's why it is nothing creditable to me but creditable to you because you achieve it.

Translator: Back in 1978 in s? California I met swami Muktananda. He was may be one.

Shri Mataji: One thing you should know about all these gurus, one thing; that this Muktananda had this six hundred crores worth of diamonds. And later on, it came out in the newspaper that he used to rape 13 year old girls. [Unclear] it is out, you see it was all published that in England and also America, I don't tell lies; and it was not circulated. Many people don't know even in India. But we are not here to discuss these horrible people. Forget it. Take your Realisation. That's all. Because. It's all right. It has no meaning.

Translator: She is here because Osho [unclear] books

Shri Mataji: That's all. You see. Just a minute madam, what has he given you? Do you have powers to give Realisation to others? Look at yourself, you are a liver patient. The least said about them is the best. He has confessed also, he has confessed. This is the trouble. They have made books and books and books and you are entangled in the words.

Translator: Did Christ apply Sahaja Yoga or something different and why was people surprised by his ability to cure? Did he practiced sahaja yoga?

Shri Mataji: Christ was an incarnation. Christ himself was a born Realised soul. He was an incarnation. He was a son of God and he did not need Sahaja Yoga. Because he didn't have to become.

Translator: What do you think about vegetarianism. And are you a vegetarian ?

Shri Mataji: No, I am not. I am not vegetarian. You see these 'isms' are wrong. For some people, it suits to be a vegetarian, but for some people, it does not. If intake of protein is less, then this cholesterol problem starts. Whosoever needs proteins more or carbohydrates more has to eat according to the personality. You yourself will know what is good for you. But one should not eat meat of animals which are bigger like buffalo, like horses.

Translator: Cataract

Shri Mataji: Cataract cannot be cured because it is a dead thing. But after operation you can [unclear].

Translator: When you relieve Kundalini, how can you control Kundalini prana?

Shri Mataji: No, this is all nonsense of Kundalini prana and all that. It has nothing to do with Kundalini prana. Kundalini itself is the power which knows everything. It's all a nonsense thing. Money making prepositions were such, that they make books that they made all this nonsense. They gave you nothing, accept for taking money from you. Moreover, I must tell you that if you have been to these false gurus, it's difficult to give you Realisation because they do something to your Kundalini. So many seekers are lost. So many of them. This Rajnesh, this one Osho fellow, he changed his name ten times; he made so much money, so much money that he wears big rolex watch. There is no evidence of anything good he has done so far.

Translator: Sai Baba (Sathya Sai Baba)

Shri Mataji: No good. Now he is exposed. Now he is exposed, thank God. No, but Sai Nath (from Shirdi) who is the old one, is all right. But this (Sathya Sai Baba) is horrible. He (Sathya Sai Baba) is exposed now very well. But the news doesn't circulate. That's your language problem. There's so many questions. Is it important? You see, those who want the truth will have it. I say that, "If I have done the cooking, you are hungry, you will ask for food". You have to be humble.

[Inaudible question]

Shri Mataji: Just see what they have done. Why do you ask me what have they done, instead of how much money that have they done? You will be amazed, in Russia, we have in one program at least 18000 people. In one village, Togliatti, 21000 Sahaja Yogis. I never knew Russian were that sensitive; to such an extent that the University of St. Petersburg, it's the oldest university, has given me an award, a special award which is only given to 10 people, so far. One of them was Einstein. And I feel little shy about it, I say why do you want to give me. And they say that he has worked only on matter, and you on human beings. I must tell you, you don't like Russians I know but 65% of Russians are excellent people. They never followed any false gurus, never. Even now their government has thrown away all of them, except for me. Surprise. There is mafia, there is everything, but still there is a sense to understand. So, try to see that you should get your Realisation, that's important. That's very important. All right. So now lets finish this and we deal with the main things.

Now one thing you should know I cannot force it on you.

Translator: What is the role of Jesus Christ?

Shri Mataji: Greatest role was played by him. Without him I could not have worked. Not only that, he has talked about me. And then it is only his desire I am here. You have to recognise me after self realisation. You people follow Christ is alright but today I am before you not Christ. When Christ came they said what about Moses. And when Moses came they said what about Abraham. You have to live in the present thats what human being don't do. Because of that all religions have failed. We have to follow Christ in the true sense and know what work he has done. Christ is very important. Where does he reside, here, optic chasma, cross. But we don't follow him. Only the Christians are fighting with muslims are fighting with jews are fighting with hindus are fighting. They are just fighting. That's all. Christ religion cannot be exclusive.

Even Mohammad sahib's religion cannot be exclusive. Mohammad talked of Abraham, of Moses, of Christ and his mother, much more than the Bible. There are so many things which you will understand how we are crucifying Christ everyday. One thing for sure, after Self-realisation what Christ has asked we will have it. He has said, "Thouh shall not have adulterous eyes". I have not any one in the Christian country where they have pure eyes. There is no innocence. This will happen to you when you get your self realisation. I am here to fulfill his desires. And you will know much about him once you learn what you are.

What's happening, I am myself born in the christian family; and we find now the priests are having relationship with women, and they are printing what you call counterfeit money in Rome. They have no right to talk about Christ. There attention is not on the Spirit. To think of Christ itself is so peaceful. But bible was changed because of Paul. He never respected women. And that's why in the West, I find women have no respect. Then women become aggressive. But women are the potential power. In England Church ?? , they don't allow women to be the priest even catholics; it's absurd, it's unfair. Even Christ has said on the cross, "Behold the mother".

I am sorry for the women of the West. They have to always dress up in such a way that they should always look attractive to men, they have to please them all the time. Sometime ?? it to prostitution. Its a very sad affair the way they have interpreted christ. Now the time has come for you to put him up in his proper personality. I am sorry I have to talk so much of christ but all over the world in Sahaja yoga, people worship Christ, worship christ; whether they are muslims, jews, hindu, christians; they worship. I am happy that you are so enamoured by Christ, but now you better do what he has told you to know yourself.

[Self-realisation starts at 55.10]

You can take out your shoes if you want because the Mother Earth helps us a lot. Now, we have three conditions which are very simple. As I told you, I cannot force on you, it cannot be forced. So you have to have pure desire to get your Self-realisation.

The second condition is that you have to forgive everyone as Christ has told. Because whether you forgive or don't forgive, what do you do ? You do nothing. But when you don't forgive then you play into wrong hands. You torture yourself for nothing at all. So, first of all just say that, "I forgive everyone", in your heart, which is a myth.

Then the third condition is that you have to forgive yourself. That we say in our Lord's prayer, "Forgive our trespasses as we forgive those who trespass against us". So you have to forgive yourself as well as others. Just to say within your heart. These are the three simple conditions.

Now we will show you how you can nourish your centres. We will show you and then you will have to close your eyes. The spirit resided in your heart. So please put your right hand on your heart. Right hand is for your action. Those who don't want to do should leave the hall please because you shouldn't disturb others. So put your left hand towards me which means you have a desire to have your realisation. Put on your lap. Put both the feet on the ground straight and the left side is the power of desire, mundane desire. That is why you have to keep both the feet apart from each other. Now, he will show you, that first you put your hand on your heart. Here resides the spirit. Now, if you become the spirit, you become your own guide, your own master. So now, you put your hand, we work on your left side. Now please put your right hand in the upper portion of your abdomen on left hand side. Show them also on that side. Now surprisingly the pure knowledge of divine, for that the centre is here in the lower portion of your abdomen; which goes into jeopardy when you follow wrong masters. Lower portion. Now again raise your right hand in the upper portion of your abdomen. Then raise it on your heart. Now please put your right hand in the corner of your neck and your shoulder and turn your head to your right. This centre you catch when you feel guilty and you don't forgive yourself. This causes, this causes spondylitis and also it can give you a disease called angina of the heart. So why not forgive yourself at this moment. Now raise your right hand on top of your head, on the forehead and put down your head. Here you have to forgive others without thinking of any individual because it is headache. Bend your heads. Now please put the right hand backside of your head and push back your head. Here without counting your mistakes, without feeling guilty you have to ask forgiveness from the divine power just for your satisfaction. Now the most important is the last centre where you get your baptism, actualisation of baptism. Now please put your right hand, the palm of your right hand, on top of the fontanelle bone area which was the soft bone in your childhood. Now bend your head as far as possible. Now stretch back your fingers. Put down your head please. Now you move your scalp not your head, push back your fingers, pressure, seven times, clockwise. Press it here. Now that's all we have to do with closing eyes. Now before closing eyes see that your feet are apart from each other. Please take down your hands. Now put left hand towards me and right hand on the heart. Here you have to ask a fundamental question about yourself after closing your eyes. Don't press your eyes, just close them as you do it when you sleep. Now here resides the spirit. So in your heart you ask me a question, you can call me Mother or Shri Mataji. Please ask "Mother am I the spirit " as three times in your heart. Now I have already told you that if you become the spirit you become your own master, your own guide. So please put your right hand in the upper portion of the abdomen and ask a question in your heart, it is a fundamental question so ask three times "Mother am I my own master ". I have already told you that self realisation cannot be forced on you. Nor the pure knowledge of the divine. You have to ask for it. So now please put your right hand in the lower portion of the abdomen on the left hand side and ask me 6 times "Mother please give me pure divine knowledge". Now ask 6 times. As soon as you ask this question the kundalini rises. But you have to enlarge your higher with your self confidence. So please raise your right hand in the upper portion of the abdomen on the left hand side. Here you have to say ten times with full confidence "Mother I am my own master ". I have already told you about your spirit that you are the spirit. That unless and until you become the spirit you have not got your perfection, perfection in spirituality. Now raise your right hand on your heart and here you have to say twelve times with full confidence "Mother I am the pure spirit". This all pervading power of divine love is the ocean of knowledge. It is the ocean of compassion and bliss. But above all it is the ocean of forgiveness. And whatever mistakes you might have committed can be easily dissolved in this ocean of compassion. So now please forgive yourself. And please put your right hand in the corner of your neck and your shoulder and turn your head to your right. Here you have to say sixteen times "Mother I am not guilty at all". I have requested you that you have to forgive everyone in general, not thinking about them. Because whether you forgive or you don't forgive you don't

do anything. At this moment if you don't forgive the centre of Christ itself will not open, though so many of you believe in Christ you don't forgive. That's why this centre is catching. So now please raise your right hand on top of your forehead across, and put down your head. Here you have to say only from your heart, not to count "Mother I forgive everyone in general"; from your heart. Also for your satisfaction you have to ask forgiveness from this all pervading power. So now please put the right hand on the backside of your head and push back your head. Here without feeling guilty, without counting your mistakes you have to ask forgiveness from the divine power. So please say "Oh Divine Power, if I have done anything wrong knowingly or unknowingly please forgive me."

1.16.19

It's again you have to say from your heart, not how many times. Now the last centre is very important through which the kundalini emerges out. She nourishes all the centres and she joins you to the all pervading power. So now stretch your palms fully and put the centre of the palm on top of your fontanelle bone area and now bend your head as much as you can. Now stretch your fingers, have a proper pressure. You have to move it seven times clockwise but, I cannot force self realization on you. You have to ask for it. So while moving your palm on the scalp please say "Mother please give a self realization" in all humility. You cannot get self realization if you are arrogant, one has to humble down. Now please bend your head. Now please take down your hands and open your eyes slowly. Now please put both the hands towards me. With the right hand towards me, you just bend your head and see for your self if there is cool or hot breeze like thing coming out on the fontanelle bone area, you have to move it you see, move forward, bend your head, it feels there. Now put your left hand towards me like this, again bend your head and see with the right hand. If there is hot breeze coming from your head then know that you have not forgiven others and yourself. Please bend your head and see. Now again once more with the right hand, some might get it closer, some might away. Now please put both your hands towards the sky and bend back, bend your head put it back. Here you have to ask a question in your heart "Mother is this the cool breeze of the holy ghost " or another question you can ask "Mother is this the all pervading power of the divine love?" or another question "Mother is this the paramachaitanya ?". now take down your hands please. Both the hands towards me. Some people get it from here (back of hand/palm), they should bring it back like that. Now watch me without thinking, just watch me without thinking; you can do it. Now those who have felt cool breeze or hot breeze on their fingers or on their hands or out of the fontanelle bone area please raise both your hands. See all of you have got it except for very few. ?? . I bow to you because now all of you have become saints. Now only thing you have to know is how to use this power. Please put down the hands. May be somebody who is sick may not get, somebody is too much mental may not get. It is very few who didn't get. So now a new life has started. In the Sanskrit language we call a realized soul as dwijah. Also a bird I called dwijah. Because the bird is twice born. First it's an egg and then it becomes a bird. That's how it has happened. Now you have become birds but still you have to meditate every night ten minutes to see that all shackles ??? . next year again I will try to come and I am sure it will work out. When I come all of you come but when I am not there all of you don't come. There is no money to be offered or anything, but you have to give time. You have to give some time to yourself for your growth and that will help you a lot to be able to grow spiritually. We have some very good sahaja yogis and people are coming from some other countries here. See the Romanians have come all the way. Now a day should come when you all can go abroad. That should happen to all of you. May God bless you all, may God bless you.

You got it I am very happy because Muktanandas....

Q : what about Swami Shivananda, they follow, white light society 6 years ago

Shri Mataji:nonsense. This is divine love. You have to feel it. Actualisation, not talking, just actualization. Alright?

Yes !

Shri Mataji: you see Indians are very clever and I don't know they have made lots of money. Indians (sadhus/gurus) are very clever and can be very cunning. So be careful. If Indians are good, they are very very good and if they are bad they are horrid. And this false people have come to loot you. Understand it . They don't live in India, they go abroad, just collecting money, that's all.

1995-0726, How to Solve Ecological Problems

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26 July 1995

How To Solve Ecological Problems

Public Program

Centre of Hygiene, Sofia (Bulgaria)

Talk Language: English | Transcript (English) – Draft

I bow to all of you, who have come to know, how to save humanity.

It is not our problem only of Bulgaria, but of the whole World. Everyday all over the world there is awareness about ecological problems. But means that are adopted are not sufficient enough to stop our deterioration. Now I am here to tell you about some truths, which if we achieve, we can solve our ecological problem in a much better way.

Outwardly we understand that we have to reduce the machinery. The industrialisation, the way it has gone out of proportion, has created lots of problems. If we go back about say 50 years in India, we were having our struggle for independence. Then Mahatma Gandhi suggested, "why not we use hand made things, handmade clothes, hand woven clothes, handmade things from the villages". And it worked because we could stop the machinery of Manchester, who were selling us all these clothes from England. In the West, there is a big urge to use hand made things, is more expensive. I was surprised that Bulgaria is so much full of artists, there are so many artists, very beautiful. They do not only make, you can say, pictures and paintings but also they are very good hand at making things, which are functional with hand.

Now to out rate the growth of industry, we have to take something simple life, by which, we do not use too many things.

In India say for example every family will have one plate either of Brass or of Silver, depending on the status for each person that is all. But these days the plastics are created, which are disposable. In America even in the drawing room, they have a waste paper basket of big one like this for disposable things, they are always disposal. I think it is a labour saving, because such a lot of waste has been created. In America that they do not know what to do with it.

If you fly to New York, you will be surprised to see that the whole sea is filled up with all kinds of rubbish. It spreads miles together.

With all that kind of water, the fish cannot survive. And there are so many industries that their waste has to go into the Hudson River. There is a way of understanding that we have unnecessarily expanded our acquisition temperament. They say, it is for our individuality we have this one type of plates, plastic plates one has, another one has another kind of plastic.

But plastic is not good for health. And the beauty of it is that it can penetrate into anything, it can penetrate into clothes, it can penetrate into [...]. Now this is a difficult thing it will take too much time to change the people of their awareness to understand.

As you know there are all kinds of pollutions that are troubling us. They are using lots of cars, and all such vehicles which create pollution. But if you say that you should use bullock carts or you should use horses or donkeys, nobody will like that idea.

Because this modern world has become very speedy and because of the speed people just want to do things much faster than that is required.

There is a big slavery of the watches. This is what modern life is. All these things cannot be reversed very easily, I understand. And these factors which create pollution cannot be controlled very easily by just by protesting, or by shouting, or by doing all kinds of things.

Now they said that there was bomb explosion in Paris railway station because it is suspected that the people are against Chirac, who planned a sort of atomic experiment in the South Pacific.

This kind of violence also is not going to deter people from doing wrong things. Because of these, all these happenings and very aggressive people at the helm of affairs, what we find is that human beings themselves have become very chaotic. They are very much confused. So to keep up the speed also we have these computers and all those things, but what it is doing to us we do not know.

It is a money orientation of men, which is working out his whole life style. And nobody is worried about the future what is going to happen. They lack complete wisdom and balance. Once they start doing something they must go to the extremes. There is no moderation in anything; it is a kind of a desperation they take.

So we have to now think, what should we do. In the evolutionary process, as you know, people developed immunity to different obstacles. Animals developed new type of limbs and things according to the atmosphere they have to face.

Is there a possibility that we human beings in these modern times can develop immunity to this attack of ecological problems. If we could do that then there is a question of great survival of the person.

The first is all kinds of new diseases that have come up. The latest one what you call as [Epidemic] disease you see, this is when the whole conscious mind becomes paralysed. When people go to the extreme of too much thinking and planning, they develop this disease.

Now this is happening very much more in America and also in England. Very successful people become, what you can say, paralysed as far as their body is concerned. Their brain is working all right, but consciously they cannot do anything. Unconsciously they may do some things, but consciously they cannot even pick up a glass like this. They become like really like reptiles and you have to carry them like big fish on your back. But when they talk, they talk like a great scientist, great professionals.

This is I think is the last word now as far as the checking of the nature is concerned about over activity. Also ecology, also this also, acts a problem with that. Because their breathing is very difficult and so in this polluted atmosphere, they cannot breathe properly. So we should probe into the matter to see is there a way out. If the science does not help, we should go beyond the science. The trouble with the science is that is amoral, it is amoral, there is no morality. And once it goes into the hands of people who are aggressive, it becomes very destructive.

So today I am here to tell you about the solution. It is Meta science you can call. You should not accept me blind folded. We have had enough of problem of blind faith. But whatever I am telling you, you should accept it as a hypothesis, like scientists are. And please keep your mind open. Now if you find what I say can be proved and there is evidence you should believe, because it will solve ecological problems. It is benevolent for you, for your family, for your country, for the whole world.

I am talking about the last breakthrough of our evolution. We have reached up to this human awareness. But still we are not perfect and we do not have absolute knowledge and we have not much immunity either.

So let us find out if there is some other mechanism within us, which can work it out. Here is they have shown that mechanism that works it out within us - the immunity part.

In the triangular bone, as you see, there is an energy, which is a residual energy, which is for this last breakthrough.

This energy was sacred because Greeks knew about it, they called it Sacrum bone. Now this energy exists, we have evidence of that, and you can even see it pulsating at a certain stage of this process of evolution. Also as far as we know that we have three

types of Autonomous Nervous System, Left-Right Sympathetic and the Para Sympathetic.

And the fourth one is our Central Nervous System, which you can say is recording whatever happens in our evolution. So these three energies that are there are run by Autonomous Nervous System as the doctors call it. Now we should ask who is this auto? There are so many things science cannot answer. For example these flowers, we don't know how they are created by Mother Earth. Because it is a living process. In the medical science there are many things they cannot answer.

As a rule anything that is foreign in this body is thrown out. But when the foetus, the baby foetus is formed. It is not thrown out, it's preserved, looked after, nourished and at the right time it is thrown out.

There are other many things like there are two chemicals Acetylcholine and Adrenaline. They are chemicals but they act differently in the body. You cannot explain why it happens, that means we must explore much deeper within ourselves.

Now according to Me, just take it as a hypothesis, there are seven centres, energy centres within us. And when this power, which I told you, is in the Sacrum Bone, rises through these centres it integrates it and also it nourishes it.

Now I will tell you how cancer is caused. We have these centres from the Left and Right sympathetic nervous system in the Para sympathetic nervous system. Now if you are moving too much of your right side for physical and mental activity, when the energy from this centre is drawn out too much and if something happens on the left side it breaks. And it loses its connection with the main. And then the malignancy settles. There is no control of the brain on it.

By this awakening I assure you, we have cured cancer in India all over. Without any medicines only through your own energy it has happened.

There are so many other diseases especially I will tell you about the one, which one gets when he is over acting, when he thinks too much. Now this attack I am telling can come from ecological problems. I think it becomes mostly it comes. Now the one centre I will discuss with you today, because they said, "There will be some doctors sitting here". Are there some doctors sitting here? Will you raise your hands, if you are doctors please?

So this is for everyone. Whether they are doctors, or they are planners, or they are doing some sort of an enterprises, for all the people, we call it right sided people. Who think too much, who are spending too much time in making something or doing something, or you can say constructive so called.

With these over activity what happens you should see, firstly over activity of human beings have created ecological problem. If they could little bid settle down, it would be less problem for us.

For example one man starts a factory than he earns some money out of it than he starts another factory than another factory than another factory, or it could be somebody who, say studying for M.A., than he wants to do M. Phil., than he wants to do P. Hd. And go on just like that. Also the bureaucrats, who are planning too much, politicians, all the time intriguing using their limited brain energy. They all face this right side problem.

According to us the right side channel is this one which is used for mental and physical work. And there are so many problems with that like stress and strain and this [epis] disease also.

One of these seven centres, the second one as you see there we call it Swadishthana, which also looks after the Aortic Plexus in the Medical terminology. But it supplies energy for the grey cells in the brain. When you think too much it has to do this job is to supply energy for the grey cells of the brain.

This one centre has to look after the Liver, the Pancreas, the Spleen, the Kidneys and Intestines, especially in the lower part of Intestines. Now when you are thinking too much, what happens first of all, the Liver goes out of order, the job of the Liver is to

take out all that is poisonous in the body, in the form of heat and give it in the blood circulation. But when it is out of gear, then the heat is transferred upward and there is a minor centre there called at the right, right Heart we call it, it's the one which gets affected, which looks after the lungs and then one gets asthma of a serious type. Also this ecological problem active because heat is created and that sort of coagulates the Lungs.

The second problem comes, when young people play tennis, very heavy physical exercises also drink a lot and think a lot then they get a heart attack, heart is collapsed. Very massive heart attack, which is fatal. And very young people die; say from 18 to 25, there are many common cases like that.

Also there is craze for people to go to the sea shore and take to heat. As it is their liver is out of order, which is giving a lot of heat, and then they want to go and sit in the sun so they get skin cancer.

About 25 years back nobody knew about these horrible diseases. They didn't ever go out, they sat in the house, talked to each other, but nobody knew that people went out to the holiday, spent all their money.

But some entrepreneur came up with this smart idea and started this business. Some people say in England I have seen them from South to they will go to the North and North will come to the South. And the whole weekend they are plodding with their children up and down, whole weekend is just wasted in a very hectic life. They save all the money just for the holidays, and the women also try to get there body in such a way that they could expose it to the Sun.

The second thing that happens to you is that your pancreas doesn't get energy from this particular centre and becomes sick. And you develop a horrible disease called diabetes. Most people who are sitting and planning, planning, planning are the ones who get, they get diabetes. But not the people say in Indian villages, who just earn sufficient, eat their food and sleep off. They don't bother. They don't worry for tomorrow. There are no insurances and they eat such a lot of sugar that in a cup of tea the spoon must stand up to 90 degrees. And they were never known what is diabetes is. So by reducing sugar, we are not going to get rid of your diabetes. This pancreas has to be improved.

Then we have another thing called spleen. Spleen is like a speedometer within us. If supposing you eat your food and suddenly you run you get a pain in the spleen. So this spleen is a speedometer, which has its own rhythm. But modern life is such that in the morning you must read newspaper. And they never publish anything that is good or peaceful but always so many bombs, so many died, so many killed. If you read it, if you are sensitive, you really feel so upset and at this spleen starts putting more RBCs out.

Then in the car you find the jam and you get upset. Then in the office the boss is angry because you are late and the whole life is so hectic. You have to do this and you have to do that, you have to do that. So this poor spleen doesn't know how to cope with the crazy manner this. So the whole rhythm changes and suddenly what you develop is blood cancer. I have seen 3 – 4 architects in India now are alright, they had horrible blood cancer. Also one of the leaders of some party in India, he also got cured. All such people, they cannot look after themselves, how can they help others?

Then the kidneys, the kidneys also get coagulated with the heat. So you get kidney trouble. You are put on the dialysis artificially till you become bankrupt. And then you die. There was a doctor who came to see me who had this trouble, kidney trouble. He was doing dialysis. So he said Mother can you cure me? I said "I will try but, if you are cured promise Me that you will not do any more dialysis." Luckily he got cured but he is still busy with the dialysis. Because he said "I have invested so much money, what I have to do?" Better sell it off. So this is what happens to kidneys.

Now Intestines become also very constricted. All kinds of Intestinal problems start. Worst is permanent constipation. This is only in the lower part. In the upper part now even you may survive for some years, your heart is always under attack. And suddenly you just become a victim of a massive heart attack at any age can happen. Then also you can get your paralysis of the right side. But last not the least, is this [epis] disease. All these things happen only by one centre going into jeopardy.

Now if even you can correct this centre and if your centres are cured than you become immune to ecology. Because, also, you get connected with the All Pervading Divine Power. Actually that does all the living work. I know all the religions have failed because, because they are money oriented or power oriented. But they are not spirit oriented. With this process, when it happens when you become the Spirit, you become immune. Because nothing can kill that spirit and that immunity you develop. Now I am running my 73rd year and I am practically travelling every third day and I am at peace with myself. And the whole things look like a drama to me. I have never been to a dentist, also glasses I started about 4 years back because of this light. Also because of this light which was on some times nine hours, ten hours, I developed little spots. But I have no [...], no what you call other problems of the blood or anything nothing. Of course I have no time to exercise still I am normal.

So what one should desire is to become the Spirit, so you develop immunity to this ecology.

The first thing I find in the West, I don't know about Bulgaria, but they are so sensitive to noise. They can't bear any slightest noise. I am surprised, in these modern times you have to live on the Himalayas, if you want to avoid noise, isn't it. But they are so sensitive to this kind of noise, any other noise but if there is horrible music going on dha-dha-dha, they don't mind.

Yesterday we were listening to the news and one old American lady, who is a tourist, was sleeping in another room. I mean mostly in America they travel when they are above 70 years like this. They are shaking with the sticks in their hands and I mean at this age why should you travel for nothing at all. They want to compete I think with the young people, so she complained that she cannot sleep with this news going on in our room, which was very faint. I think it's ego but then they started some sort of disco down below. Till about 5 O'clock in the morning and who could she complain?

But what is it that, we have to develop this immunity because we become a witness of the whole thing. And as a result you also get powers to make other people who are evolved fully. You know the absolute knowledge; you get the absolute knowledge on your fingertips. It is the Saint knowledge about yourself and because you become also collectively conscious, you get information about us.

Now if you know how to cure yourself. You can cure others also.

I am very thankful to this organisation, which has invited me and I could have spoken much more about the sea preservation and all that. Because I travel a lot and I see a lot.

We can learn from Australia, from Tunisia, how they have made their sea all right safe, so much to be learnt from some people, but one must have wisdom and humility.

It is a serious problem and we have to think about ecology. So I am thankful to this organisation which has invited me and because of that I could tell you about the immunity, how to develop within yourself. Some may say, it takes time, I think it does not. Because say in a country like Russia where I never expected in one program there are always more than sixteen thousand people. And they get their realisation without any trouble. I am amazed because I never thought that Russians would be so sensitive to this. May be they are so frustrated that they took to it. Of course India knows all about it so no problem but so many countries now 65 countries people, 65 countries have accepted Sahaja Yoga.

Even Romania, which is hardly any distance, just imagine these people don't know Hindi language, they don't know our music system, which is very difficult. They have to, in India; they have to study for years to pick up these. But not only that they can sing very well, but also they understand what they are singing.

People who were never used to Indian music are so appreciative of it, I just can't believe it. Even to say one sentence of Sanskrit, was impossible for an Englishman, even ordinary Hindi words. How these people from all these countries, have picked up all kinds of languages, is very much surprising.

We have many doctors, who are in Sahaja Yoga, I was thinking of having a conference of doctors here sometime. And they are going to bring all the evidence and all about. I am sorry, I have to leave you because this hall is only available for a short time and I hope you don't mind.

If you want to have your self-realisation, we have very good, very very good centres here, where you can go and do it.

So I wish all the good luck to this organisation and all the help that is needed we are willing to do.

Thank you very much.

1995-0729, The time has come to prove the existence of God

View [online](#).

29 July 1995

The Time Has Come To Prove The Existence Of God

Public Program

Mövenpick Hotel Istanbul, Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Third Public Program, Istanbul, Turkey 1995-07-29

Interpreter: Do you hear the speech of Shri Mataji?

Audience: Yes, Yes

Shri Mataji: Can you hear me?

Sahaja Yogis: yes.

Shri Mataji: I bow to all seekers of truth! We have to know that the truth is what it is.

You can not change it, you can not transform it, you can not describe it. And you can not pay for it. In every religion it is said that you have to find yourself, especially in Koran it's written that if you do not know yourself, you are not a human being. All "Namaz" and all those prayers are just to ascend, to know yourself. In every religion, it is said so. But as you know the religions have become now power-oriented and money-oriented. And in the name of god they all are fighting.

So people saying that there is no truth in God. But the time has come to prove the existence of God and oneness, unity of all the religions. There is nothing to fight in the name of God. Actually, they are not fighting for the truth but fighting for money, for land or for some power.

Dr. Khan has already told you, what do we have within our self or also in Kuran, this Kundalini is described as 'asas' [base, foundation]. and also this All-pervading Power of divine love is described as "Ruh".

Names may be different but they all talk of the same thing. You can not call any religion, as exclusive. Mohammad sahib is the one who talked about Abraham, about Moses, about Christ and His mother. especially about Christ's Mother, he said you should never challenge her chastity. Even in the bible, she is not so much respected as he respected. That shows that we must respect our women. Every religion has gone into some sort of a perversion and has become the fundamentalist. Where there are priests or everything or a kind of a "peer" and hatred for each other. If God is 'Rahim' (very merciful) and 'Rahman' (feel pity for every living thing) how can we have hatred.

You must understand that the divine power is there to construct us, to guide us, and to lead us to patience. They are living in this modern world which is so Chaotic. And all over the world, you will find people are just trusted. All the truthful people are trying to find out the solution.

In these special modern times also there is one blessing which is spreading that, people will know themselves. Which was the idea of Mohammad Sahib also. Especially, your country has been blessed by a very great soul like Atatürk Kemal Paşa.

And in this country, you have had so many Sufis of very great evidence.

Like Yunus Emre. If you read his poetry you will be amazed to know that your country has such beautiful poets and such truthful people. He was such a great spiritual soul, and the way he has described about the human beings is really so loving, so compassionate. He has talked of nothing but love. He says I have one enemy that is the hatred and I have one friend that is love. It is really remarkable, how such a great soul is in this country, Turkey and it's blessings will always be with you. I was really very much attracted to your country because so many Sufis have been created here and their praises are sung even in India. There is nothing to learn from others. You have such trained people who have done so much service to your country as far as spirituality is concerned.

When we say this is my hand, this is my body, this is my intelligence who is the owner of this. All this you see, these are the

channels which look after your autonomous nervous system. As intelligent people, you should ask a question who is this "auto". Science is very limited and also immoral. There is no morality about science. For example, they can make atom bombs, they can make all kinds of destructive weapons, there is no restrictive power in Science.

And so you find that they have created machinery and the machines are creating lots of pollution. And the whole world today is afraid of this pollution which will come and can destroy our world.

So is there a solution for this? For the protection of human beings.

There is, a way of becoming the self, the spirit that you develop by divinity to all these circumstances that are around you.

It is the becoming that is important, now in our evolutionary process.

We have now reached the stage which we called as the human stage but this stage is not perfect. We do not have absolute knowledge, for example one think that capitalism is good, one think that communism is good, everybody has there own idea.

Also, we have fixed ideas, like Hitler had the fixed idea that he was the one who has to kill the Jews. Also, he felt that the Germans were the highest race. As a result, he thought he is alright in thinking to arrest the rest of them. Even today there are people, many people, who are at the helm of affairs and have fixed ideas.

But if you know what is the absolute truth and if you know there is a divine power which guides our life, nourishes us, then the whole thing changes.

Now, Sahaja Yoga is working in 65 nations. And we get people from these 65 nations, in India in thousands. Here also, people have also come from other countries to help other Sahaj yogis here. But there is no quarrel, no fight, nothing. They are enjoying their life. And they have a purpose in life now. All the bad habits, destructive habits like drugs, alcohol, all these things just drop out.

One does not have to tell them, don't do this, don't do that. Automatically they drop.

In the light of your spirit, you see what is destructive for you and you just give up, you just give it out understanding that it is very, something very dangerous for you.

Also, you get your powers, by which you give up everything that is wrong. You get powers to give self-realisations to others also. So one person can give realisation to 1000 people. Your health improves and all kinds of incurable diseases have been cured by Sahaja Yoga.

There are 3 doctors in India who have got their M. D in Sahaja yoga for curing incurable diseases.

For that, you don't have to study medicine. On your fingertips, you can feel the centres who are in jeopardy. And you. If you know how to cure yourself you can also cure others.

Because you develop the new dimension in your awareness. That we call as collective consciousness. Sitting down here you can feel the centres of other people all over the world. Also, those who are dead you can find out what sort of people they were. Most important thing is that, we have to become the spirit because that is something indistinguishable.

All the problems of a human being can be solved. It's very important that today we should take to our self-hood, to our self-knowledge, for which we don't have to pay. You can not pay for it. You can not organize. You have no organisation as such. Individually you have to grow. So you rise above, the time, above all your defects and you become a supreme personality.

Every day I am giving lectures, so my throat is out of order. This time alright!

Our life today, seems to be in real jeopardy. Today for the first time I wanted to listen to the news in the morning. I never listen to the news in the morning. It's horrible. And it was so shocking. Everywhere in the world, something is going on. you see. Which is really unbearable.

And when you see all that you feel that there is something must be done about it and that is to be done by the people who achieve their self-realisation because you don't know who you are? You are the epitome of the evolution.

Interpreter: I don't understand, sorry,

The epitome of the human evolution means the highest. Now the last breakthrough is very simple. It's your own power. It's your own mother. She does it all. And when it happens you feel from the top of the head cool breeze like "Ruh" coming out and you become "Ruhani" (spirituel person). Nobody has to certify you know yourself and you are amazed that you yourself become so fantastic. But you are that! You are born to be that and it has to happen. There is no end to my lecture because I have been talking about it in every country I have been but it works and there is no end to your energy. You must be knowing that I am 73 years of age. I am 73 years old and praticly every third day I traveling a country but I feel very energetic and it works so well I

have seen that people who are seekers some or other nature I think it's all organised by this Ruhani power. Thus, you become religious, you become righteous. There is no hypocrisy about it. My husband told me that Turkish people are very capable people and I find that, they are such great artist, they are so creative, everything is there but the only thing this has to happen so that you become great Sufi's. This is very simple and you can work it out just now. of course, I cannot force on you. You have to ask for it. If you do not desire, I can not force on you, because this is the power of pure desire.

If you have the desire to become the self, it is very simple because only this power has to rise and pierce through your fontanel bone area become one with this all-pervading power.

Sahaja means born with you. It's the right that you become one with this all-pervading power. This is a union. This is yoga for which you don't have to stand on your head do anything. It's just there. So, the only thing it has to work out. Now, you see there are so many beautiful lights here, but only one switch to can put on the whole because they are just switches. In the same way, you can get your enlightenment because that's the built-in system within you like this. In every country, they have talked about this. In every religion, they have talked about this. So one has to just get to it. It will not take more than 10 minutes but those who want to go, should leave the hall because it can not be forced and those who do not want should please leave because others should not be disturbed in receiving.

Of course, There are very simple 3 conditions:

First one is that you have to forgive yourself.

You should not feel guilty about it at this moment.

Because whatever wrong you have done is a past, so why you carry this myth on your head all the time. Actually, by feeling guilty this centre is caught up here very much.

You all have it very much so that's why I am coughing. But if this centre is very much caught up, then what happens is that you develop spondylitis.

You can also have a disease called angina by which you get a heart attack or else you can also have a very lethargic organ. So why to feel guilty for nothing at all.

So the second condition is to forgive others. You have to forgive others, because -whether you forgive or don't forgive you don't do anything. But if you don't forgive then you play into wrong hands. So the best is to forgive, not to carry this myth. So you forgive everyone, even without thinking about them that will really make you feel much lighter.

Then the third condition is – that you have to take out your shoes which is not so difficult I think. In London, the first time when I told them that take out your shoe half of them walked out.

Please take out your shoes.

Some people feel that they are basically bad.

Interpreter : She shouldn't take photograph during the session.

Shri Mataji: Now, this time, why don't you take your realisation? That is the best.

Now, we will show you, how we have to nourish your centres with your own hand.

Left side that you have seen here, is what our mundane desires in day to day life.

So please put your left hand on your lap or comfortably towards me. indicating that you desire it.

Now believe me that you are all going to become the self, the spirit. Have faith yourself, like this.

No No like this. Show it.

Alright!

And the right hand is for the action. So you put your right hand on your heart. Left hand towards Me and right hand on the heart. In the heart, resides your spirit. If you become the spirit, you are your own guide. You are your own master.

So you put your right hand in the upper portion of your abdomen on the left-hand side which is the centre of your mastery.

Then you take your hand in the lower portion of the abdomen on the left-hand side.

Please keep your left hand straight like this.

Now, this is the centre of pure knowledge that is divine.

Even you people do it, because you see there is nothing to ... attention, every person will realize. [unclear due to the mixing of

voices]

This is not to be repeated what I am saying. Alright! Can you do it or not?

Let us seek your peace. It's much better.

Alright!

So Now this is the centre of pure divine knowledge.

Now you have to raise your right hand on top of the upper part of the abdomen on the left-hand side. You are nourishing your own centres. Now put your right hand on the top of your heart.

Now raise your right hand in the corner of your neck and shoulder and turn your head to your right. Now I have already told you about this centre will go out of order if you feel guilty.

Now raise your right hand on the top of your forehead across and please put down your head. This is the centre where you have to forgive others in general.

Now, take back your hand on the backside of your head and push back your head as far as possible. This is the centre where without feeling guilty, without counting your mistakes, you have to ask forgiveness from this all-pervading power.

Now, stretch your palm fully and this the is the last centre where you have to put your hand is the fontanel bone area which was the soft bone in your childhood.

Now please push back your finger. This is very important. and put down your head. Now here, you have to move your scalp. Not your head, your scalp, carefully clockwise 7 times. Just bend your heads.

That's all we have to do.

Now you have to close your eyes. Before that ,those who are sitting on the chair should put both the feet apart from each other. Those who are on the ground are alright.

All of you take out your glasses.

No, no, you are alright, you are alright, you don't have to, those who are sitting on the chairs because there are two powers.

Now please close your eyes and please don't open them till I tell you.

Now left hand towards Me and right hand on the heart on the lap.

Now in your heart, you have to ask a question about yourself. a very fundamental one.

You can call me Mother or you can call me Shri Mataji, here you say, in your heart 3 times. Ask the question -Mother Am I the spirit?—3 times

I have told you already that when you become the spirit. You become your master.

So now put your right hand on top of your abdomen on the left-hand side in the upper part and press it. Here you have to ask another question which is fundamental. Mother, Am I my own master? Now I can not force the pure divine knowledge on you. You have to ask for it. So now please put your right hand in the lower portion of your abdomen on the left-hand side and press it and please ask 6 times -Mother please give me pure divine knowledge. Some of you are putting the left hand on the other way. Please put it like this. Some of you are putting wrong. Now Please ask six times -Mother please give me your pure divine knowledge. Now raise your right hand in the upper portion of your abdomen on the left-hand side. As soon as you ask for the divine knowledge this power starts rising within you, so you have to open higher centres with self-confidence. So, here you ask or you can say with full self-confidence 10 times –“Mother I am my own master”. I must tell you, that you are not this body this mind, these emotions, these egos, these conditionings, but you are your own spirit.

So now raise your right hand on your heart and here, you have to say with full self-confidence, 12 times –“ Mother I am the pure spirit”.

I have already told you that you should not feel guilty of your past. Because this all-pervading power of love is the ocean of forgiveness. And whatever mistakes you might have committed will be completely dissolved by this power of forgiveness. So please forgive yourself. And you rise your right hand in the corner of your neck and shoulder and turn your head to your right.

Here now you have to say with full self-confidence 16 times –“Mother I am not guilty at all”.

I have already told you that whether you forgive or don't forgive, you don't do anything but if you don't forgive then you play in the wrong hands and you torture yourself, especially at this moment. It's very important because the centre that is crossing of your optic chiasma is very constricted and if you don't forgive, this power don't rise through because this centre has to open. So, please take your right hand on the top of your forehead across and put down your head. Here you have to be humble and say from your heart – (not how many times) “Mother I forgive everyone in general”. Now without feeling guilty, without counting your mistakes just for your satisfaction, you have to ask forgiveness from this all-pervading power.

So please take your right hand in the backside of your head and push back your head as far as possible. Here, you have to say (not how many times) but from your heart –“Oh Divine power! Oh, Ruhani power! Please forgive me if I have done anything wrong knowingly and unknowingly.”

Now the last most important centre is on top of your head. Stretch your palm fully and press on the fontanel bone area which was a soft bone in your childhood.

Now please push back your fingers, it's very important because you have to have good pressure on your scalp. Now Please bend your head. Here again I can not force self-realisation on you. so you have to ask for it. So move your scalp 7 times clockwise, saying –“Mother please give me my self-hood or self-realisation or my spirit.” Takedown your hand and slowly open your eyes.

Now, please put both your hands towards me like this. Now, put your right hand like this, bent your head and with the left hand, you see on top of your head if there any cool breeze or a hot breeze coming out of your own head. Now please put your left hand. And see with your right hand, if there is a cool or a hot breeze coming out of your fontanel bone area. Higher not on the top of the head, it can be very much higher also. Just move and see. If you are have not forgiven yourself or not forgiven others. It will be hot here coming in.

Now, Put the right hand towards me and again see with your left hand if there is a cool or a hot breeze coming out of your fontanel bone area. Now raise both the hands towards the sky and push back your head. Here now you have to ask one question 3 times:

Is this the all-pervading power of divine love that is called as “Ruh”.

3 times ask “Mother, is this the all-pervading power of divine love which is called as Ruh”.

Push back your head. Now please take down your hand. Now put both the hands towards me like this. And watch me without thinking because this is what happens that you become thoughtlessly aware.

You come to your present.

You stand in your present.

Please put both the hands. All those who have felt the cool or hot breeze on the fingers, on the palm or on the top of the fontanel bone area Please raise your both hands

Look at that! The whole of the Turkey has got it!

May God bless you !

May God bless you !

I bow you all, Now your saintly life has started.

H.H. Shri Mataji Nirmala Devi

1995-0801, Sahaja Yoga is the power of compassion and love of God Almighty

View [online](#).

1 August 1995

Sahaja Yoga Is The Power Of Compassion And Love Of God Almighty

Public Program

Bucharest, Polyvalent Hall (Romania)

Talk Language: English | Transcript (English) – Draft

Public Program. Bucharest (Romania), 1 August 1995.

I bow to all the Sahaja Yogis and all the seekers of truth. It seems Romania is a special place where there are so many seekers of truth. And very deep and truthful they are about it. Sahaja Yoga is the power of compassion and love of God Almighty. But it's not just talk, just not giving you a lecture or a sermon, but it is actualization of the experience of this Divine Love. It is spirit-oriented, not money-oriented, nor is power-oriented. All the religions have failed outside because they are not Spirit-oriented. Now, of course, they are challenging us and saying all kinds of wrong things about us because they are frightened that they will be exposed.

But truth will prevail now. The time has come for truth to prevail. It is surprising that people don't understand that truth is love and compassion. If you really love somebody, you know everything about that person, that is how the Divine Love is, which knows everything about everything. It is the knowledge that you get when you fall into the ocean of love, an ocean, you fall into the love's ocean. One has to know that truth is what truth is, you cannot change it, because it is absolute. You cannot transform it, you cannot sell it. You cannot pay for it. It has to be really understood that if you have to know the truth you will know because the time has come, and that you are the human beings at the epitome of evolution.

So, this is how we are working out Sahaja Yoga in thousands. Sahaja, Saha means with, ja means born. Is born with you the right to achieve this union, this Yoga with the Divine. There is no obligation and there is no compulsion, it's all free, because it is your own power. It works spontaneously, sahaaj, and also it is manifesting very fast. These are the centers which are within you and when they go into jeopardy, you get physical, mental, emotional and spiritual problem. No doubt, there are many people who are cured of incurable diseases without paying anything, without taking any medicine, with their own power.

Many people have been gifted with the esthetics. See, these are Romanian boys and how well they sing Indian songs in different languages. It's not possible. Normally it is not possible because very difficult tunes and very difficult words. But it has worked and I see in every country which have no idea of Indian language or Sanskrit are now getting all this talent to express their love. Also, Indians are singing your song, Western song, I don't know how they picked up from you.

Then their problems are solved. Even financial problems can be solved. It is very surprising how people get their attention absolutely becoming innocent, and the attention becomes very steady. This steady attention penetrates deeply into any enterprise you take up. Thus, you become very successful in your education, in your daily life. But the greatest success is that you become ocean, like the drop falling into an ocean dissolves. That means you become a universal being.

Now Sahaja Yoga is working in 65 nations, and when they come together I've never seen them quarrelling, fighting, but they enjoy each other, whatever country, race or community they belong. Such brotherhood, such love, such oneness, unity you can see. Because who is the other? They have become part and parcel of that ocean of love, like the cells in one body. The best part of it is that when Kundalini rises She puts your genes in proper shape. So you develop Sahaj genes by which you become extremely righteous, extremely kind and honorable. You are that, no doubt, but, you see, maybe there is some sort of a problem with your genes, but once you are all right, you are great. You don't know how great you are, how fantastic you are. If you take a television in a remote village of India, those who have not seen anything like that, and tell the villagers that when it is connected you can see all sorts of things on the screen, so they will say that: "You are just telling us a story. How can that be? This looks like a little

box." In the same way, we think we are little boxes, but once you are put to the mains, you discover how fantastic you are. The time has come for the whole world to change. Unless and until human beings are transformed you cannot solve the problems of this world. This is reality, one must understand. No use having big, big meetings, conferences, all kinds of things which bring forth nothing. Also, what has religion given us, outside religion? Nothing, but the idea to fight everyone thinking that yours is the best religion.

What has science given us? Science is amoral, it has no morality about it. That's why they are creating atom bomb, hydrogen bomb, all these destructive things to kill their own fellowmen. There are no limitations of science, and it has reached such specialization, that you may have one doctor for one eye and another doctor for another eye. So there is no synthesis, no synthesis. All this makes people think there might be something beyond that can happen to us. So when this power, Kundalini, which is a residual power, raises through these six centers it nourishes those centers and integrates them and then pierces through your fontanel bone area and connects you to this All Pervading subtle power for the first time. You have to experience this power. Just, say, talk about it, it's nothing but web of words. So the Sahaja Yoga is actualization of your baptism. It is not some priest comes and put water on your head and says you are baptized. So one has to understand that there is our Creator who's very anxious that we all should enter into His Kingdom.

Now the first thing that happens to you as a result of this awakening is that you become thoughtlessly aware. Thoughts come to us from our past and future and we are not in the present. In between the thoughts, there is the space which is the present. Past is finished, future doesn't exist. But when this Kundalini rises, She elongates these thoughts and we stand in the present. We are absolutely aware but thoughtless. This is called as thoughtless awareness state. Patanjali has called this Nirvichar Samadhi.

Then the second state, where you become doubtlessly aware, when you yourself start using this power and giving Realizations to others. And you receive so many blessings that you are amazed how these miracles are taking place. Then you become doubtlessly aware, very powerful; at that stage, nobody can harm you. The Divine power looks after you and you settle in the Kingdom of God. The government of God is very efficient, alert and loving. It loves and looks after you. We have had many miracles in Sahaja Yoga.

About a few months back there was a lady when I was in India, she wrote to me a letter saying that in her family there is some sort of a Mexican disease which everybody gets. It is a fatal disease but most of them get at the end of their life. But her son, who is young, studying in Harvard University, has got it, and that they are saying it's not curable and that he may die within one or two months. She wrote to Me three letters asking Me if she could come to India or meet Me anywhere I am. The fourth letter came saying that the son, when he went to the hospital, they found nothing wrong with him. It was really a very great miracle, I must say, the way she was doing this work for Sahaja Yoga, she is being blessed. She came to Cabella and about before at least two thousand people, she told this.

This is what it is, that it is beyond human conception how this Divine Power could be compassionate and attending to our needs. Then, with your attention, you can know what's wrong with you: this is self-knowledge. You know about your chakras. You develop a right attitude towards yourself and you want to correct them. Also, you develop a new dimension in your awareness, which we call as collective consciousness, that is, you can feel the centers of others on your fingertips. If you can correct your chakras, your centers, you can correct others also and you can cure them without taking them to the hospital. There are three doctors in India who have got their M.D. in Sahaja Yoga for curing incurable diseases. On your fingertips, you know absolute truth.

Like one fellow came and told Me: "I've been to church, I've seen these people have no faith in God, how can there be God and these people so bad?" I said: "All right, put your hand like this and ask a question: "Is there God? Ask three times."" And from his fingers he started feeling the cool breeze of the Divine Power, saying: "Yes, there is God." So the time has come to prove the existence of God Almighty, His Divine Love and our importance. Thus, you develop your identity. Then also, you know what is the purpose of your life, why you have come on this Earth, for what purpose the evolution took place. It is not something in the air but it is really actualization.

I don't know but people in Romania really extremely sensitive for spirituality. In Sanskrit language, Raman means to enjoy. So now, above all you have to enjoy yourself, others and the Divine blessings. That's all you have to do, because this whole world looks like a drama, sometimes a tragedy, sometimes a comedy. But you are not involved, you just watch. And your watching with your attention is very helpful, it works out many things which normally very difficult, on a global level also. Actually you become absolutely peaceful within, the peace is within you.

I've met many people who have got awards in peace and all that, but they are very hot tempered. All full of wrinkles, you can count them. How can they be peaceful, how can they get awards, I don't know. The source of energy is so great that you don't feel tired. As you know, I travel every third day and I'm so very old, about 73 years of age. And I am all right. So the life changes and you really enjoy human life which you [UNCLEAR could be DETESTED, or DESISTED] and also you were frustrated with it. So we create a new world of transformed people, who are innately pure, innately. You enjoy your virtues and you enjoy your Self. But there is no false pride or there is no Ego, nothing, is just enjoyment. For Sahaja Yogis, it's a festival every day. Even the children become so sweet and so beautiful. Of course, there will be people who are of false gurus and false religions and all that, they will talk against, doesn't matter. And thank you very much all of you. And My heart is full with such joy for all of you. Thank you very much!

Now we'll have the session for Self-Realization, Kundalini awakening. And you should sit in a relaxed way, not to be tensed up about it. Of course, I cannot force Self-Realization on you and also is not meant for arrogant people or who want to just criticize us. It's not meant for idiots and stupid people. So those who do not want to have Self-Realization are welcome to leave the hall. They should leave because they should not disturb other people. To be civil to others is very important. It will hardly take ten to fifteen minutes, but one should not leave the hall when we have started this process of Self-Realization.

So there are three conditions which are very simple. The first one is that you have to forgive yourself. At this moment, you forget your past. People say is difficult to forgive, but whether you forgive or you don't forgive, you don't do anything. But if you don't forgive, then you play into wrong hands and torture yourself. At this juncture, when you cannot forgive, the center here on the optic chiasm is like this constricted. And at this important time if you don't forgive, the Kundalini won't be able to rise. So, why keep this myth and miss the point of your Realization?

The second condition is that you have to forgive everyone and yourself. When you have to forgive everyone also, in the same way, if you don't forgive yourself you catch here, the center which we call as Left Vishuddhi. This is very dangerous because this can give you spondylitis, can give you angina which causes heart trouble or it may give you very lethargic organs. So we have to understand that we have to forgive ourselves.

The third condition is also very simple, is that those who are wearing shoes have to take it out, because this Mother Earth helps us a lot. Those who are sitting on the ground should also take out their shoes. But those who are sitting on a chair have to keep both the feet apart from each other like this, because there are two powers, left and right. Left is the power of our desire, mundane desire. Kundalini is the Power of pure desire. And the right side is the power of action. If you have pure desire, I'm sure it will work out. So you have to place both the feet apart from each other; on the ground, you are all right. Sit comfortably, that's all. Don't put strain on your body of bending back too much or slouching in front. You should be really pleasantly placed towards yourself. You are about to enter into the Kingdom of God. Now, somebody will show you how we'll nourish our centers. [UNCLEAR] we should say.

Please, put your left hand towards Me, like this, on your lap, comfortably on your lap, indicating that you have desire to get Self-Realization. Now, please, put your right hand on your heart, where resides the Spirit. Now, if you become the Spirit, you become your own guide in the light of the Spirit. So now, please take your right hand in the upper portion of your abdomen, on the left-hand side. Here is the center of your mastery. Now, please, take your right hand in the lower portion of your abdomen, on the left-hand side. This is the center of pure Divine knowledge. Now raise your right hand in the upper portion of your abdomen, on the left-hand side. You are only working on the left-hand side. Now on your heart. Now, in the corner of your neck and shoulder and turn your head to your right. I've already told you about this center, that when it is in jeopardy, you get diseases like angina

and spondylitis. Now, take your hand on your forehead across and put it down. This is the center where you have to forgive everyone, without thinking about them, in general. Now take your hand on the back side of your head and push back your head. Now this is the center where without feeling guilty, without counting your mistakes, you have to ask forgiveness from this All-Pervading Divine Power. Now the last center is very important, so stretch your palm fully, put the center of your palm on top of your fontanel bone area. Now push back your fingers. Bend your head. You have to move your scalp seven times, slowly, clockwise. Bend your heads. Bend your heads. That's all we have to do. Now, see that your legs are apart from each other those who are sitting on a chair and the left hand towards Me. Now you have to close your eyes, so take out your spectacles. That will help. And, please, don't open your eyes till I tell you.

Now. Put your right hand on your heart. Here resides the Spirit. Close your eyes and ask a fundamental question about yourself. You can call Me Mother or Shri Mataji. So please ask three times: "Mother, am I the Spirit?" I've told you that when you become the Spirit you become your own guide, your own master. So now, please take your right hand in the upper portion of your abdomen, and press it hard with your hand, with your fingers. Here you ask another fundamental question three times: "Mother, am I my own master?" I have to confess that I cannot force Divine Knowledge on you. You have to ask for it. So, please, take your right hand to the lower portion of your abdomen, on the left hand side. Here you have to ask six times: "Mother, please, give me pure divine knowledge." Six times, because this center has got six petals. As soon as you ask for pure divine knowledge, your Kundalini starts rising. So now, we have to nourish our upper centers with our full self-confidence. So raise your right hand in the upper portion of your abdomen, on the left hand side. Here you have to press it and say with full self-confidence: "Mother, I am my own master." I have to tell you that you are not this body, this mind, these emotions, this intelligence, this ego or conditionings but you are the pure Spirit. So you have to say with full confidence, when you put your hand on your heart that: "Mother, I am the pure Spirit." Now you have to put your right hand on your heart and you have to really say with full confidence: "Mother, I am the pure Spirit."

I have to tell you that this Divine Power of love is the ocean of bliss, is the ocean of knowledge, but above all, it is a ocean of forgiveness. So, whatever mistakes you might have committed can be easily dissolved in this ocean of forgiveness. So forget the past and put your right hand in the corner of your neck and shoulder and turn your head to your right. Here you have to say with full self-confidence, 16 times: "Mother, I'm not guilty at all." I have already told you whether you forgive or don't forgive, you don't do anything. But when you don't forgive, then you play into wrong hands. Specially at this moment, it is important that you have to forgive. So now, raise your right hand on top of your forehead and put down your head as far as possible. And here you have to say with full confidence again, not how many times, but from your heart: "Mother, I forgive everyone in general."

And without feeling guilty, without counting your mistakes, you have to ask forgiveness from the All-Pervading Divine Power, for your own satisfaction. So, please, take your right hand to the back side of your head and push back your head as far as possible. Here you have to say, three times again, or maybe without counting, from your heart: "Oh, Divine Power, please forgive me if I've done anything wrong knowingly or unknowingly." Say it from your heart. Say it from your heart.

Now, the last center, as I told you, is the most important one. For that you have to stretch your palm fully and put the center of your palm on top of your fontanel bone area, which was a soft bone in your childhood. Now stretch back your fingers so that there is a proper pressure on your scalp. Here again I cannot force Self-Realization on you, you have to ask for it. So now bend your head and move your scalp seven times clockwise slowly saying: "Mother, please, give me Self-Realization." Bend your heads. [UNCLEAR]

That's all. Now, please, take down your hands. Now, please, put both the hands towards Me like this, put the right hand towards Me like this, like this, not like this, like this. Now, push the right hand like this and see with your left hand if there's a cool or a hot breeze like say vibrations are coming out of your fontanel bone area. Please bend your heads and see. Now, please, take your left hand like this towards Me again, projected like this and bend your head and see for yourself again, with your right hand, if there's a cool or a hot breeze like vibrations are coming out of your fontanel bone area. If it is hot that means you have not forgiven yourself or others. Some people get it far away and some closer but don't put your hand on top of your head. So forgive now, forgive yourself and forgive others. Now put the right hand towards Me and put down your head and see for your left if there's a cool or a hot breeze like vibrations are coming out of your fontanel bone area.

Now raise your both your hands, push back your head and ask a question: "Mother, is this the cool breeze of the Holy Ghost as described in the Bible?" Or, ask this question three times, or "Mother, is this the Divine Power of Love of God?" Or, "Is this the Paramachaitanya?" Anyone of these questions you ask three times.

Now put down your hands. Put this hand like this towards Me and watch Me and don't think. All those who have felt cool or hot breeze on their fingertips, or on their palm, or out of their fontanel bone area, please, raise both your hands.

That is Romania, I tell you. I bow to Romania and I bow to Romanians and to all the saints. It is very kind, really. Thank you very much! You can have a song and you can clap your hands. Once.

1995-0802, Medical Conference

View [online](#).

2 August 1995

Conference

Bucharest, Ecological University of Bucharest (Romania)

Talk Language: English | Transcript (English) – Draft

Medical Conference, Ecological University of Bucharest (Romania), 2 August 1995.

So all the professors, the Vice Chancellor who was so kind to invite Me here to talk to you about something which is very different, I would say in a way, very different from the medical science I have studied. I would not call it different but it is, I would say, it is the basis of our medicine. For example if you want to treat the tree for its sickness and you start applying things from outside it doesn't work out so well. It may have reactions also. But if you can somehow go to the roots, then the whole tree can be treated.

Our medical science now, in the modern times, has become very specialized, to such an extent that you may have a doctor for one eye and another doctor for another eye and there is no synthesis. There's no treatment to the totality of the human being. This leads to problems and has created many kinds of reactions.

So today I'm going to talk to you about the subtle system that is within us. You should not take Me for granted, there should not be any blind faith about it but if it is proved, this hypothesis that I put before you, then as scientists you must keep your minds open and then you can accept it as honest people because it is for the benevolence of yourself, your family, your country and the world at large.

The fundamental thing about us is that we have these seven main centers of energy within us. We know about different plexuses which work on the physical side but the ones which supply energy to these plexuses on physical, mental, emotional side, also spiritual are these centers. Also I would like to tell you about a energy that resides in the triangular bone known as "sacrum". That means Greeks knew about this bone that they call it as "sacred" bone. Now, this energy is the fifth energy that we have, we should say. We have left and right sympathetic nervous system even autonomous nervous system. They are supplied by two subtle channels on the left and right side. Then we have parasympathetic nervous system in the center. Supposing you are afraid and you run fast in emergency, so your heart starts pumping more blood and you get higher rate of your pulses. As you know that this is done with sympathetic nervous system. But what brings it down is the parasympathetic, cools it down, is the parasympathetic. This parasympathetic nervous system is also supported by another channel.

Now the fourth energy that we have is a energy by which whatever we achieve in our evolution is recorded, that is our central nervous system. This central nervous system has recorded whatever we have achieved up to this human awareness. We have so many types of higher awareness than animals. For example animals don't understand filth or dirt...they don't understand beauty, they don't understand colors. So many subtle things that we understand, animals don't understand. Of course they have many things built-in them, accordingly they behave. But human beings have freedom.

Now this energy within us is the fifth energy as I call it. We call it as Kundalini in Sanskrit language. Kundalini, because it is in three and a half coils and a coil is called as kundala. It's called as Kundalini because it is a feminine coiled energy. This knowledge was known in India since long time, that this energy, if it is awakened it passes through six centers and pierces through your fontanel bone area which is the actualization of your baptism and connects you to the all-pervading Power of Divine Love. In Koran they call it "Ruh." In the Bible it's called as the cool breeze of the Holy Ghost or all-pervading Power of Divine Love, in Sanskrit it is called as Paramchaitanya. So when we see these beautiful flowers, we don't even see and never even think that what a miracle it is.

If you ask a doctor who runs your heart he'll say the "autonomous nervous system." But who is this "auto"? That question if you ask they can't answer. There are many things in medical science that we cannot answer. For example anything foreign that goes in our body has to be thrown away, that's the nature of our body. But when the fetus is embedded in the womb it is kept there and nourished and is thrown out at the right time. So who does that? There are many questions science cannot answer. Because science is amoral, it has created lots of problems. It can produce hydrogen bomb, atomic bomb, anything and no one can control it. So we have to go to something deeper and find out if there's any solution within ourselves.

Now as I have to talk to doctors, I would like to explain about one center, how it can create problems when it is in jeopardy. As you see, there is left and right, two sympathetic nervous systems. When I was studying medicine that time they didn't know that they have different functions. But they have absolutely two different functions. The left side caters to your emotional side, the psychology as you can call it and the right side caters to your physical and your mental, means your brain functions. English "mental" word it is ambiguous you know. I mean the activity of the brain and the physical activity.

Now we can talk of the second center because in this short time, whatever is possible, I think I'll explain about one center. This is very useful for doctors, for bureaucrats, for people who plan, for politicians how one center when in jeopardy, how it can create problems. Now there's one thing yet not known to the medical science this time: when we think too much, what thing gives energy to our gray cells? We are using the energy of gray cells but who replaces it? According to Sahaja Yoga it is the second center within us, we call it Swadishthan, which replaces the energy in the brain cells. Now this working takes place like this we can say, the left and the right sympathetic nervous system meet like this and form the center, parasympathetic. And this center is the center of energy. In medical terminology we can say it looks after the aortic plexus. Now this center, when on the right side, it supplies energy to your brain cells when you think too much, or the conscious effort. Now, when you start using this power too much, you neglect other organs which are dependent on this center. The first and foremost is liver. Liver is affected by that. As you know, liver is responsible for taking out all the poison from the body as heat and put it in the circulation of blood. Now when the liver goes out, the heat accumulates in the liver. It starts passing upward.

So we have another center which we call as right heart, which looks after the lungs. So you get asthma. Now in India, one doctor has done research on asthma, with Sahaja Yoga he has proved you can cure asthma completely. So then, this heat can also pass to the heart. Supposing a young man of say eighteen/nineteen, plays tennis, too much physical exertion, drinks a lot, thinks a lot, at that young age he might get a very massive heart attack which is fatal, always. But later on in age also it might accumulate and people can get massive heart attacks, not angina, massive heart attacks. Then it goes further still, that people can get paralysis of the right side. The latest is yuppie's disease, I don't know if you have heard about, yuppie's disease they call it in America, very common, where the conscious mind becomes absolutely paralyzed because you have used too much of your conscious mind. The brain is in working order, but not hands, feet, nothing, one becomes like a reptile. Very common now in America. And you have to carry the patient like a fish. But he speaks all right, his brain is all right, otherwise he cannot do any action, of walking or ...

Now when this heat goes towards the left side of your abdomen it creates another problem -because of the pancreas, it gives you diabetes. Only people who sit on chairs and are futuristic, who are planning, politicians, this that, doctors also, they get diabetes. For example in India, we have farmers who earn their living and then sleep nicely, they are not worried about anything. They are not money oriented, they are not thinking of future, they don't insure anything and they drink in their tea at least four spoons, full spoons of sugar. But they don't get diabetes. Never. We have never heard of any case with these farmers getting diabetes. Then also because of too much attention for thinking, no energy is supplied to your spleen. Spleen is for our rhythm, a speedometer, for our rhythm of life. So these days the modern life is so chaotic. Early in the morning if you read the newspaper you are really shocked. Newspapers always describe horrible things, nothing else. Nothing to soothe you. So, you go into chaos. Then as you know that spleen produces RBC's when there is emergency. For example, if you are eating your food and just you start running you get pain in the spleen. So, in the morning, people don't take their even breakfast, just rush somehow or other, because they sleep very late and then they get into the car. In America, I'm told that they even brush their teeth in the car. They have no rhythm of life. Then they'll see the traffic jam and they are very upset and in their office now the boss is boiling at them. With all this, this poor speedometer doesn't understand, it becomes crazy.

Of course, the other side how the cancer is caused, I've not told you but suddenly the movement goes to the left, some sort of a shock, accident, anything and you develop a very serious disease called blood cancer. With Sahaja Yoga we have cured many people of blood cancer. Then it goes to the kidneys and kidneys also go on late, with the heat and you stop urinating. Then you are put on the dialysis where you just become bankrupt and die. Ultimately you die. There's no way of saving such people. But with Sahaja Yoga you can. There was a doctor who was expert as he had lots of machines of dialysis. And he got kidney trouble.

So he came to Me, I said, "You can be cured but on one promise, that you will not put people on dialysis anymore because you must admit dialysis cannot cure."

He promised, he got cured but he's still using his machines. He told Me he has spent so much money that he has to make money somehow now. He's so much money oriented, you know. So, lastly is the worst is that lower part of your intestines, also intestines suffer a lot because you get constipation. But the worst type of constipation you can get, piles you can get. In Switzerland I was surprised that in the bread they put something we call as the cottonseed. And actually we give this in India only to buffalos. I was shocked. Why are they using such a hard thing? "Because," they said, "we suffer from constipation." And you know they may start eating grass after some time. So this is the situation with one center and so many diseases are caused, so if you can cure one of your centers, you can cure all these diseases.

Of course about cancer also I would like to tell you in short. As this left and right side meet and form a center - now if you are very futuristic you are using right side too much like this and using the limited energy of your center too much. It could be anywhere, it could be in any center. So you go on using it too much, ultimately it happens that it's exhausted. And sometimes with some shock or anything it may just break. So there is no connection with the mains. As a result malignancy is formed. The cells become on their own, there's no connection of control. This I've told you in short but cancer is curable through Sahaja Yoga.

Psychologically also many people have been cured. That is the left side. On the left side we have our subconscious of today, subconscious of yesterday, subconscious of our all lives. And we have beyond that is collective subconscious and this collective subconscious has everything that has been created. So many things have died in the evolutionary process, have gone out of the process of evolution. Like there might be some plants which we call as bacteria and all these viruses also, the same. So, once they enter into your conscious mind or conscious side, you get affected. So for cancer, doctors call it ...protein 53, 58..., they have given names like that. So in Sahaja Yoga your attention is pulled out from the left side brought into the center. As a result of that you become all right. Also, the highest type of left side affectation is lunacy. Also can be cured.

In this short lecture I cannot give you the list of all the diseases that are curable. But if you have the knowledge of medical science it's much easier. But the best part of it that when you become the Spirit, when you become one with the Divine Power, then on your fingertips you can feel the centers. There are five, six and seven for the emotional side and again five and six and seven for your right side, meaning for your physical and your... not mental but brain activities. Also the stress and strain you have from these modern times, even ecological problems - you become quite immune to it. That's another subject, where you become just thoughtlessly aware. The thoughts rise and fall, another thought rises and falls and it comes from either from the future or the past. But when the Kundalini rises then She elongates these thoughts and you stay in the present. You are thoughtless but fully aware and then all the inspirations come in.

The greatest thing is that the database of the genes are corrected with this. We have known many people who were called as very bad people, evil people are completely changed. All your habits which are destructive just drop out because you become the Spirit. Actually you are not this body, this mind, you are not these emotions, your intelligence, your ego or your conditionings, you are the pure Spirit. When you become that, in that light, you achieve tremendous powers. Like many people want to give up alcohol and drugs, they can't, but overnight they will give up.

It's like this, supposing there is a snake in My hand and there's darkness and I'm very adamant and if you tell Me, " There's a snake."

I'll say: "No, it's a rope," because I'm obstinate. But if there is little light I'll definitely throw it away. In the same way all habits which you cannot fight, just run away. Everything sounds so fantastic, I must say. But you are fantastic.

Like in our country, in a remote village, if you take a television and say, "This box can show you so many things," they won't believe.

They will say, "It is just a box."

We also think we are just boxes. We have no identity. But when you put the television to the mains, then you see how fantastic it is. In the same way we are. We are built-in that way. But when we don't take to this natural breakthrough of the evolution, also there is ecological problem inside. Yes. Because I've seen people with cancer, when they suffer and they take to Sahaja Yoga, the whole room gets heated up without a heater. I mean, even if they are sick, if supposing. Supposing you are feeling any pain here and if with Sahaja Yoga you touch it, it's very hot. So this is the Cool Breeze, we can call it, has a cooling effect.

Also in the western science there's nothing for cooling. In Ayurveda they have, some things, not many but we have so they go on heating up - and heated up and heated up, even the brain gets heated up, everybody gets heated up...even the nerves get heated up...and you have no strength left to fight any illness. But this is your own Power. There's no obligation at all. You feel much younger, very energetic. Now, I'm seventy-three years of age and I travel every third day and I enjoy. So it's very easy because it's your own. But medical studies helps you a lot to understand the physical help of Sahaja Yoga. You don't have to go for diagnosis, when the patient dies half-way when he's diagnosed - by the time. So is best is to diagnose a person on your fingers, which is absolute knowledge, absolute.

Even if you have ten children and tie up their eyes and ask them, "What is this gentleman suffering from?" they will all say the same thing. Now supposing they show you this finger, so you ask the person, "Do you suffer from heart?"

So he'll tell you, "Yes, very much, how do you know?"

Now, if you know how to cure yourself, you can cure others also. You can feel the centers of others on your fingertips. They may be anywhere, might be dead even, you can feel. This is a very subtle subject and also very easy. The knowledge is all within yourself but after medical studies it relates to science very clearly. So it's very useful for doctors. And in a country where we are not so rich like Americans are, we need not waste too much money.

It's a very large subject and I was telling your authorities that I'll send a doctor who was the Head of the Physiology, Dean of Physiology from Delhi University, who has written a book on Sahaja Yoga. His granddaughter was dying of kidney infection and she got cured in Sahaja Yoga and his wife had migraine, also she got cured in Sahaja Yoga. So then he started researching Sahaja Yoga. He's written a very good book and was inaugurated by our President in India.

Of course I would like you to ask Me some questions if you have any.

Q: I'd like to know, what is in Your opinion the spiritual mission of the Romanian people?

Shri Mataji: Oh, they are wonderful. Oh, they are very sensitive. I must say they are the best in the Eastern bloc. They are very spiritual. I just don't know, we have now, I think, five thousand Sahaja Yogis and I have no words to... really I can't praise them enough. It's true. And they have grown too much.

Q: You said that lunacy can be cured in Sahaja Yoga. What do You understand by lunacy: paranoia, schizophrenia, ...?

Shri Mataji: All kinds. All kinds. But not always. You see, schizophrenia has been cured, lunatic personality has been cured,

lunatic persons from the lunatic asylum. We have got three, four people from lunatic asylum in India who got cured. Yes, it's possible. Even AIDS. But these AIDS people are extremely aggressive. They think they are martyrs. So, with this martyrdom, you know, they think no end of themselves. They are very proud that... they think they are fighting a big cause.

So we cured about six people in Australia, one was T.M. fellow, T.M., Transcendental Meditation, two, two of them...Transcendental...two of them. And they told Me that in the beginning in the T.M. you are not even supposed to talk to your wife. So they became homosexual. For years. Both of them. Then they got cured, but they fell back on the same habits and after five years they died. Then there was one who got cured, he's nine years now, he's still there. And two were married, a couple who were Catholics, I think, so they got a fright. I think the priests must have told them to be frightened so they also ran away. I don't know how they are. It's very difficult people, it's a world movement, you see, they think they're very great soldiers marching towards death. It's a psychological problem, very egoistical and they are not afraid of death they say. Their immune system is in trouble, which is curable through Sahaja Yoga.

It is the...here, sternum bone. Till the age of twelve years, we develop antibodies here and then the whole...they are distributed all over the body. So, whenever we are frightened, the sternum bone gives like a remote control, gives palpitations. So behind the sternum bone that guides it we call as the central heart. If you can cure this central heart then we can cure so many diseases, say like breast cancer and many others.

Q: What do You think about a research study performed here in Bucharest on various patients to prove that Sahaja Yoga can cure and so to blast the medical world?

Shri Mataji: Ideal. Ideal if you start. We already have a Center of Research in India, in a place called Vashi, close to Bombay. We have ...But you can see, it would be good idea if you want. [inaudible]

Q: Isn't it dangerous to work on children? For instance there are many children sick of AIDS in Romania.

Shri Mataji: No, that's the best thing. Children, it's harmless, absolutely harmless. Best for children! Because they're so innocent you can work very fast.

Q: He's Doctor Damian Nicolae Sandu from Braila. He is a bit skeptical and he said that "Can't Sahaja Yoga degenerate into a sect and fanaticism?"

Shri Mataji: You see, it depends on... some people who become fanatic, I agree, but they are corrected because they lose all vibrations. Very few. They are thrown out, automatically.

The Rector: We can come to an end at our Conference and we thank Mrs. Shri Mataji Who's presented us very short form Her new medical theory. I [inaudible] for me it is a bit shocking because it does not come in any way close to my paradigm. But this does not mean anything. We are open, and what I admire in Her is Her optimism. Nothing is worse for a doctor than pessimism and to give up in front of illness. So that I congratulate Her, especially because She introduced this high note of optimism even for diseases that we consider nowadays incurable. Thank you very much.

Another person from the University: Please, allow me, on behalf of the Senate of the University, to give the Diploma of Doctor in Cognitive Sciences to Mrs. Nirmala Shrivastava Who made us a great honor to be here today among us.

1995-0802, Musical Evening And Talk

View [online](#).

2 August 1995

Evening Program

Bucharest, Sala Constructorul (Romania)

Talk Language: English | Transcript (English) – Draft

We have had such a nice music from our Romanian Sahaja Yogis. There's some sort of a musical atmosphere in Romania, I think. Because when you all sing also, you sing it in a very melodious tune. Like celestial music, that was sung long time back, I feel has come back to Romania.

They used to say, that the music that was appealing to God was done by gandharvas and I find those gandharvas are in Romania only. If Nabhi Chakra is Black Sea and that in Greece Athena lived, then all this area must have been the area that is described as Heaven in India. And must have been the olden days when people of Romania or of Greece must be singing praise of God. It seems that these great gandharvas are born again in your country. Even people who came from India were surprised at the esthetic and the supreme mastery over all kinds of difficult songs by these musicians. Of course, everywhere people sing now Indian songs with great ease but the melodies that you people produce, is not effective by everyone.

In Turkey we had invited some people from Hyderabad who were singing quawalli. But when they heard these young boys singing so well, they ran away. I asked: "Where are they gone? I can't see them." They said: "They have run away, Mataji. Because it was too much for them to bear that these boys from Romania who don't know our language, have mastered these quawalli so well.

I have of course invited them now to India and they are going to go to the Music Academy. Also they are coming to attend the wedding of My granddaughter. You are also... You all are invited also for the wedding. I used to think, India is the only country where the classical music of such a level could be sung. Because it is quite innocence and also attention which is concentrated. One has to study this music from very childhood. But how these young people have picked it up so fast, I don't know; we may say it is due to Sahaja Yoga. And I don't know whether it is Sahaja Yoga or these prodigies who have taken birth on this land of Romania. Ramana word, in Sanskrit means those who enjoy the spiritual life. If Romania has come out of that word I can see clearly how you are enjoying spiritual life.

Moreover you don't understand word by word of this music but the way you are enjoying it's very surprising. We have a very well-known musician in India, Hamzat Ali, who deliberately came to listen to their quawalli. And he was so enamored. He said: "What have You done to them? Have You completely transformed them?" I told him: "They are transformed, all of them are transformed by their own Kundalini. I've done nothing. Only thing, I think, My love, you see, runs after them".

So, this was a very nice time we had together and really it was very successful all the programs. Now, you will be facing new people, who are very good, I felt that way. First thing in Sahaja Yoga is to respect each other and to respect all those who come to Sahaja Yoga. You know so much about Sahaja Yoga, they don't know, they have come for the first time, so be kind to them. And the second thing you have to do is to really love them. In the program, each one of them got Realization, very surprising, each one of them. I was amazed really, that not one person did not raised the hand, everyone. So it is going to be a pressure on you and you must look after them, no doubt. But I'm sure you can do it very well.

Also you must go to other small villages and cities and see that you spread Sahaja Yoga. Now don't worry about Orthodox Church or anybody talking ill about Sahaja Yoga. They have no truth with them. And they are all fighting among themselves. So they have to say something against us because they are afraid. One day, they will all come to Sahaja Yoga. May not be the ones who are in charge but those who have been misled by them. From your life, from your behavior, people will realize that you are really saintly people.

One thing I have to confess. (MISSING FROM THE RECORDED SPEECH)

Moreover, there is a big problem of customs, they don't understand love of Mother. But somehow... So you know I have to go down to Hungary, to Czechoslovakia and also to Poland and then in Cabella we have Shri Krishna Puja. All these countries have not come up to your standards but I'm sure they will be very soon working it out.

So I thank you very much all of you from My heart, for doing so much for Sahaja Yoga and for the whole world. You must know that you have to meditate every night before sleeping and maybe for five minutes in the morning. If you do not meditate then you will not grow in Sahaja Yoga, you will not grow in spirituality. Just for ten minutes you must give some time to yourself.

I'm sure all of you will see how nice it is to meditate and to enjoy the peace and the bliss of the Divine. So many miracles are happening and also people are becoming very deep and enjoying their spirituality. They also have developed lots of powers. But you must use these powers. If you don't use these powers you may find that you loose them. So, you must try to give Realizations to others. But you can't force. So try to learn how to convince people without forcing.

I bless you all from My heart. If you have any problem you can always write to Me. Thank you very much.

1995-0804, If you can cure yourself, you can also cure others

View [online](#).

4 August 1995

If You Can Cure Yourself, You Can Also Cure Others

Public Program

Építők székháza, Budapest (Hungary)

Talk Language: English | Transcript (English) – Draft

1995-08-04 Public Program, Hungary

[beginning missing - tape overwrite]

[recording starts at 7.24]

All this living work is done by this all-pervading divine power, but we have never felt it before. When this kundalini rises and pierces through the fontanelle bone area then you can feel this power, as cool breeze of Holy Ghost. For the first time, you feel it and you are amazed how we never had this experience before. Once it happens, then you are amazed at yourself because you become really very compassionate and very dynamic. You can see your problems clearly and when you can see them, you can solve them much better. Then you realise what is divine discretion. Not only that you know yourself, but you also know others on their centres. Because you develop a new awareness; a new dimension in this human awareness which we call as collective consciousness, where you can feel others on your fingertips. These centres tell you what's wrong with others also. If you can cure yourself, you can also cure others. In India, three doctors got their M.D. when they cured people with Sahaja Yoga. Many incurable diseases can be cured by you yourself, with your own power. But we have to believe in ourselves, we have to have self-confidence. If this instrument [mic] was not connected to the mains, it has no identity, it has no meaning. In the same way, if you are not connected to this all-pervading power, we have no identity. So, people start searching, they get into some sort of fads or they get into some cults or some sort of a nonsense they do. All kinds of ideas are poured for such people who are seekers.

As you must have heard about what happened in Japan or in America, where they declared that World is coming to an end and to finish the whole World. This is absurd, because the World is not coming to an end. In Sahaja Yoga, we don't have any weapons, we don't even have a dagger with anyone. [repeats for translator] But this is what is misleading point and people take to it very easily. This is very surprising, how people take to such stupid things. Also, I don't understand how after knowing so much about these religious institutions, still they stick on to them. One must use one's intelligence to judge whether the person who is talking of religion or anything, how far they are truthful. Last of all, you have to know that you reach a state of complete joy. Joy is not like happiness and unhappiness, but it is absolute. As you know absolute knowledge on your fingertips, you also get absolute joy. Thus, we get rid of all nonsensical things and ascend above all these stupid ideas that are prevalent.

This is your own, your own idea, and you should get it without any trouble. But I have seen people who are still stuck into stupid ideas and cannot understand they have to achieve the truth. So, we have to understand that it is high time that we get to absolute truth. For which, you don't have to pay, there is no obligation of any kind. Only thing, you must have self-confidence. Another thing is that I cannot force self-realisation on you. You have to actually ask for it. It is your freedom, I respect. If you want to have, you can have it. But if you don't want to have, how can I force? As I told you, that this is a living process, last breakthrough of your evolution. For which, you have to have pure desire. Because this kundalini is the power of pure desire. It will hardly take 10-15 minutes to achieve that. But if you don't want it, I cannot force on you. So, all those who don't want, please leave the hall.

How many people are Hungarian here? Quite a lot. [inaudible]

So, there are three conditions which are very simple. The first one is that you have to forgive yourself. You must have full confidence in yourself. I think it's a fashion also, to feel guilty all the time. But when you feel guilty, then you catch on the centre

[showing left vishuddhi] on this left-hand side. As a result, you develop a disease called spondylitis. Also, angina. Also, your organs become lethargic. When you make mistakes, you must face it at that moment. But, what's the use of feeling guilty about it. At the most, you can decide I will not commit such a mistake again. But, why to condemn yourself all your life and ruin your centre here [showing left vishuddhi]? It seems in Hungary is quite a lot. This [left vishuddhi] centre is very bad here. Alright, the second point, second condition is that you have to forgive everyone. Forgive everyone without even thinking about them. Because, whether you forgive or don't forgive, you don't do anything. When you don't forgive, then of course you play into wrong hands. And torture yourself for nothing at all. While the person whom has troubled you, whom you are not forgiving, is enjoying life nicely. So, why carry on with this myth? Specially at this moment, is very important that you forgive everyone without thinking about them. Because thinking about them also causes headache. Moreover, at this important moment, the centre on the optic-chasma is constricted like this, absolutely. And if you don't forgive, it won't open [shows cross with fingers closed and then square-shaped opening]. And, how will this kundalini then go through it? So please, just say in your heart that 'I forgive everyone' without even thinking about them[?], in general. I have already told you that you have to have full self-confidence that you all will get your realisation here, tonight. Also, if you don't mind, please take out your shoes because this Mother Earth helps us a lot. Some people are even attached to their shoes, you know [laughs].

[self-realisation starts]

1995-0805, Evening Program, Sahaja Yogis are the highest human beings

View [online](#).

5 August 1995

Evening Program

Építők székháza, Budapest (Hungary)

Talk Language: English | Transcript (English) – Draft

1995-08-05 Evening Program, Hungary

Speech starts at 49.20

So today, I have thought of, because yesterday this lady came and she was going into spasms. And she has been to some, uh, I don't know what sort of a cult it is. But she said that she has discovered that they are all false, so now she has given them up but she is very much possessed. Now, after seeing her, I felt that still in Sahaja Yoga we will get people who will be coming from such problems. And they will tell you about what has happened to them or how they got into it and how much money they had to pay, all these things. Of course, they are anxious to get well and they will request you to cure them. So what you have to do is to take a bandhan and tell them that you can cure yourself, you need not, we need not cure you. You can give them the photograph and you can tell them how to use it on the left hand side. But out of sympathy you just don't become extremely kind to them and get the possession into yourself. It's very important because in the beginning always I have seen many people get caught up and then they leave Sahaja Yoga, then they want to come back again. And they are then very caught up. As far as possible, you should not really try to treat anyone. You can ask them, you can give them the photograph, and tell them what you talked[?] at home so they develop a kind of recognition of me and also you do not get affected by them. You have to be careful, very careful in the beginning, that you don't try to sort of cure those people or try to give them realisation who are already possessed. The first thing that happens to these possessed people that before my photograph they start shaking their hands, shaking their body, and they getting some sort of a suffocation.

Also, they are people who are full of ego here and sometimes you catch from them. So, best thing is first of all to take your bandhan nicely and then test the person. Instead of telling the person that you have ego, is better to tell that you are very right sided. And if you understand what is wrong with the person, then only you should tell otherwise you should keep quiet.

There are lots of also miraculous happening, like these Romanians now singing this song, this absolutely they don't know anything about Indian music, nothing, suddenly how they have become. There are some artists also who have suddenly become very great artists. Now, it can happen, anything can happen, you can become great orator, you can become a writer, you can become a poet. My own brother as you know he is a chartered accountant, very good at mathematics. Because my mother was a mathematician. He didn't know anything about literature and I use to write his essays [inaudible]. He could not never write an essay also, in Marathi or in English. Now suddenly he become a great poet. He knows so much of Urdu, Marathi, Hindi, and English; I just don't understand. He has started composing poems in all kinds of languages but now he realises it's a blessing of Sahaja Yoga.

Now, one thing is important that if you have some sickness or if you have some trouble, you can cure yourself. You don't ask anybody else to do it. Just tell another person how it can help but it might hurt another one if you tell you got ego, this is wrong, that is wrong, just say you are right-sided or left-sided. Everyone can get blessings of the divine in different different manner, but we have to deserve also. For that, first thing is dedication. And second thing is determination. First thing is dedication and the second this is determination. If you have dedication in Sahaja Yoga, then the blessings come in without any difficulties. But you must also have dedication with determination that you will express yourself in whatever blessings you have.

Yesterday, I saw lots of people from your country, who were there, they just got realisation yesterday. Now, you have to be very gentle with them. You should never tell them that you are a egotistical fellow or you are a bhoot or you are depressed. But you

have to say that you are say left-sided, right-sided, you need a balance. And you can give them a balance by proper movement of your hand. But before doing anything, you must take yourself a bandhan. And you should never by any chance let them feel that they are no good.

The power of Sahaja Yoga is love and compassion. And with vibrations, you will know discretion. As you know that these people from the church or from these muslim fundamentalists, they are all opposed to Sahaja Yoga because they are fundamentalist. Even the Christians can be very fanatic. So, best thing is to understand that you do not become fanatic in Sahaja Yoga. Like some megalomania. Thinking that, there are people who started thinking that they have become Paul, they have become this, all nonsense. Some of them started another group of people, telling them something nonsensical. So, one has to be careful not to become that and others have to become careful not to fall into their traps.

There is one thing I expect you to learn English language because how many languages can understand me. Is the easiest language, English is the easiest language, I can tell you. I have never studied English in school, college, much. But it can be easily mastered, it's very simple language. Because, you know, it has one word can describe three things. For example, the spirit, now spirit can be alcohol, it can also mean a dead body - a dead spirit, also it means the spirit in the heart - atma.

Shri Mataji asks translator: I don't know in your language [Hungarian] are there, is there only one word for three things?

Translator: yes, sometimes it happens. [Shri Mataji laughs]

Such languages are very easy. I would say Marathi is a difficult language. I would not ask you to learn Marathi, English is easier. But Marathi is very precise, for every colour, for every hue, for every behaviour there is word. For every kind of character also there is a proverb. For example, somebody becomes very vague out of something that you marry somebody good or somebody your husband is better off or the wife is better off or something, so they will say that person has got the 'badha of gher' [?]. Gher means false pride. On the face they will say it, now you got badha of gher, finished! [laughs] On the face they will say it you have got the badha of gher, on the face. Supposing somebody talks big about oneself, you see, I am this, I am that, then they will say that you are climbing on the little shrub of this [unsure], such a little shrub, you are climbing on that! On the face only! If they have said this to Hitler, it would have been alright. All such, there are proverbs, there are words by which you can really correct the society. If somebody has an attention that he starts looking at every woman or looking at everything they call it 'madhya', the name - madhya, which means he goes on to it. So, it is condemned. [corrects translator] And that is how they correct.

Once an Indian was married in America, and he told me a few things about Americans that was very useful. He said in Marathi they are antipodes, you see their legs are toward us you see, their heads are towards the other side – antipodes. [translator yogi doesn't understand, everyone laughs, Shri Mataji explains] So, they do everything opposite. Like he said, that if you see a man with a big tail or a big...uh... [asks for Marathi translation and description] plaited thing. What you call this, when you tie the hair? [plaited/braided hair, laughs] So, if you have, if you see anyone from the back know that it is a man not a woman! And if it is a crew cut from the back, then it's a woman! They were quite shocked these Indians who went there, and they couldn't understand. He said they are [inaudible], means they run after their own whims. He said that I gave some money to my wife to buy a shirt for me and she came back with lots of skirts. So, he said, 'Why did you buy these skirts? You have so many.' [wife replied] 'I like so I bought!'

So, it is a...you have to be down to Earth, you should be wise and down to Earth in Sahaja Yoga. I mean whatever is clumsy or wrong, or absurd from your country you should give it up! Also, in India we have lots of clumsy nonsensical things, you see people are on the whole are traditionally very wise. I ask you to learn English but I don't think English are very wise people. [laughs] They may be wise but very lethargic. Once upon a time, they [inaudible] conquered the whole World and now they want to sleep. You can make out an English Sahaja Yogi after 12 o'clock at night. They ask me, 'Mother, how do you keep awake, after 12?' So, that is how it is but I would request you to understand me is better you people learn little English, may be better. Because I can't learn all these languages, it's very difficult for me, say German and another is Italian, so difficult. They tried to teach me but I couldn't manage. Worse is this French; because they write something, and they spell something, and they say something. They can make it quite universal, at least European languages, but they want to have their exclusiveness.

In Sahaja Yoga, we have no exclusiveness; we encompass all the religions, all the races, all the communities. There is no exclusiveness of any in Sahaja Yoga, except that we don't like people who are not spiritual. Minimum of minimum, a Sahaja Yogi has to be spiritual-minded, not money-orientated, or material-orientated. They told me that in Hungary people are becoming very materialistic that's why they don't come to Sahaja Yoga. Matter is for what, is just for our joy. It doesn't give you joy at all. It only gives you joy when you are generous and try to express your love through any matter. It is a myth in the West that if you are very materially off then you are very happy and joyous, you are not. All the people who have too much money spend it on destroying themselves. The other day I read in newspaper that in Russia these mafia people have earned so much of money and they are wasting now, look at them in [inaudible], which very horrible and very vulgar. So for money, material things they become mafia and they waste money like this, what's the use?

We are Sahaja Yogis of a very high level human beings. We cannot become like these ordinary people, who might go to hell because they don't ascend. This is the choice before you, to ascend, to ascend beyond the mind. But if that is not there, then you go on all the time floating in the air with funny ideas about yourself. While you should be in reality, that's very important because Sahaja Yogis have to play a very important role in this World. You are the highest human beings, of highest level. And you cannot stoop down the level of other stupid people. When these new people come in, don't argue with them. Just say to that there is no argument, first take your realisation, settle down. It is your own behaviour, your own character, and your own joyous nature will convince them that you are something special.

I am so very happy to see so many people from now Hungaria coming to Sahaja Yoga. If you have any difficulties, you can write to me. But every individual, you people can give realization to so many. But first, you have to mature yourself and evolve yourself. As soon as you are evolved, you meditate, I know who is evolved and who is not yet evolved. Also, it's a wrong thing to attack your leaders. If I find that not alright, I'll ask them to get out of Sahaja Yoga or at least step down. We have had problems with some leaders but they had to leave Sahaja Yoga. First of all, you must get the full knowledge of Sahaja Yoga, about chakras, about kundalini, about the three channels, everything. Also, you must meditate every night before sleeping. Try to meditate in thoughtless awareness, really very good. Then, you really become doubtlessly aware. Sahaja Yogis have to be always smiling and enjoying their relaxed mode. You should witness the drama, not get upset but witness the drama. There are so many things I can say but in this little talk what can I tell you that I am very happy that you have become good Sahaja Yogis.

Thank you very much.

1995-0819, Evening, Eve Of Shri Krishna Puja

View [online](#).

19 August 1995

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

It was really a surprise to see this combination of two great artists. they come from 2 different religions as we call them gharanas. That shows that Indian music is such a harmonious thing, built in the oneness, the unity of understanding that, whatever tradition they come in, they can play together so well, support each other, and melodies can be mixed up so beautifully. I'm happy that you understand this music and enjoy it very much. I saw you all absolutely engrossed. There's a saying that when Krishna used to play his flute, then it's said that (chitra), everybody was like a picture, eyes were not moving, hands were not moving, nothing, just chitra. Like that I saw today, all of you so much engrossed and I'm so thankful to all of these artists for bringing out the beauty of this great art of music. Now also you can see that it's a combination of east and west because this bansuri, flute, is from the east and the violin is from the west. But the way it combined together shows that there is a harmony even in the instruments, the way we play and the way we manifest the beauty of music.

Music is very important for Sahaja yoga as you know that, through music the vibrations spread very well and one can go very deep into your own meditation through music. I am very happy that they have taken out a CD now, both of them, and we have got those now, those who want to buy can buy from Guido. It's a nice thing, I appreciate, because they are very young, very young people coming up in Sahaja Yoga gives me such a great hope, that, one day, these artists will rise so much higher and that this music will spread all over the world. It's very important that young people should take to music because the older Johnnies are now practically...none of them are willing to come, even to Cabella I think, it's too far for them. But we have these second generation which is doing so well and learning music even from their mother and father, and also from very old artists of India.

It's a very traditional art, no doubt, but it has so much of Eternal Joy that it cannot be called as something of the past or of the present but it is also of the future.

I think you all have appreciated very much and I must thank Americans for organising this programme in their own understanding of the music. America is taking to music now, Indian music also, and are coming up into a proper shape I think in rendering something that is extremely spiritual. Though sometimes I find it's very noisy, but somehow or other they are taking to harmony and to a question of rapport with the people who are going to listen. I mean if they are just going to jump and dance and not to listen to the music then how is it music? I can't understand. If you have to just jump to the tune all the time in a particular manner so it cannot be music. Music has to be listened to, otherwise it goes in the skin I think. It works the other way round. So, I'm just saying because the American music is now taking over, I think.

1995-0820, Shri Krishna Puja: You Have To Be Festive

View [online](#).

20 August 1995

You Have To Be Festive

Krishna Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Reviewed

Today we are going to worship Radha and Krishna. It's a very festive feeling because Shri Krishna came on this earth at a time when people had become extremely serious about religion, about spirituality, and that made the whole aspect of religion as a joyless achievement.

And that's how people became very serious; also the attention of people was diverted into a kind of a drama, which created aloofness from the society. People became individualistic, secretive and all such people's children also became the same style because a kind of a fear, perhaps, developed among the people who were in pursuit of religion and truth. Now the family does make a difference and has a big influence on the personality of the people. So they got it from their parents and then their grandchildren also got the same type of a feeling.

So, for 2,000 years after Shri Rama went away, the whole situation became a very separate pursuit, and they would not tell each other what they have found. They did not tell even their parents what they are seeking - what they wanted. In this secretiveness they got lost and that's how there were lots of false gurus and false type of paths, were discovered. Still it was not so bad, but this aloofness made the society look so disintegrated. The collectivity was thus - even in the family it was not there. The father wouldn't talk to the son, he wouldn't talk to his wife or maybe the wife may not talk to her children. They religiously followed - in India especially - followed the dharma part. But they went to the right side - I would say. In such an austere manner they followed Gita without seeing through the lines what was written there.

As I've told you many a times, that when he talked of Karma Yoga, he said that action should become non-action, "akar". How, he said, "Put everything at the Lotus Feet of Shri Krishna", ". But that never happened. You see, because, unless and until you get your Self-realization, you always think you're doing something, you're achieving something and when you start doing like that, then you also start sometimes overpowering others, dominating others. And there is another group that starts thinking that, I'm being aggressed, I'm so much in pain, in trouble.

So there, two types of people developed - one aggressive type and another were the people who were absolutely crying and weeping. In those days, of course, after Krishna - before Krishna came - all these things were such. So, Krishna started talking about the quality of a Sahaja Yogi. He said that a Sahaja Yogi is a balanced person. For him, happiness and unhappiness has no meaning - whatever he does he feels it's all done by God Almighty - but you have to be a Sahaja Yogi to be that way. Though he described a Sahaja Yogi, there were no Sahaja Yogis at that time. Mostly people were extremely austere, they went to Himalayas and all the places for seeking truth - what Gita had told, they followed it.

So, the another thing started was a bhakti cult. In the bhakti cult, I mean when they moved in a collective. See they thought we should have a bhakti of Shri Rama. And in that bhakti also, they were secretive, they wouldn't tell anybody what they were doing and what was it. But, Shri Krishna came and he talked about bhakti, that - he said that - you have to have bhakti when it is absolutely surrendered to God - Ananya. Means that "you are not the other" - you become one - and this is what people missed, because they thought Ananya means complete, full, from the heart - it was not so.

So, Shri Krishna was also misunderstood by these people and they went to another extreme with this Ananya Bhakti. You know now a big wave started in Bengal only and people used to run on the street - Hare Rama, Hare Krishna, and used to do all kinds of things all over without understanding what he said about bhakti - how to have bhakti without connection - there is no bhakti

according to him. So, some people got lost into that kind of a bhakti, which was not at all meant for your ascent, for your evolution. But with that, you see also, so many saints who came; they didn't know what to tell people about because they couldn't give them realization. So, they said you should remember God. You should remember the name of Shri Ram, Shri Krishna and all that. Especially in Maharashtra there were many saints who said that - that try to remember the name of God. But it didn't mean, just remember means, just all the time to say - Oh, do whatever you like and say "I remember God." So, you see, they also have failed that way - I should say. Because they never understood what sort of human beings they were facing.

Also, the saints became very intimidated by other priests and other people. So, in that, we have two types of saints where we have people who are talking of "Birahar" means, separation from God. Even Ravindranath was like that to begin with. And then they start talking about the meeting of God. So, this another type of saints were the real saints who talked about it, but very few people really showed any interest in becoming that. They would say, we have regard for this, we respect this, we believe in this, we believe in Shri Krishna. They used to go to a place called Pandapur in Maharashtra.

Everywhere you go you will find Shri Krishna's thing all over the country. Especially in Gujarat, because Shri Krishna ruled there, so they are all believers of Shri Krishna. What he came for was forgotten. He was talking about realization, he was talking about connection. So in all these preachings they could not read between the lines and they started doing on their own. In our - I mean - history, we have horrible things done in the name of Shri Krishna. Not only Hare Rama, Hare Krishna, but we have a temple of Shri Nath Ji - and that temple was created for a deity which was very vibrated, was the deity of Shri Krishna, when he ran away from the field of battle - Ranchordas. Now, when he ran away from the field of battle it was because he wanted to deceive one monster and to get him killed. So, this Ranchordas state was very important because how he tricked this horrible monster and how he managed to take him to a cave where a saint was sleeping and who was given a sort of a boon - that anybody who tries to wake you up, you can open your third eye and kill him.

So, Shri Krishna played a trick, he ran into his cave and this monster also ran after him, running away from the battle field, and he put his shawl on top of this saint who was sleeping - so the monster came behind him, he said, "So now, you are tired (from) running and sleeping here" and he pulled the shawl, and as soon as he pulled the shawl this saint got up and he burnt him. And that's how he killed this rakshasa, the devil. So, the life style of Shri Krishna was very different from that of Rama. Rama was the one who accepted everything, he went in the exile and he also spent 14 years, then he went out in search of his wife and also his children did not accept him much.

Now, the aspect of Shri Krishna's life was very different. First thing, he came to know about human beings that they are very cunning people and if you tell them about God or anything, they will never accept. They will do the way they think about it. So he said, let us try the other way round. So, he played a trick with his preaching - that you have to do your Karmas or your actions - which become non-actions - which is an impossible situation - and the second one that your devotion should be Ananya - when you are connected. Now, these two conditions, nobody could fulfil, he knew. So, they'll go on working on this and at the time of Sahaja Yoga, they'll come round knowing that they have not achieved anything by practicing all those things, whatever Shri Krishna has said.

But his life style was different. When he came as a little boy, he first tried to kill all the monsters who were invading the Gokul, the place where he was living. In a different, different manner he killed Putana, who was a horrible woman, she was a rakshasi, whom he killed just by sucking her breast because she wanted to poison him with her poison and that's how he did it. So this shows you see, that the first thing he took to was extreme aggressiveness against all the negative forces that were working, which Rama did not do. Rama succumbed to everything, whatever was happening to begin with, later on then he killed Ravanna. But as a child, he was a sweet little child, and lots of descriptions are there about him. So, from very childhood, the attitude of Shri Krishna was more action as far as the negativity's concerned and he killed many rakshasas until he killed Kamsa. So, the first part was killing these people. Because they were very aggressive and they were sucking the energy of the people and they were also becoming like a megalomaniac, as you call that, they used to think no end of themselves, so there, you see, he killed their ego, he killed them, so many of them, and then he helped the Pandavas to establish the truth. To help the people who are truthful, who are for truth. But he could not give them realization, he didn't give them realization. Up to a point he brought them to understand that always the truth wins. They call it "Satyamewajyati" - truth wins.

This happened at the time when it was very important to show that those negative forces cannot overpower. To show how useless they were, to show how they had been active and have been dominating and everybody had fear but all of them were neutralized by him. That he can kill all these negative forces. This is one of his styles which is very important for modern times. Now, in America, as you see, there are so many negative forces that have come up. They are in a different form, they are not like monsters. But they are by temperament, are monsters.

The collectivity that he preached through Rasadana and all that, that he brought in his, I should say adolescent age, was also remarkable. That he made people dance together, pray together, to be festive and to know that you are a witness, you are not a slave of religion or of your meditation, but you have to be festive. And he got this introduction of Holi festivals and many others, like Rakhibandhan, all these he brought in because he thought this is how the society will be cleansed and also they will have a lot of enjoyment. So the idea of enjoyment he brought it into the lives of people. In the little childish pranks he used to play on people just to teach them and make them turn to something that was a very great enjoyment.

Now, his enjoyment was enjoyment of the spirit, the enjoyment, pure enjoyment. You see all these things reflected in the American life today - but in a perverted way. Now, the sense of enjoyment in American life is absolutely perverted, because it is self-destructive. Whatever they take to is self-destructive. You tell them anything they'll say "what's wrong". Why all these gurus prospered there because they pampered the ego of Americans and said "it's alright, you can do whatever you like, as long as you give us money". And this suited them very well and they started doing all these things of - a sort of - in a way going into perversion.

Like Rajaneesh now. Rajaneesh came to America and how people liked him. He had a Rajaneesh "Hindi word" this, that and he established there thousands and thousands of people. But then again Shri Krishna's power worked on him and he was defeated then. Everywhere you find there are so many gurus like that. They all were defeated, really, by Shri Krishna's power, because he has all the tricks of the trade. He knows how to make a fool out of them. Just imagine, this Rajaneesh was so powerful and an idea came into his head that he can become the lord of that place - or whatever it is, and they conspired, but its over - it's finished. One must know also how much also we have achieved.

Then there was another one, Muktananda, and this 16-year-old fellow - so many of them. One by one all of them are finished, I would say that it is Shri Krishna's power that has worked. Because his lifestyle was, from the very beginning like that was, that to kill all those who were negative. Now, if you see in America, I think, except for one or two leftovers, most of them are finished.

Now, there is one more who will be finished also I'm sure, within no time, and you will see that the influence of these people, negative people, will be finished. As a result of that, as a result of all that, what has happened that people have lost faith in anyone. They have no faith in anyone. They think if these people could deceive us like that, take away our money, we have no money even to educate our children, we have sold our houses, so all these things, you see, made them absolutely flabbergasted and they decided not to have anything to do with the gurus who are coming from India - and that goes against us, in a way.

But all of them, you see, what they did, we should find out, is that, to make a very absurd, queer type of organization. We are not, we are very normal, absolutely normal people. We haven't made any absurd type of religion or absurd type of following or absurd type of meditation like you'll fly in the air and all sorts of things. But the people of America are not so matured to understand, otherwise they would not have fallen to these horrible gurus.

So, on one side we have people who are very much affected by these gurus, on the other side we have people who think that I must be also one of them and on the third aspect is this, that the people are extremely simple, and extremely, I should say immature - they are like children. So many Americans also told me they are like children and to approach them you have to say that a Mother's love can only put them right.

Now, as far as I'm concerned, that was the first country, I should say, I visited for any programme. In 1971, I went there. So you

can imagine, we got realization on this Sahasrara Day in 1970 and went to America in 1971 and I gave realization to people - no doubt, to many - but what I felt was, that they didn't care for deeper things, firstly. So we lost many Sahaja Yogis like that. Then there were some people who were sick they wanted their treatment that's all - nothing more.

Then came some people who were taken away, I should say, by other bombastic gurus who told them lots of stories and they claimed so much, so, so many joined them. Like that it was, I found that the people were absolutely not prepared for Sahaja Yoga. They were seekers, no doubt, no doubt they were seekers, and they had that restlessness of a seeker, no doubt. But they were not for Sahaja Yoga - they didn't know what to seek, what to get. That was the part where I felt they were very immature.

So I, after that I didn't go for 9 years, because I thought, better to devote your time to something else till these people mature and understand what's wrong with them. Now, they have been to gurus and they are lost, there are some who have this restlessness still. I see in many things, the articles they write, sometimes the books they write, that there is this kind of a restlessness - which is very important for Sahaja Yogis. Most of you have been seekers in your last lives and you had this restlessness within you. But with this restlessness we didn't know what to do, where to go and with that restlessness some people went even up to Japan, some Australians came up to America, and all kinds of things happened.

That restlessness you cannot describe, but these gurus found a good market so they came down and tried to overpower them. With this restlessness you see, it was very reasonable, logical, to see that if you go to somebody - Do you get rid of your restlessness or not? - minimum of minimum - but that never happened. So when it never happened, you see, they thought that this is missing, somebody said, "no you have to have another programme or you have to go through another course" - this, that. So they went on falling more and more and more.

At the same time, at the same time, negativity of immorality took place. Though if you read the constitution of America you will be amazed. In very subtle ways it has just supported complete morality. I mean, I was surprised, there's a law that when you go out of the house you cannot wear funny dresses, when you are in the swimming suit - also that is regulated, and nobody can be absolutely nude - like in Italy, you can find on television such things.

So, you see, the constitution was made with great idea of morality - I mean the whole basis was, people have to become moral. But always if you make any law, human beings have a capacity just to sort of blast it, to say: "Why this law? I don't want anything". And that's how the idea of control started. How can you control? How can you say one should not do like this?

Now, the whole this explosion started in the family also and the children started disobeying the parents. The parents themselves were the same style. Then the children become the same style, now the whole thing started exploding and they thought - there's no freedom. Those who don't know how to use freedom - should not get any freedom - I think. They must know what is freedom is, those who respect freedom and understand freedom can only be free people. So in that freedom, with this explosion, they were thrown away and they started taking to lives which are really absolutely absurd, calling it most reasonable, most logical. So, the people became homosexuals - it's absurd, it's not natural at all, it is absolutely absurd.

But when this idea of freedom exploded in them, then all the bhoots came - took over their freedom. And its from the bhoots they got these ideas. And in such a large scale they are taking to it - it's very surprising. Such a large scale these bhoots are affecting, and people are getting into it. As a result of that they started getting all these diseases and all. The worst was, I would say, that at that same moment, the most negative personality from Austria - was Freud. He was a Jew and he was not respected by the people of America's at that time. So he got hold of some Jews and all that, and then he made up this story about the mother and all that. And he's the one who ruined their lives, because as soon as they became free they thought, anybody who writes anything black and white is the bible. They started following this fellow and some others also from France and just it's a sign of complete immaturity - a mature person won't take to this or won't take to that.

I've talked to some Americans, at that time, and they were, I mean, they were not Sahaja Yogis, not seekers, I think. They said "we enjoy every part of life, see, we never have any problems - we enjoy everything, we do this, we do that. The enjoyment is important, 100% of our life is full of enjoyment".

Now, after that phase - I think this was so when they came to India about 1960's or 50's, they were talking like that. Now, they are talking about all the problems they are facing out of these enjoyments. They say that 65% people might become schizophrenic, 30% will become lunatic. Means who are left, no more then, I can't understand. All kinds of statistics you see - you are shocked. How could such a big number of human beings get into trouble of this kind? And the diseases they have is also very funny, that they have most of the diseases of Mooladhara, where the constitution is based on Mooladhara. England has no constitution, no constitution at all, but they believe more in Mooladhar than the people in America.

So there, because when I was like, you see, a wife of a diplomat and all that, I found such a wretched temperament these ambassadors and all these diplomatic people had. I couldn't believe, how could they be at the helm of affairs and from America, especially you know, they would wink at every woman and they would twitch on their faces - and the way they would talk about women was so degrading so demeaning and also women would talk about men. I told you the story of the one who came to England and she wanted to see a pub and she told me, "Have you visited this particular pub?" I said, what?

And then her two sons, when she went back... she told me, "we are very free, we have given all freedom to the children - do what you like". And they were celebrating, these two children, were celebrating their birthday and they had a party with lots of drinks and the whole house got burnt, the children were dead and the parents were dead - She went to see the pub and she had a list of the interesting pubs that there are in England. I mean this interest in the pub itself shows what sort of a personality she was. She had two children, she had a husband - her husband was a very big man of a very high repute and all that - and his wife was like that. He also used to join her - yes, we gave all freedom to our children, we asked them to do what they like, but they must enjoy life.

Now enjoyment at what point? Where do you enjoy? You enjoy in your heart, you can enjoy in your Sahasrara, but with Mooladhara there's no question, because if you go on like this there is no end to it and that has created now tremendous problems in America. I know, I feel very sorry, that was the first country I went to because I could see that there are lots of seekers, but all of them were not there, some had gone to this guru, some had gone to that guru. And there is one lady, actress - she came to my programme, and she noted down what I was saying and she used it for her own purpose and she started teaching Sahaja Yoga there. Is beyond me, how they are also very money oriented. To them, money is success, money is joy, money is everything.

Now, this third quality, from where did it come I can't say but at the time of Shri Krishna, people were very money oriented. In the sense that they used to take their milk to sell, milk and butter and everything, to sell in the Kingdom of Kamsa, who was a devil. So he used to break their pitchers, so that they did not pay. But just to make money they would starve their children, but to make money, they used to take this to the monsters because he had lots of armies and things and they needed milk. So these women would not give milk to their own children, would not give them butter, but would take all that for these horrible people.

So that money orientation you see now - I mean it is like a shadow and a light. If light is Shri Krishna, see what you find in the shadow. It's just the other way around, people behave. He was such a detached person, such a detached person, that he can never commit any wrongs, he could not do any immoral things. Whatever he did was absolutely moral. Because if you are detached and you are doing something, then nothing touches you. He brought in this idea of Leela, of this play, the play of the Divine.

Now we see in our lives also how the play of Divine works. The Sahaja Yogis first when they come they are really restless and they go on asking me a hundred questions or they start also dominating others, doing all kinds of things. But once they get the experience of the Divine power then they start settling down. Now then they see that there are so many coincidences that happen, so many miracles that happen, then they start understanding that there is some power which is looking after us, which is guiding us, which is taking us to the right path. So, unless and until this happens, that this understanding, even before realization, if people start getting this realization that there is a power that is helping us, something beyond what we know, then things will start changing.

Now, we have to work out in America, we have to tell them, and we have to tell that, this is the power that is beyond, is wanting to transform you. There is going to be a global transformation, I can see it so clearly now, in every country I go I see this, that it works, it works - whether it is a Turkish country, or it is Tunisia or if it is Russia - any country I go to, all those people who come, it works, this global transformation - I never thought I'll be able to see it in my lifetime. But has really reached it's highest - I would say I think so - is the highest point of development.

So you are all transformed, this was predicted, long time back in India, and also I must say, it must have (been) predicted somewhere else also. Now when you start feeling the vibrations and you start using it, then you understand that there is this power, it works, now then you start seeing energy centres of Swayambu's and all that - then you start understanding this. Goes on, your understanding increasing.

But first thing is that they have to believe that there is a power beyond. They may not believe in Kundalini, it doesn't matter, but once you know that there is a power beyond then they'll try to work it out. And this is what is very, very difficult to convince people, that there is a power behind. Because they are so conditioned by Science, also by their family traditions, also all nonsensical ideas about ego, that they cannot see, that's the point is, that the nature is helping.

Now, why America is such a rich country, why? They never ask such a question - Why is it so rich? What have they done? What are their punyas? Now, one of the reasons is that Shri Krishna is Kubera. He's doing his job, I should say, he's working it out. But people not understanding that this is a Divine blessing they think that this is their right to have it and they boast about it, they are very boastful people, they talk about their own wealth, they'll talk about everything, it's a very different situation and a culture.

For an Indian, if somebody starts boasting about his wealth, they would think he must be mad coming from a lunatic asylum because it is regarded as bad manners. So there is nothing like bad manners, you see, in the west as it is, but the worst is in America. I mean they can abuse their father with a very dirty word, all the time they are using, even the judges. I saw one film in which a judge used a dirty word, I did not know much of that meaning, but it was not a good word that he used.

So they become sort of, what's wrong, type of people, with this arrogance I don't know how we are going to convince them about Sahaja Yoga. I'm going to try also something like approaching these top class people to talk to them about it. Maybe, you see, they might feel influenced that these top class people have taken to it, so there must be something about Sahaja Yoga. I wonder if they would talk about us so much - what is Sahaja Yoga is, what it can do to this country. Because we have to save, really save this country. It is from all the sides, is under attack - from all the sides. You take morality part, it is under attack, you take from the artist's point of view, it is under attack.

They are not creating many artists there, I went to see their paintings there, their latest paintings with modern painting and all that - they haven't got the depth at all. It's all full of filthy things about it and they talk about absolutely filthy things. There is one artist from India, he went to America, and when I saw his paintings I was surprised. I said "What are you doing?", he said "This is what sells here". I said "And what about India?", he said "No, no, they will never touch it, it's horrible". He himself knows, but he said this will sell here, so he has made it like that. It's a point of judgement, whether you think it is worth selling or not is the point.

Now whom do you sell to these people who are not mature enough, who are so much enticed by the Mooladhara problem, how can you help them? How can you bring them around? It is a question of people maturing for which of course this Paramchaitanya will help, I am sure, the way yesterday you felt it, I'm sure, Paramchaitanya has to do something about it, it has to work it out, it has to enter into different dimensions in human beings to understand. Like creating coincidences and all that and then bringing them down to Sahaja Yoga. Can work out, no doubt. Also Sahaja Yogis must work there, I know they are very few, and that's why they were upset about it because they were really working very hard and it didn't work out there so they feel that there is something basically wrong.

I have told you already what is wrong with them, is this, that they lack maturity as far as evolution is concerned. Even those who have come now to Sahaja Yoga have done very well. There are, of course, some who I would say not yet so much of it. So what you have to do is to get to reality, to know what's the problem is really and what we can do about it.

Now, so many European leaders, or we can say European Sahaja Yogis are free because I am not going there to Europe, so they should take charge also and can go sometimes and have some sort of a programme, conference, whatever you want - and get in contact with them and talk to them in such a manner that they do feel that this is something very remarkable. Something very much what they wanted, something that is the future of the whole world. So this global transformation is taking place and you have to talk on those lines little strongly.

But with media we had very bad experiences because we arranged a hall and we spent a lot of money there and not one person came from media, not one. So we did not know what to do, we had prepared so much food, everything, and everything was wasted, not one person from the media came. So also we can start a kind of a newspaper, could be, could be some sort of a media of having cable TV or something like that by which we can propagate Sahaja Yoga and tell them what good it has done and what it can do. It's quite a mad place because they have so many books, everything is so much, every number is so much, that if you write a book also I do not know where it will be lost.

Now for today, I have to announce that my book is ready now, I have done it and I would like to publish it now so that it will be available to you and I'm sure you will enjoy it. Not only that but it will help you to understand the problems of the west. I have not dealt in that the problems of the east but I have dealt in that with the problems of the west, what problems they have and how to tackle them. So this book they will be bringing now and showing you. We'll see how it is published and how people like it, that part I will do.

I would say I would not have liked to write a book like that, to be very frank, because for a person like me I should only write all the splendour of spirituality, all the beauty of heavens, everything, all poetic things, but I thought reality is very different and people must be told what is the reality. So, I have ventured to write this, otherwise I would have liked to write something like Amrutananya written by Jyaneshwara, but there's no controversy, nothing, just sweetness and just overflowing compassion, I would have been very happy, but that doesn't work out you see, it will float in the air I think. So I thought first I must write this book and point out where are we wrong and to make you aware of it. Then what we can do is to have another book, I could have, with all my experiences with Sahaja Yogis and Sahaja Yoga. It would be another interesting thing.

One of the defects of these incarnations that they never wrote a book themselves. You see Christ never wrote any book, Krishna never wrote any book, Rama never wrote any book. They knew how to read and write but they never wrote. And then we have people; like Nanaka, who has written, not himself so much as he has compiled all the great literature of the realized souls. Alright, then still what happens is something that they just read it word by word then they have to finish it in 2½ days the whole thing. So one person reads it puts the finger at one point, finished, then another one comes, starts from there, puts the finger here, it is finished. Nothing goes in the head, you see that's the problem is.

Same with Mohammed Sahib, he never wrote the book. If he had himself written the book it would have been very different but somebody else in the 5th calipher, who was a very cruel and a bad man, who wrote it. The same thing has happened with Bible. So you see it's like such a great diamond is put in the mud and everywhere there are complications because of this. You cannot blame these great people, but only thing that is happening is all bad name is coming to them. They are not the ones who wrote anything wrong, they are not the ones who would say anything wrong, but if the book falls into the hands of some people who are absolutely adharmic, who are cruel, then this is what happens.

Now, you see what's happening with Catholic Church, you see what's happening with Moslems. Everywhere you find there is violence, there's corruption and there's fighting - this is no religion, nobody could have preached that thing - but it is doing that way. So now you all stand out, out of all this where you love each other, you care for each other, you enjoy everything, despite that, your enjoyment is absolutely pure. And this is what is to be seen by others and it can work out.

I'm sure, one day in America, we will be there very successful.

May God bless you.

(Presentation of the book "Meta Modern Era" after the ceremony)

This is the book. It looks big, but it wouldn't be that big when it is printed. Is going to offer to all the Sahaja Yogis so that they read and find out what's wrong and what we have to do. (Hindi)

In the preface I have written: "Actually, I did not want to write a book of this kind. I am a person who is in complete joy of Divinity. This is all pervading joy of Divine love and I wanted everybody to enjoy it. Especially in the West, I saw there are many seekers of Truth. There are many scientists who have written voluminous books about consciousness, about awareness. One can give a list of them.

But all these books really weary you completely, because they do not emit any knowledge of the ultimate truth. I don't want to criticise them; after all, whatever they are doing constitutes honest research. But why not also give a chance to this new discovery which is being made? Why not humble down to see what is beyond this mind which gives you all this artificial intelligence? (Applause)

It is extremely difficult for me to write about the problems of Western life. It is like a tree which has grown outside. This is now to be pushed towards the roots and made to grow inside. It is only by going deep inside that we can find out what the problems of the Western civilisation are.

This book is especially meant for the Western people, but unfortunately, I have never studied any Western language before. English is one of the blessings of the British given to India when they ruled our country. But there too, unfortunately, I studied in a vernacular school and later on in a medical college, where there is no question of learning this language - English - which is today universally accepted, especially in the West, especially in the West.

This book is no way to show any flowery language or to show any literary talent of mine. It is just a straightforward statement of facts which I know and which I want to communicate with the Western world. I would request people not to waste their time in finding faults with my English, because that is not my Mother tongue and I never studied it. Unfortunately, I could not get anybody else to write for me, because it had to be written by me personally.

The most difficult part is to convince a human being that in the entire creation, he is the most highly evolved being; that he is capable of becoming a glorious personality, a beautiful, peaceful angel. To tell him about the problems of modern times is not a very good way of convincing him about what the human beings truly are.

There has been so much demeaning of human beings, so much of degradation in their value system that I thought that unless I go to the root of the problems, it won't be easy to explain why they should break away from their present shackles in order to evolve and ascend.

One has to tell frankly what the problems are and what the real solutions are. Frankly, there is no peace within human beings nor without. The poor and the rich alike are unhappy. Everywhere people are groping for solutions. At the artificial level, the intellectual can work out certain problems about things that we see around us in jeopardy. But while a few problems may be resolved in this way, others arise.

[The] true solution lies not in the material circumstances outside human beings but inside the human beings, inside the human beings themselves. True and lasting solution to present ills can be found only by inner, collective transformation of human

beings. This is not an impossibility. In fact, it has already happened.

There are so many thousands and thousands... There are so many - thousands and thousands who have actually achieved this state. (Hindi) The reality of en-masse inner transformation of human beings by Self-realisation is the most revolutionary discovery of the present age.

But so far, very few governments have accepted this discovery, especially in America, England, France, Italy or Germany. The Pope, who himself is supposed to be in charge of religion, meets false gurus, but he will never meet me or talk to me, though I have met him before he was elected to this job of a Pope.

This is not my job, this is not my work, but it is a spontaneous desire of the Divine that this should be brought in full - in full swing, so that human beings are raised to a higher state of consciousness by which they can realise what they are, so that they can appreciate and glorify themselves. To me, human beings are like the deities who are still in stone form and who can be transformed, with Kundalini awakening, into angels.

I wish with this book I will not hurt people. On the contrary, I hope to be able to get many more people for this great work of Sahaja Yoga, by which they can achieve their ultimate. I have to use humour, because by nature I am very humorous and I see humour in every kind of incident, which people sometimes take very seriously.

It is too much for a Mother to talk about the ills of her children, but unless and until that is faced, I don't think the children can ever get their benevolence and can reach their ultimate goal, which is their Self-realisation.

So, I would ask all of you not to get angry with me, but to understand that out of my tremendous compassion and love, I have written this book for the benevolence of the people, with whatever English I can use, with whatever literature I can use, with whatever style I could adopt." (Applause)

Ah, thank you very much.

This is just the preface...(laughter), I would... (She laughs, laughter). Just to introduce this book I thought better be apologetic so that nobody gets angry, to begin with. All right. But the book has come out well, I think, and we are thinking of printing it somewhere and getting it done in a proper way.

So, I think, it might be ready by one or two months time and may be that in Diwali Puja, I can't say when, depends on how they print it.

The first edition will be only for Sahaja Yogis.

May God bless you.

(Applause)

(Hindi)

The title of the book is: (Hindi)

What's the title? (She laughs, laughter)

Modern... Modern Era - Meta Modern Era. (Yogi: "Meta Modern Era."). It is called as "Meta Modern Era" - "Meta Modern Era". (Applause)

1995-0824, Forcing people to take to morality doesn't work out at all

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24 August 1995

Forcing People To Take To Morality Doesn't Work Out At All

Public Program

Escola Nacional de Música da UFRJ, Rio de Janeiro (Brazil)

Talk Language: English | Transcript (English) - Reviewed

1995-08-24 Public Program, Rio de Janeiro, Brazil, 72

I bow to all the seekers of truth.

At the very outset, I have to say truth is what it is. You cannot change it; you cannot transform it. You cannot describe it, but you have to experience it. Whatever I am going to tell you here today, you need not take it for granted. We have had lots of problems with blind faith. So, whatever I am saying, if it is proved then you have to accept it. Because it is for your benevolence, for the benevolence of the family, benevolence of your country and benevolence of the whole World.

If you see in modern times, people are very restless. And there is no peace within. This restlessness starts when you try to find the truth. You may not be aware of it. But it exists. I am very happy to see so many people here in Brazil, in Rio, who are seeking the truth. At the very outset, again, I would like to tell you what is the truth. The first thing is when you say this is my body, these are my hands, this is my intelligence, we talk of 'my my my!' But who is the owner of this 'I'. This owner is your spirit. Actually, you are not this body, this mind, you are not your emotions, your intelligence, you are not your ego and your conditionings but you are pure spirit. Unless and until you become, unless and until you become the spirit, you are going to be restless. That is what Christ has said, that you have to be born again. It is not like branding yourself I am born again but it's an experience. And you become the spirit. And you get all the powers of the spirit.

There is another clue, which we have to know about. You see all these beautiful flowers, it's a miracle. But they take it, take them for granted, you take them for granted. And we never think how they have been created. We don't know anything about the living process. For example, if you ask a doctor who works your heart, he'll say it is an autonomous nervous system. So, you can ask who is this auto? In the same way, I have to tell you that there is a All-pervading power of divine love, which is a subtle energy. Which does all the living work. It has also done our evolution and we have come to this human level. But at this human level, we live in a world which is relative, it is not absolute.

Why we have to know the absolute truth? Once we have an absolute truth, then there will be no quarrel, no fights, no wars. And all of them, all of you, will know the same truth. This is what has happened so far that everybody thinks this is the truth and another one thinks this is the truth, and they are just fighting. No religion is exclusive; you should understand this point. When Christ came, he talked about Abraham and about Moses. So it was not exclusively written, he established. Then came Mohammed Sahib, he talked about Abraham, about Moses, about Christ, also about the mother of Christ with great respect. So, Islam is also not an exclusive religion. The growth of spiritual life is described in every incarnation like that. But now we are fighting in the name of God. Not only that; but among the Christians, among the Muslims, among the Jews, they are fighting among each other. But once you know the absolute truth, then you realize that all these religions came on this Earth. [Inaudible] at different times. And now we have plucked the flowers and fighting with the dead flowers, bringing bad name to all those great incarnations who came on this Earth to save us.

So, as it is, [inaudible] you have been already described about the subtle system we have within ourselves. That works out this ascent. This triangular bone is called as the sacrum, where this power of Kundalini resides. That means the Greeks knew it was a sacred bone. Now, this resides in every individual. She is your own individual mother. She knows everything about you. Like a tape recorder, she has taped all that you have aspired, all that was your past. So, it's your own power, which is to be awakened.

It's like a seed which is put in the Mother Earth and sprouts by itself. Now, the problem is that you have to understand that what life we are having today is extremely chaotic. Chaotic. You don't know about your children, what drugs they will take. You don't know about anyone; what wrong life they have lived. By forcing people to take to morality doesn't work out at all. So something more has to happen to us that we develop our own personality. That we have our own identity. That we know why are we on this Earth.

So, I was telling you about the second proof that there's an all pervading power of divine love. In the Bible, it is said 'Cool Breeze of the Holy Ghost', is called as. In the Quran, it is called as 'Ruh'. And in the Indian scripture, it is called as 'Paramchaitanya'. Whatever you may call it, it exists. It thinks, it organizes, it understands, it works out..works out, controls the nature, ultimately it loves. So you find many coincides happening in your life, which you cannot explain. And you are surprised, these coincides happen because of the guidance of this All-Pervading power of divine love. So, when this power rises within us into six centres, it pierces through our fontanelle bone area and becomes one with the all-pervading power. This union is the yoga, where you become one with this power and from your hands, cool breeze-like vibrations start flowing. In...with these vibrations you can know what's wrong with your centres, you know about yourself, that means this is self-knowledge. Then you can know about others also, because you become collectively conscious. Your awareness gets a new dimension that you can feel the centres of others. These centres are there which cater to our physical, mental, emotional, and spiritual well-being. When they get exhausted or weaken; then you develop all kinds of physical, mental, emotional diseases. So when the Kundalini rises she nourishes all these centres and connects them, and connects you to that All-Pervading power, the source of vital energy. So, you get rid of your diseases and you become healthy person.

In India, we have got four doctors now, who have got MD for curing people with Sahaja Yoga of their diseases, which are incurable. So, you know how to cure others, you know how to cure yourself, you become extremely dynamic with this force also extremely compassionate. Many children who were very bad students have suddenly become extremely intelligent and successful. Thus all your problems even financial problems are solved. It is fantastic, the way I am saying things to you, you might think that is something out of the blue, but you don't know you are fantastic, you are glorious. You are glorious. But unless and until you are connected to the mains, you don't know yourself. Supposing this thing [pointing to the mic] is not connected to the mains, it has no identity. Moreover, you give up all that is destructive. We have in America, if you see people ideas that you should enjoy every moment of your life. And all their enjoyments are self-destructive. They are saying that within ten years' time, 65% of Americans will be mad or schizophrenic. Or, they will have other horrible diseases which are incurable. Because their lifestyle is absolutely unwise, immature. But if I say that, they won't listen to me. If I tell them, they won't listen to me. But if they get connected and the light of the spirit comes in their attention, then they are completely transformed. I am talking of global transformation. Sahaja Yoga is working in 65 nations.

In Russia, in one program you cannot get less than 16,000 people. On the whole, they are not so materialistic. And at least, I would say 60% people are extremely spiritual. I just don't understand how they have such deep spirituality. All other false gurus have been banned. That's also very wise thing to do...that's also very wise thing to do. Because there are so many seekers and they fall into traps of these people who just want to make money. You cannot pay for God or for spirituality. What do we pay to this Mother Earth? Which gives us such beautiful flowers. It is all built-in within you. And it just works spontaneously, Sahaja, you don't have to pay for it. It is something so invaluable. As a result of this happening, you become enlightened. Your attention becomes enlightened. And if you pay attention to anything, you can solve the problem. You must know that this All-Pervading power is full of blessings. It guides you, and it protects you. It is to be in the Kingdom of God. And the government of God is extremely alert and is very efficient. You jump into the ocean of joy. And you feel extremely secure. Once Sahaja Yogis meet together they have nothing but pure love. There is no greed and there is no lust. Sahaja Yoga has created many beautiful families. And also the children are very beautiful. So, this is the judgement time. You have to judge, yourself. And you will know whether you want the truth or falsehood. It's working out everywhere and I am happy now in Brazil, in Rio, there are so many people who are seeking. So we have today here, tonight, the experience. But, you must have a pure desire to get it. That's all is needed. And it will work for all of you, I promise. But if you are rude, adamant, and don't want it, it cannot be forced. It will take hardly ten minutes. But I request that nobody should walk out during that time. I have already told you that I cannot force it on you. Actually, you have to ask for it. If you want, you will get it. So for ten minutes, you have to keep quiet and if you do not want to have it, you should leave the hall. I have already told you it is your own power, there is no obligation. If you can all be seated, it

would be better.

There are very simple three conditions. The first one is that all of you have to be very confident about it, that means you must forgive yourself, you should not feel guilty at all. At this moment, please remember that this all-pervading power is the ocean of forgiveness. And you cannot do anything that cannot be completely dissolved by the power of this ocean of love. So, please forgive yourself. Don't feel guilty [Inaudible]. Because if you feel guilty, then the centre on the left hand side [points to the Left Vishuddhi] catches [inaudible]. And physically you are hurt, you get what you call Angina as one of the diseases. Or you might get Spondylitis. Or you might get what you call the lethargic organs. So why have this guilt? Actually, you have to respect yourself. Third condition is you have to forgive everyone. Whether you forgive or don't forgive, you don't do anything. But if you don't forgive, then you fall into bad hands because you torture yourself. While the person who has troubled you is a happy person. So don't also think about them, because it's a headache. And you will feel very relaxed with that. So again, these are the three simple conditions that you have to follow. It will help if you can take out the shoes.

[Self-realisation starts]

1995-0828, Talk to Sahaja Yogis

View [online](#).

28 August 1995

Talk to Sahaja Yogis

Palacio Bencich, Buenos Aires (Argentina)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: I never expected so many Sahaj Yogis to be there at the airport to welcome me. Some of you I have not even met and not even see you and I felt very happy to see you all. Specially yesterday when we began was tremendous we had so many people and all of them got realisation

Shri Mataji: That shows that in this country we have a great potential. And that if you really, properly have this Sahaja Yoga, we can have many many, many, many more Sahaj yogis. First of all, one has to know that we have to be extremely kind and gentle with the new Sahaja Yogis. They will see you and form their ideas about Sahaja Yoga. I have seen many a times new Sahaja Yoga come and just disappear because people don't handle them with care. Now we are sort of a stage, in a building stage here and we have to be really very careful that you are the foundation and that you have to bear the whole load upon yourself.

Shri Mataji: I also heard that there are many girls and boys who want to get married. That is a very good idea. But first of all who have married, who have come all the way, should give certificate that the people are all right.

Shri Mataji: Actually the Spanish girls have very bad reputation. That they are extremely dominating and they don't understand what they have got in Sahaj Yoga. They are very ordinary looking, ordinarily educated and they think that they are the Queens of Spain. So I asked the leader of Spain, "What's the matter with these women here? Why do they behave like that?" Because Sahaja Yogis leaders have told me, "Mother, don't marry these Spanish girls they are horrible, they can't be quiet nice" So I asked the leader and he said that Mother, nowadays they are trying to become Matadors to fight the bull. They are no more women but have become more than men. I have to send back so many women I must stay to their countries. And now they are black listed they are not allowed in Sahaja Yoga. Because nobody has business to make anybody miserable. If you think too much of yourself, you should not marry. And bring bad name to Sahaja Yoga. It's very dangerous to do like that. And it can end up into anything. So to be a good housewife is very important for a Sahaja Yogini. I am myself a woman and I am surprised how the women in Sahaja Yoga are not upto the point. I have given many lectures about it. That you are a woman, you are the pillar of the society of Sahaja Yogis. You must respect your husband otherwise nobody will respect you. And your children won't respect you either. So all these kind of stupidity will just take back the Spanish women. My lecture has worked no doubt. And they are much better. They are good wives and very good mothers. But one of the reason I think in Spain, Sahaj Yoga doesn't spread because the women as they are, they were. When I go to Spain lots of people come in but they drop out. Because the Sahaja Yogi must give pure love to them. I am sure we had so many people yesterday, they will all come and they would like to go. They might be in great number. But when they start seeing Sahaja Yogis how they gave, how they talk together, all these things work on their mind. So these kindness and this compassion and this love is to be absolutely fully expressed in Sahaja Yoga. So that others who come see this and they feel happy about it. There's nothing to learn from American women. They are really mad. They have ruined their lives. They have ruined their children, their families by fighting with each other. Our Sahaja culture is different. We believe in having beautiful families. And also we believe that we should have such beautiful relationship of husbands and wife that the saints want to take birth, to be born in our families. You must understand that you are not like ordinary men or women. You are special Selected because of your speciality. Because you are seeking. So now when the new people are coming, please be very careful. So that others see and feel enamoured by Sahaja Yoga. And I am sorry I am saying this because I have seen many a times, people coming in thousands to my lecture and afterwards there are hardly very few. After all we are all Sahaja Yogis. You are my children. Understand your importance is the only thing that you have to do. You cannot be cheap you cannot be cheap and frivolous. But I have seen now in Argentina people are doing very well and working out everything. Everything was so first class. I enjoyed my stay thoroughly. I thank you very much really for looking after every arrangement so beautifully, so capably. In the same way you have to look after the new people who are coming, with love and respect. Don't have any trouble

there, just enjoy their company. Anything you need, anything you want, anything that troubles you, you can always write to me. I am your Own, you can always call Me. Now we have brought some presents, some very few for the ladies only because we didn't know what to get for men. (Spanish interpretation) Thank you very much!

Shri Mataji: Now the list of ladies.

Shri Mataji conversing with local coordinator and Indian Sahaja Yogi.

Shri Mataji in Hindi: What have you brought?

Sahaja Yogi: Brought Your Puja photographs.

Shri Mataji in Hindi: What is it?

Sahaja Yogi in Hindi: Your Puja photographs, many are there

Indian Sahaja Yogi explaining to Shri Mataji about the photos from Puja being brought.

Shri Mataji in Hindi: Have they come?

Sahaja Yogi in Hindi: Last year Puja that happened in America, these are those photos

Shri Mataji in Hindi: Are you giving these as presents? How many are there?

Sahaja Yogi: Many are there.

Shri Mataji in Hindi : These are only inside. It took long time to come.

Shri Mataji to the Sahaja Yogis: There are photographs for the presents, somebody can distribute to the men again. These are of American Puja ...[16:30]

And also keep some of them for those who need them

We have more for others but first....[17:53]

[Shri Mataji distributing presents to the ladies who are called out one by one by the local Sahaja Yogi.]

Shri Mataji to local Sahaja Yogi: These are the ladies from Columbia..... [21:01]

Shri Mataji: I have given you, no? Come.

And She presents the gift to one more Sahaj yogini.

Presents distribution is completed and Shri Mataji again starts talking to the Sahajis.

Shri Mataji: I have given this to take it because it is to first understand the responsibilities. We have some very great Sahaja Yogis in the world. And I want all of you, all the ladies of Colombia, Bolivia, Peru, Uruguay and also from your country to be good ladies. With sweet and nice and sensible, wise. Best way is to be smiling. Thank you! (Spanish interpretation)

Shri Mataji then receives the presents brought by the Sahaja Yogis. She is presented a necklace by one of the Sahaja Yogini.

Shri Mataji while admiring the necklace and appreciating it: How many things you brought? Thank You.

Another Sahaja Yogini presents a beautiful painting.

Shri Mataji while looking at the painting: Thank you very much.

Other Sahaja Yogis offering a shawl to Shri Mataji and one more present.

Shri Mataji: Yes, I know. And everyone starts laughing.

Local Sahaj Yogi: She is Mariana from [..35:17]

Another Sahaja Yogi brings table cloth.

Shri Mataji: You have done it?

Sahaja Yogini: No my aunt.

Shri Mataji opens the cloth and looks at it.

One more Sahaja Yogi comes forward and gifts Her a statue.

Shri Mataji looking at the statue: Very good I must say. Done very well. They are all artist (Spanish interpretation) [36:05] May God Bless you.

Shri Mataji in Marathi to her assistant Yogi: Its done very beautifully.

Sahaja Yogi explaining one more present given to Shri Mataji: This is piece of art done with paraffin.

Shri Mataji: Honeycomb

Laughter all around.

Shri Mataji: Thank you!

Shri Mataji receives one more fur cloth piece and looks at it turning around: Thank you very much! Thank you, Aasan.. In Sanskrit we call Aasan. We use for seat.

Sahaja Yogi translates for all in Spanish about meaning of Aasan.

Another Sahaja Yogi opens a present of a delicate thread work table cloth at the Lotus feet of Shri Mataji.

Shri Mataji looks forward and bends and picks it with admiration

Shri Mataji: Ooh!

Sahaja Yogi : Her grandmother made it

Shri Mataji while looking at it all around and the details of hand work: Very pretty. Thank you very much. Thank you. One more Sahaja Yogi comes forward and gives a shawl.

Sahaja Yogi: She made it

Shri Mataji smells the cloth and ask the coordinator to smell it as well. Shri Mataji sees the cloth all around and over.

Shri Mataji: She didn't put any scent? It has good smell. (Spanish interpretation)

Local Sahaja Yogi: It's a table cloth....[39:26]

Sahaja Yogi in Hindi: It's the body perfume.

Sahaja Yogis start singing songs for Shri Mataji in Spanish. Shri Mataji claps at the end of the song with all other Sahaja Yogis.

Shri Mataji: I am thinking of having a group of Sahaja Yogis from a kind of a (asking in Marathi to an Indian Sahaja Yogi, what is called?) troupe on the stage.

Local Sahaja Yogi: In America?

Shri Mataji nods Her Head: In America

Sahaja Yogi: He is coming to America in January with entire choir

Shri Mataji: I am going now

Sahaja Yogi: No he is coming in January

Shri Mataji: That's all right. But I will tell them about it. If you come and stay for some days it is better. I am going to America(Spanish interpretation)

Shri Mataji: After the.... [43:11]

Argentina Sahaja Yogis start the music.

Shri Mataji in Marathi to the Indian Sahaja Yogi : He plays instruments very beautifully.

Sahaja Yogi after completing the Spanish song: One song in English

Shri Mataji nods her Head in approval.

Sahaja Yogi: Shri Mataji I can, Shri Mataji (laughter all around), I will first say the words of this song and then sing. The song says, "There is something, I want to say and I hope that you can feel it. There is a Universe within lying in every human being just waiting to arise. If you are searching Eternity and you want to get it in reality, then you are a special man who has come on the right time to be born again. There is a birth of evolution. And today is the day of revolution. The revolution from inside and all the mysteries of life today you reveal.

And then he says, you may ask me How this is possible? You may ask me why today? this is Heaven on Earth, you will feel it for yourself.

Then the songs start with Shri Mataji listening to it with concentration.

Singer starts singing:

"There is something, I want to say and I hope that you can feel it.

There is a Universe within lying in every human being just waiting to arise.

If you are searching Eternity and you want to get it in reality

Then you are a special man who has come on the right time to be born again.

There is a birth of evolution. And today is the day of revolution.

Revolution from inside and all the mysteries of life today you reveal.

(You may ask me how this is possible? You may ask me why today? This is the Heaven on Earth, you will feel it for yourself).X 2

[Song Repeats twice].

Video Ends.

1995-0829, In the triangular bone there is a power called Kundalini

View [online](#).

29 August 1995

In The Triangular Bone There Is A Power Called Kundalini

Public Program

Teatro Avenida, Buenos Aires (Argentina)

Talk Language: English | Transcript (English) – Draft

Public Program, 1995-0829, Teatro Avenida, Buenos Aires (Argentina)

1:01:30

I bow to all the seekers of truth. At the very outset, I have to tell you that truth is what it is. You cannot change it, you cannot describe it. It is, it has been, it will be.

Now we have to understand that in these modern times human beings have become very restless. This restlessness may say that we cannot adjust ourselves to the speed of the modern times. But actually it is not that. In a very subtle way we are searching the truth. These are the special times when we are not satisfied with what we have and we are searching for something beyond. And also in our lives we find there are certain things happen to us like coincidences which we cannot explain. The reason for all this we try to find out. But the seeking is so strong in modern times and so evident that people have taken advantage of it. Many false people have come as masters of spirituality and they are selling God, selling spirituality, marketing it all over. Actually spirituality cannot be marketed. You cannot pay for God. Because God doesn't understand money, he doesn't have any banking. His spiritual property he wants to give you. Now whatever I am going to tell you I please request you not to have blind faith about it, do not take me for granted. But whatever I am saying is being proved then as honest people you have to believe in it. Because it is for the benevolence of your being. It is for the benevolence of your country. It is for the benevolence of the whole world. Because this is the last breakthrough of your evolution. You have become human beings through your evolution, but, at this human awareness you have problems. And the problems you have are of a very serious nature because you do not know the absolute truth. Everybody has different ideas about truth and they differ collectively also. But if you know the absolute truth you will no quarrel, you will not fight, you will not argue. And there will no wars at all. There will be complete peace. But to know the something has to happen within yourself. We have within ourselves this (pointing towards chest) mechanism built in. By this awakening you become the spirit. You are not this body this mind, you are not this intellect, this intelligence or this emotions; but you are the pure spirit. You are not this ego and You are not these conditionings. So one has to become the spirit. You say this is my hand, this is my body; who is the owner of this 'my'. If you ask a doctor "Who runs your heart?", he will say its a autonomous nervous system. But who is this auto? That a doctor cannot answer. The second truth is that there is a all-pervading power of divine love which does all the living work. We see this beautiful flowers here, we take them for granted but its a miracle. All this beautiful things, living works are done by this all-pervading divine power. In the bible it is also mentioned as the cool breeze of the holy ghost. In the Quran it is described as ruah. And in the Indian scripture it is called as paramachaitanya. Patanjali has called it as Ritambhara PrAgya, means the enlightened spirit that makes the season. So now we have to know how we have to become the spirit. It is a living process. We take the seed, put it in the mother earth and it sprouts by itself. We don't have to do anything. It is spontaneous because the seed has got the built-in quality to germinate and the mother earth has also the built-in quality to germinate it. In the same way our evolution has been spontaneous. And the last breakthrough is also going to be spontaneous, that is Sahaja. Saha means with, ja means born. Born with you is the right to become one yoga with this all-pervading power of divine love. Again you cannot pay for it. It is spontaneous, its your right to have self realisation. Now in the triangular bone called as sacrum, there is a power called Kundalini. I was surprised in Colombia people had this symbol of kundalini in the ancient time about 3000 years back before Christ. Also in Africa they had this symbol used. Now this power is in the sacrum bone, which is a sacred bone according to the Greeks. Now, this is the power which connects you to the all-pervading power. This instrument (mike) if it is not connected to the mains, it has no identity, it has no meaning. In the same way if we are not connected to the mains we have no identity. These are the centres as have been told that they cater for our physical, mental, emotional and spiritual being. All our personal problems are there because these centres are in jeopardy. When this kundalini rises, through this centres it passes and ultimately breaks through the fontanelle bone area. And thus it connects it to the mains,

to the all-pervading power. This is the actualisation of baptism. It is not like some priest putting the hands on your head and you are baptised. So the first thing happens to you that physically you get connected. In India four doctors have got MD degree for curing people of incurable diseases. As a result we find that there is the solution within our own body to correct ourselves. Also mentally it corrects your depression, schizophrenia, up to lunacy. Actually it gives you a balance between your emotions and your thinking. Complete integration takes place. Actually we are never living in the present. We think of the past or of the future. And we are jumping on the cusps of this thoughts which rises fall and rise and fall. But when this kundalini rises she elongates those thoughts and there is a space in between. Then you become thoughtlessly aware. You are fully aware but thoughtless. That time you become like a witness of the whole drama. That is the time you achieve your peace within. It is not possible to achieve peace by having conferences, by giving awards to people. I have known many people who have got peace awards are extremely hot-tempered. There is no peace within. Once you become peaceful, the peace spreads all over. Your attention becomes steady, and your attention acts. Wherever you pay attention it creates peace, it creates harmony, it creates well being. Actually you become a great saints. You enter into the kingdom of God. Now apart from this the greatest thing happens to you that you become collectively conscious. You start feeling on your fingertips this cool breeze of the holy ghost and your centres are enlightened, which are as 5, 6 and 7 (pointing to fingers on hand). You can feel your own centres and correct them. And you can feel the centres of others also and can correct it. Sitting down here you can feel the centres of anyone wherever you pay attention. Actually you become a universal being. I am talking about a global transformation. 1.22.11

With this global transformation, all our problems of this chaotic modern world will be solved. In the light of the spirit, you become absolutely righteous. Nobody has to tell you don't do this don't do that. You follow all the 10 commandments by yourself. You become your own master. And, as in modern times, the idea is to enjoy every moment of life, but, they don't know this enjoyment is self-destructive. It is destroying so many countries. But to achieve the real pure joy. This pure joy is not a duality. It is not like happiness and unhappiness. But it is singular. And because of this joy, you drop all the ideas of nonsensical enjoyment which is destructive. And also you develop a great sense of self-respect. I have seen people giving up drugs overnight after they got their realisation. You don't have to tell them, it just happens. It is so simple as that. Ultimately you swim in the ocean of joy. Like a drop becomes the ocean. You transcend all these very frivolous ideologies of racialism, of hatred, everything. Now Sahaja yoga is working in 65 nations and in some places in a big way. I was in Brazil and I was surprised to see very high people at the helm of affairs wanted to get their realisation. Like the president of the supreme court, minister of justice, also we had the minister of economic affairs. In India also we have very highly placed people who want to have their realisation and it worked. We cannot force it on you. You have to ask for it. It is not of course for people who are arrogant and for people who are critical of spirituality. Of course not for idiots and stupid people. But it works. It has worked in thousands and thousands. The time has come; this is the last judgment. You will judge yourself by your fingertips. Mohammad Sahab has said, "your finger will give witness against you at the time of judgment". So this is a special time and I hope all of you will get your realisation tonight. But one thing you must know, that once the seed is sprouted in the parable of "Seeds of Christ", you should not waste it. But you should respect your spirituality and your higher being and grow in it. For which you don't have to pay anything. Again and again, I say "God doesn't understand money". So you can make out easily who are false and who are real. Its said that know thyself and that you should be born again. But it is not the band you can wear. It is not a brand. But when it happens to you, you get all the powers. You become extremely dynamics at the same time extremely compassionate. I am now 73 years of age and I am travelling every third day. Only when I see people get self-realisation, that is my complete satisfaction. That is my complete joy. This is the one of compassion and love. We have never used the power of love so far; only of hatred. But if you use the power of love you will understand that you are a glorious personality. That you are fantastic and there are so many powers within you which you can use to change the world. Only thing I have to request you to have full confidence within yourself that you will all get your realisation here, tonight. Again those who don't want to have it have to leave the hall. It will take hardly 10 minutes. Because I respect your freedom and I cannot force it on you. After realisation when you will come to our centres and grow, you can ask any number of questions; and I am sure people would be able to answer it with love.

Now there are three conditions very simple. The first one I have already told you that you have to have full confidence within yourself. That means you should not feel guilty at all. Whatever has happened has happened in the past. Just now you are here where this all-pervading power is the ocean of forgiveness. Whatever mistakes you have committed you should have faced them at that time. No use feeling guilty now. Those people who will tell you "you are sinners", must be sinners themselves. So don't believe them. Just now remember don't feel guilty. Because when you feel guilty, its a fashion also, this centre on left-hand side

catches very badly. As a result, you get spondylitis. Or if you don't get spondylitis, you might get angina. It is a heart trouble. Now also your organs become very lethargic. So why to feel guilty for nothing at all. The second condition is as you forgive yourself, you have to forgive everyone. Forgive everyone even without thinking about them. Because whether you forgive or don't forgive, you don't do anything. It is just a mental acrobat. But by doing that you are torturing yourself all your life. Especially at this moment. This optic chasma has the centre just like this. Very constructive. And if you don't forgive it wouldn't open. And how will the kundalini rise? So, just forgive in your mind and it will open like this. I promise you, you will feel much lighter. Now the two conditions I have told you of forgiving others, forgiving yourself and the third one having confidence.

To begin with we have to take out our shoes if you don't mind. I am saying this because the first time in England when I said "take out your shoes", half of them walked away. They are so much attached to their shoes you know. So you should be pleasantly placed towards yourself. As love you, you have to love yourself. Now a very simple thing is for people who are sitting on the chair have to keep their both the feet apart from each other, because these are two powers left and right. The left is the power of mundane desire and the right is the power of action. So you, please. It is all right for sitting down, need not worry about. They can sit the way they like.

1.38.32

Please be seated. You all have to be seated comfortably. You need not slouch, or you need not put yourself in too much of strain or too much of strain or slouch in front. Be comfortable. Don't have to go to the Himalayas and you don't have to starve yourself. Because it is something inside that has to work out. Now put your left hand on top of your left lap. Which is symbolic that you want your self-realisation. Sit comfortably without any asan. Just sahaja asan. Comfortably. You know what is sahaja asan is just relaxed way. You are not force anything, you are not to say any mantra, nothing. It just works. Now please put your left hand on left lap and right hand on the heart. Right side is the significant of action. And we are working only on left side. So now please put your right hand on your heart. In the heart resides the spirit. If you become the spirit you become your own guide, your own master. So now bring right hand in the upper portion of the abdomen on the left-hand side. This is the centre of your mastery. Now please bring your right hand on to the lower portion of the abdomen on the left-hand side. Surprisingly this is the centre of pure divine knowledge. Now, raise your right hand in the upper portion of the abdomen on the left-hand side. Now on your heart. Now in the corner of our neck and our shoulder and turn your head to your right. I have told you about this centre. Now, raise your right hand on top of your forehead across and bend your head as far as possible. This is the centre where when you do not forgive it go into jeopardy. Now please take your hand on the back side of your head and push back your head as far as possible. This is the centre where without feeling guilty, without counting mistakes, just for your satisfaction you have to ask forgiveness from this all-pervading divine power. Now stretch your palm fully. Put the centre of the palm on the fontanelle bone area which was the soft bone in your childhood. Now important is to stretch back your fingers. And put down your head as far as possible. Now press your scalp and move your scalp slowly seven times clockwise. That's all you have to do. Now again you have to close our eyes, but, before closing your eyes you take out your spectacles and put a left hand towards me and right hand on heart with both the legs apart from each other. Now don't open your eyes till I tell you. And shut them when you sleep like that but not with the strain. Shut your eyes gently as you do when you sleep. Now on the heart centre, you have to ask me a very fundamental question about your self. You may call me a mother or Shri Mataji and ask the question three times, "Mother Am I the spirit." I have told you that if you become the spirit, you become your guide, your own master. Now please put your right hand in the upper portion of the abdomen and press it hard. Here you have to ask another fundamental question about yourself. Here you ask three times; "Mother am I, my own master?" Now I must confess I respect your freedom and I cannot force pure divine knowledge on you. So you have to ask for it. Now take down your right hand in the lower portion of the abdomen on the left-hand side and ask me six times because this centre has got 6 petals. Here you ask "Mother please give me pure divine knowledge" please say it 6 times. As soon as you ask pure divine knowledge, the kundalini starts rising, so you have to enrich your higher centres with your full self-confidence. Now, raise your right hand on top of the left side of the abdomen on the left-hand side in the upper part. Here you have to say 10 times with full confidence "Mother I am my own master". I have already told you that you are not this body, this mind, these emotions, this intellect, this ego or conditionings; but you are the pure spirit. So please raise your right hand on top of your heart and say 12 times with full confidence "Mother I am the pure spirit". This all-pervading power of divine love is the ocean of knowledge, is the ocean of bliss and of compassion. It is the ocean of forgiveness. Whatever mistakes you have committed can be easily dissolved into this ocean of forgiveness. So please forgive yourself. Now please raise your right hand in the corner of your neck and your shoulder and turn your head to your right and say 16 times with full confidence "Mother I am not

guilty at all". I have already explained to you whether you forgive or don't forgive, you do not do anything. But, if at this moment if you don't forgive the centre of optic chasma wouldn't open. And you will miss the chance, such a great chance of self-realisation. So please now raise your right hand on top of your forehead across and put down your head as far as possible. Here you have to say with full confidence, not how many times but from your heart "Mother I forgive everyone in general." Now without feeling guilty, without counting your mistakes, just for your satisfaction, you have to ask forgiveness from this all-pervading power. So now raise your right hand, put it at the back side of your head and push back your head. Here again from your heart, you have to say, don't count "Oh divine power if I have done any mistakes knowingly or unknowingly, please forgive me. Now the last centre is very important for which you to stretch your palm fully and put the centre of the palm on top of your fontanelle bone area. Now here most important is to push back your fingers and put down your head so there is a good pressure on your scalp. Here again, I cannot force self-realisation on you. You have to ask for it. So please move your scalp seven times clockwise slowly saying "Mother please give me my self-realisation". Alright. Please put down your hands. Put on your glasses. Put both the hands towards me like this. put down your head again and see with your left hand if there is a cool or a hot breeze like vibrations coming out of your own brain, out of your own head. Now if it is hot, means you have not yet forgiven yourself or others. So please forgive now. Some people get it close to their head, some away. So move your hand and see for yourself. Now put your left hand towards me like this again and bend your head and see with your right hand if there's a hot or cool breeze like vibrations coming out of your own head. Now again for the last time with the right hand, right hand towards me and see with your left hand again bending your head if you are getting a cool or a hot breeze like vibrations from your own head. Now raise your hands towards the sky like this and push back your head and ask any one of this three questions three times. The first question is "Mother is this the cool breeze of the holy ghost ?", the second question is "Mother is this the all-pervading power of Divine love?", and the third one is "Mother is this the Parama Chaitanya?" ask any one of these questions three times, any one of them. Now please bring down hands. All have got it.

Now put your hands towards me like this, please. Please. Like this. Now watch me without thinking. This is thoughtless awareness, which is the first stage. And second is doubtless awareness, in which you become the master. Now, all those who have felt a cool or hot breeze on their fingertips or on the palm or out of the fontanelle bone area, please raise both your hands. Oh my God! May God bless you! All of you have got it. I bow to you all saints. Argentina, I never expected. May God bless you! But you must grow. Don't waste it. Respect your self-realization. You need little time that's all every day. You meditate hardly 5 minutes. And you have to go to the centre once a week. Just it's very simple. You have now entered into the kingdom of God; I promise you. And you will meet so many blissful things and miracles. But you must respect ??, That is very important. May God bless you.

2:04:10

1995-0830, TV interview by Santo Biasatti

View [online](#).

30 August 1995

Interview

Alvear Palace Hotel, Buenos Aires (Argentina)

Talk Language: English | Transcript (English) – Draft

TV interview by Santo Biasatti

Interviewer: It is difficult on this time to talk about the spirit?

Shri Mataji: That's most essential at this time. We are in a chaotic world, because we don't know that we are the spirit. All this restlessness is because we have to still become the spirit. Without that we are still at the human level. And we live in a relative world while we have to be in the absolute.

Now this work I have been doing for the last 25 years. And I feel that a global transformation has started. Once you become the spirit. In the light of the spirit you can solve all the problems. So most essential thing today is to become the spirit. Because with these mental projections you cannot solve the problems. Mental projection is linear and after some time it recoils. And effects the person or the society or the collectivity, everything is effected.

All over everybody has different ideas which are fixed. But when you become the spirit it radiates on all sides. And you become a subtler personality. And you develop a new dimension called as collective consciousness. Then you can feel another person on your fingertips. All our problems comes to us through our energy center within us in a subtle. So you would call mental, emotional, spiritual.

But in us is placed an energy, which is in the triangular bone of which we are not aware. But its a very ancient secret knowledge of Indian scriptures. They knew about it. Even the bone is called sacrum, the triangular bone. That was the Greeks knew it was a sacred bone. Also in Colombia I have seen in the very old antique pieces of say 3000 BC Christ. They have the emblem of this Kundalini of three and a half.

This purpose done in India till the 12th century in a way that it was done only one person was giving self realization to only one person. That was the tradition. But in the 16th century even in India we had lots of saints. They talked about these times. And at this time they said is the last judgement where many people will get their self realization. Any poets even in England have talked about it.

I am sure also in your country there must have been some poets who must have predicted. The problem of modern times is such that people are restless for some reason or other. And they don't know what it is. Another modern idea specially American is that we must enjoy every moment of our life. But this enjoyment is self destructive. It leads you to incurable diseases. It leads you, the destruction of families, destruction of what is real pure joy. But when this power rises through this six centers then she pierces through your Fontanelle bone area. And connects you to this all pervading power of divine love.

You see this beautiful flowers here I will take it for granted, its a miracle. Who does this work? In the Bible is described as the cool breeze of the Holy Ghost. In the Koran as Ruach and in our scriptures as Paramachaitanya. They have all talked about this allpervading power the subtle power that does all the living work. But talk has been talk. Now the time has come to get this self realization in a very spontaneous manner. If I have done any work is this that I found out the method by which en-Masse realization could be.

For example yesterday in that beautiful hall it was full, absolutely full. And they all raised their both the hands saying that they

have felt this cool breeze of the Holy Ghost. I was really surprised, because you see people are really so worried nowadays here with political problems, this problem, but they got it. By this ascent firstly your physical problems are solved without going to the doctors by your own power. Then secondly I mean like I can tell you in India four doctors have got their MD in curing incurable diseases. Because these centers are the basis. And when this power rises through them she nourishes them and integrates them. And then connects you to this allpervading power which is a spiritual Yoga. So our human powers become unlimited.

Interviewer: Which one of these six centers are, which one are the six centers?

Shri Mataji: six centers are: First one is, actually there are altogether seven. But the first one is the Mooladhara, which deals with all the excretion including sex. It is below the Kundalini. So sex does not play any part in our ascent. It is very immoral to say such thing. Then the second one is called Swadishthana which caters for our physical and mental activities.

Interviewer: Nabhi

Shri Mataji: is the solar. So which establishes within us

Interviewer: Vishuddhi

Shri Mataji: This is Center is for collectivity, for communication.

Then we have a center on the optic chasma. Like this in the center here, in the brain.

Then the last center is a 1000 petal center. When we are doing some work or thinking too much or if you are conditioned then there are 2 organizations or you can call balloon like things which are placed over our lymbic area. So this side it crosses over so this is the side for mental and physical happening, the Ego develops.

And from the left side our condition, Super Ego or conditionings develop.

To the right side. So that's how we are closed. Now when this Kundalini rises she sucks them like this. And opens you to this allpervading power. And that energy starts flowing through. And on your fingertips you can feel your own centers and you can feel the centers of others.

Now if you know how to correct your centers you solve your problems. And if you know how to correct the centers of others you solve their problem. See but actually we live in the past or in the future. We cannot be in the present. One thought rises falls off another thought rises, falls off. Either from the past or from the future. We cannot be in the present. So when this Kundalini rises she elongates those thoughts. And a space is created in between, that is the present. In that state you become thoughtlessly aware. Is your aware but you are thoughtless without any thoughts. But you get inspirations. And like that.

That is how you come to the present and the present is the reality. And because there is no bombardment of thoughts you become absolutely peaceful. If you don't have peace within how can you spread peace outside?

Like I have seen many people who have got awards in peace. They are horrible people. I mean they are very hot tempered. But they have got awards, alright. So this makes a person extremely peaceful and it spread to the collective. And you become absolutely relaxed. All the stress everything disappears.

Interviewer: He says since 25 years you are working, but what happened before that?

Shri Mataji: I was finding out what's the problem with human beings. Why can't they get en-mass realization. That one was my, I should say my work. Because unless and until any discovery is not meant for everyone it is useless. Because so many saints where there but they also failed, real saints. Because nobody understood them. Now with this thing so many are getting

realization. And so many saintly children are being born today. This is very important. This transformation is extremely important. Not for one person, for the family but for the whole world.

Interviewer: About your knowledge of the human body, because when you explain the things your knowledge is not a normal common knowledge. It is very very deep.

Shri Mataji: I did my medicine also just to understand what doctors call it. And also I tried to study psychology because I have to talk to phycologist also in their terminology. So that one can convince these scientist they are very conditioned people.

Interviewer: When you speak about fix ideas that prevent people to achieve a higher goal you are referring to ideologist?

Shri Mataji: Yes. So called. There are no ideals in it. Ideologies without any ideals. Because these are relatively made. Unless and until you have the absolute knowledge you can't create any idea. Like Hitler believed that he was a very Germans were the, what you call, the highest people. That's not true. Absolutely false.

Shri Mataji: No technique. It's a spontaneous thing. It's a living process. Now what is the technique when you put a seed in the earth it sprouts. Because is built in the seed to germinate and in the Mother Earth to germinate it. So it is all built in. Already. Through your evolutionary process all these centers everything are within you.

1995-0908, Evening Program, Shri Ganesha Puja

View [online](#).

8 September 1995

Evening Program

Campus, Cabella Ligure (Italy) | Transcript (English) - NOT needed

Bhajans performed by Polish Yuvya

1995-0909, Evening Program, Ganesha enters music

View [online](#).

9 September 1995

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Eve of Shri Ganesha puja, Cabella Ligure (Italy), September 9th, 1995

Nishat Khan plays on sitar Marva and Yaman ragas.

Nishat Khan: Shri Mataji, it's always a special honour to be here, to play for you and we are very grateful to be invited and in a way, I invited myself this time, to come and to play for you. Because I know that Shri Ganesha Puja is a very important puja and I want to play for you some compositions from guru vandana [respect for elders?], and so I will play, because of this time, we still have light of the evening, I will play raga Marva [Then Yaman].

[Concert]

[Starts at 1:08:26]

Nishat Khan: I've played many concerts but I have never played Marwa. I have never played Marwa for Shri Mataji, because I wanted to play for very long time, and when I arrived this evening, somebody told me that Shri Mataji has asked to play now, at 6:30. I said in this light? And I thought Shri Mataji knows So, I'm really happy that I got to play this beautiful spiritual raga for you, Madam.

Shri Mataji: I must say, apologize also, that Nishat Khan had told me that he would like to play on a Ganesha Puja. I had agreed also. But as you know the Swiss are very particular about time. They make all the watches.

[Laughter]

So, also we thought as there is very short time, I felt that he may not be happy to play for a short time something, because he likes to play for a long period.

[Laughter]

But that's our privilege. But this time, as you know, I have to go on Monday, and I have not done yet my packing or anything. And then from there, directly to Russia. It's going to be quite a fast movement of marathon race of mine. So, we just thought that we'd better get somebody who is just coming up as a musician. And then we can have such a great artist like him later on when he will have more time to play. Especially, Marva is a raga which I like the most, perhaps. Because it is, as he says, it's very meditative and very deep. And I remember first time, long, long time back, Asad Ali [Khan] sahib was there and he had invited me. They had never seen. And he was just playing some sort of a Bengali tune to begin with. And Sahaja Yogis told me that, "We were bored. And we thought he's better stop, that will be better". It's in the beginning. And as soon as he saw me on the doorstep, suddenly he told me his hand started moving. And he played Marva.

My husband doesn't like Marva. Today only, first time again, it's the second time, that this was real Marva here. He, you see, he's a –

No, no but something I must tell you that, that Marva he started playing. And after that, Asad Ali sahib became a great artist also. But that Marva, really, filled me completely with vibrations. He said, "Mother, I don't know. I knew all these things, but normally, they don't come to you easily. But as soon as you stand, I saw you standing there, and my hand started moving on Marva". I said, "You made the whole palace of Marva before me".

I cannot also forget that Marva, as this one. Because this is a raga very difficult, they say, because you have to have spiritual

depth. Otherwise, you cannot play this. And you all have enjoyed it. Though commonly, people don't like Marva so much. But in Maharashtra it is very, very much appreciated. And also in Punjab, I must say that the ragis always sing in Marvara.

So, it was very kind of you to have chosen this raga. Because - and you went into a kind of a, I don't know, what we call sanchar, both of you. Sanchar is some Ganesha entered into them and started playing, I think. The way they played was really very divine, very beautiful, very remarkable. And this raga is very fulfilling. The way he has played, this is the second time I am hearing such a nice Marva. You see and because I know I'm very old and I heard so many people singing this.

Long time back also, I heard Abdul Karim Khan in Marva. He was another one, he used to just pull your strings of your heart, as you feel it, the way he sang. So, there are people who have been singing and also playing Marva. But playing Marva is not an easy thing, I think, it's easier to sing.

Nishat Khan: [Hindi].

Shri Mataji: [Hindi].

So, this two times I was, say, twice, I have had this really thrilling experience of such ascendance, that the whole audience rises in spirituality. It is a raga to be really mastered and to be understood. I'm happy you all have enjoyed it because I don't think you have heard Marva before, anybody playing before you. So, it was a very good choice.

Then our- another player is Sukhvinder Singh, who is very well known all over, I tell you. He said, "One thing I've missed in life". I said, "What?" Tabla by Sukhvinder Singh. Moreover, I have another relationship with him, because Namdharis are the first who entered into Sahaja Yoga. Even in Taiwan and places like that, these Namdharis came in and they said, "Mother you are doing what is predicted about you".

They gave me writing from the Guru Gobind Singh, where it is described in the future, what will happen, and how somebody will come and give you Realization and all that. That's all with me. So, I was very much touched by them. Of course, now in Punjab, you have many Sikhs who have become Sahaja Yogis. Many, many Sikhs who have become Sahaja Yogis. And Punjab, also, I went because they came to Ganapatipule, some of them. And they were just rolling on the stage, you see, halfway. And saying, "Mother, come to Punjab, come to Punjab". And Punjab was a disturbed area but then CP allowed me. And now we have many Sikhs, many, many Sikhs in Punjab, in the sense that, in their Chandigarh and also Rawalpindi. All over, they have taken to Sahaja Yoga. And I'm sure this will work out, the peace in that country. It has now. It is much better. Punjab is the place where I studied and I like Punjabis very much. And I find now this movement of Sahaja Yoga is so much appreciated by Sikhs, as well as by Hindus.

And also some Muslims met me. They called me in their village. And they said, "Why? Why are we denied? This is a promised in our Quran that we'll get Qiyama, we'll get resurrection. And why should you deny it?" I said, "I didn't. You should have come". So, the whole village was Muslim village. And it worked out. I tell you, it was so much of a assurance that this world will come to that global emancipation, to that transformation, that there will be peace. Without peace you can't hear this music. If there is no peace in your heart, how can you enjoy this music? You cannot play this music and you cannot enjoy. Anything that is beautiful, you cannot enjoy unless until there is peace. And so, I'm going for this mission of creating peace. And I'm happy you all enjoyed it.

I must say that these artists are very near the Divine because the way they emit these vibrations by which we feel so peaceful, so relaxed and so much of the Spirit, that is within you, shines. So, it's a very reciprocal activity between the musicians and all of you who are here and who are enjoying.

I don't know every time, even Asad Ali Khan says and he also says, that in my presence, they can go into ecstasy. Possibly. I don't know. But what I have got is a just a mother's love. And I feel these are my children who are artists, and they have to come up. They have to come up because they have to give joy to all the people, pure joy. And this is what you are enjoying and I'm happy about it. I'm sorry because of this time limit, due to your watches, you see, [Laughter] we had to little bit adjust it and he'll play one more raga, because we have other programs also.

[Hindi conversation]

Sir C.P.: It is quite true that Marva is not an easy raga to appreciate. And one must know music very well. But I assure you that

from today, I have begun not only to like, but become a devotee of Marva. Sahaja Yoga means transformation. And even in me, you have brought about transformation for music today. So, thank you very much it was excellent.

[Applause]

So, now, we'll have another raga played by him and which you all are enjoying as it is. And he, they are now lost in the heavens, I think, where, from where all these beautiful renderings are coming. And I don't know how this rapport is established and how it works out. But more and more musicians must be encouraged and you also should learn music, I would say, to appreciate this kind of thing. It requires not only the practice, the riyas, but also a spiritual help. Otherwise, you don't hear this kind of music. This is some sort of a very 'ruki kamale' [unsure; Hindi]

Nishat Khan: You know, sometimes, there are some difficulties arising suddenly, when I have to come. But because of Mataji, somehow, it works out. I'm very grateful.

Shri Mataji: No, no.

Nishat Khan: I'm very grateful.

Shri Mataji: You see, I wanted you to come first because of the shortage of time.

Nishat Khan: This is the first time I'm playing at 7:00 in the evening for you.

[Laughter]

So, I have a chance to play little Marva, little Yaman.

Shri Mataji: All these ragas are to be played also. Because you people start after 10:00, so you just go with Jaijaivanti and Malkauns and all that. What about these ragas? They have to be played.

We all must really thank Nishat Khan and Sukhvinder Singh, both of them very much, for giving us such a great joy great joy entertaining our Spirit.

Today, I was reminded of another great musicians in India, who played before me Yaman raga. And you see, we must say that today is Shri Ganesha's birthday we are celebrating here. And this is the first raga all the musicians have to learn: Yaman raga is the first raga they all have to learn. This is the Shri Ganesha, as they say, Shri Ganesha of the music starts with Yaman raga. So, it was very appropriate to play this raga here.

This raga, as I was telling you what Parveen Sultana also sang before me. She's a very great artist, I must say, and normally people said that she becomes very shrill or something. But no, she was excellent. She sings so well and she's such a fast-moving person, Parveen Sultana. But that day, it happened that her harmonium player, I know her because she was working in Khadi Bhandar. So, the harmonium player came and asked me, "What have you done to this lady? After every 5 minutes, she shouts at me normally. But today, what have you done? What magic you have created that she was so silent and so beautifully singing and this. And she also didn't become that shrillness".

Another brother of mine who is a great connoisseur, he said, "I've never heard this woman singing so beautifully raga Yaman". And then one gentleman from there came, shouted at her that, "You sing a particular ghazal" which may be little romantic side or whatever it is. She said, "Do you know before whom I am I singing? How could you ask such a thing!" I was amazed at her. She said, "Such a thing I can't sing before this".

So, you know, in the music also, when they are playing, I think they go into that realm of purity, where they cannot stand anything impure or stupid. This, I was so surprised at her playing just a Yaman raga, which is the basic, the child. It is the child, the innocence of music. Because the first raga you learn is this and that as he sang was, "Guru binaka esay gunaka he, Guru namah neto gunaya we [unsure]"

It's the one where they say that, "Without the guru, how can we get any virtues within us? How can we get any qualities within us?" And this is the first thing they have to learn, that you have to be very obedient to your guru.

And I know everybody, all of them, must have also known their gurus have been very, very strict people and extremely meticulous, but that's why they are there. It's such a, at such a young age, I mean to see such improvisation, permutations,

combinations of the music, is something really out of the blue. You cannot think because, I told you, I've heard so many people, but heard all of them after 45, 50 years of age. They were not young people like you. Despite that, you have not only done such justice to this music, but also what your forefathers have given you, is a treasure. I tell you, what your forefathers have given you, there is no need for you to make new tunes, nothing. There, so much is there, so much! And when you see there are 900 ragas which are they call 'prasida', means are known to people and there are so many which are unknown also.

Then these all bandishes, as he is singing, every one of them they were so such geniuses, that they created these beautiful ragas. And the ragas also because they also created the ragas, not only that, they created the themes and the bandish, but also, they made it so much sort of, one with the timing, one with the idea. Now for example, this Yaman raga, which is to be learned first, is the Shri Ganesha of music. So, first thing is to respect your Guru. And this is how they have made all the bandishes. Very deep people, they are not cheap. They were not for any sort of show or they were not for any sort of a money or power or anything.

Very, very highly qualified. Very, very highly qualified. I met few of them Alaudin kasab also, I met. You see, and they're very different people. And they had no interest in money or anything but they were sort of, you see, God has created them to create music. Special people, absolutely, and very loving, very kind, and extremely also very hot tempered with their disciples. And was very strict with them. But the disciples had to agree and had to accept what they are saying, because they were like we are: you are seeking truth, they were seeking the mastery in music. So, all the people had to be very obedient, careful. And I was myself surprised that in the Yaman Raga, they have talked of the guru. Because is the first raga, to be sung first of all, before learning any other raga. First, you learn Yaman. And it is a raga of today, because today we are celebrating Shri Ganesha's birthday. So, it's all very timely because you have done justice to Marva and to Yaman raga. We are all thankful to you and always try to understand that there is some sort of a drama that takes place and that explains many things, you see. All these coincidences are done by this Divine Power.

So, it's perfectly all right. We all enjoyed your music very much. We are all very thankful to you, to give this tremendous joy and I really felt Shri Ganesha is dancing in your hearts. That's how it is worked out because he's innocence. And he is the creator of the whole rhythm of the world. So, also today, they enjoyed your music very much more, I should say, and you also played very much in a more speed, because of accompaniment of Sukhvinder Singh. You see you, must always have 'jod tour' (alap), you see, yes. You must have equally well played tabla, otherwise, the enjoyment is not so much, you get sometimes bored. But [Hindi] every moment was enjoyable. So, it was my idea that you should bring him.

So, [Hindi conversation]

And we don't understand, they are organized for us. Everything is for us and once we start realising why these coincidences, then you'll be amazed that it's all done very meticulously very effectively and efficiently by this All-pervading Divine Power. So, may God bless you.

May God bless you.

Thank you very much.

[End of talk]

1995-0910, Shri Ganesha Puja: Project your innocence to others

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10 September 1995

Project Your Innocence To Others

Ganesha Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja. Cabella Ligure (Italy), 10 September 1995.

With all the Ganapatis sitting around Me and you, all the ganas, sitting in front of Me, I don't know what to say. It's remarkable, very remarkable, because most of you come from a culture which has never shown any respect of Shri Ganesha. They never realized how important it was, that without Shri Ganesha's qualities, we cannot achieve anything in our life.

The idea of everyday, moment-to-moment enjoyment has destroyed them. And also, the desire to know the Divine vanishes also in the thin air because you get lost into this moment-to-moment enjoyment till you get destructive, completely destroyed. But I really don't understand how you have achieved this state where you see the purity is so important to life; that Ganesha's qualities, His value system, and His innocence [are] to be imbibed. I feel very gratified that such a thing has happened now in your lives and you all are so much in praise for Shri Ganesha.

Shri Ganesha is there from our childhood. Yesterday you saw the children, how they were so beautiful and entertained us the most. Everybody had a smile on their face, and I said, "Don't laugh, because if you laugh, they feel a little offended and they think that you are laughing at them." The enjoyment that we had from that drama of the children was more than what one would expect from adults doing that kind of a drama just to entertain us. It might be some sort of a very subtle joy of Shri Ganesha that made us so happy.

We all have Shri Ganesh settled very nicely within ourselves and in you, awakened. Awakened in such a manner that in your free will also, you do not want to do things that will go against Shri Ganesha. His manifestation within you is so evident. You see your faces, they are so beautifully shining, so very different from other people.

One day, I was travelling from London and there was one Indian lady who came to see Me and she said, "I was surprised to see your disciples. Their faces were shining with such light. I have never seen any disciples like that." I asked her, "Who are you?" She said, "I am married in Guru Nanak's family and all the people in his family are just the opposite [of] what Guru Nanaka was." So I said, "Because they worship Shri Ganesha." So she said that, "In our family nobody worships Shri Ganesh." I said, "It cannot be possible. How is it?" "No, we will – they believe in nirakar, in the formless God, of chaitanya." I said, "But who is the source of that chaitanya? Why don't they find out who is the source?" So they said that Nanaka has only talked up to this point. He's not talked about the source. I said, "Better find out, because in this book maybe some things have been taken away."

And then somebody gave Me a passage where he had described the innocence, the Deity of Shri Ganesha also. He had described that the whole creation was done by the Mother and not by the Father. It's very surprising, because Nirakaris, those people who don't believe in the forms of God, always talk of Father, not of the Mother. It is true also about Christianity, also about Islam, also about the Jews. All of them, they talk of the Father and not of the Mother, nor about Shri Ganesh. It seems in the ancient times they believed in the child God, even in China, even in Greece, and also in many other countries who were supposed to be primitive. But they all believed in the child God.

So now, when we deal with our children, we should know that they are just like Shri Ganesh: they are very innocent, very simple. Except in cases sometimes they are affected by some things and they lose their moorings.

But Shri Ganesha's greatest contribution to Sahaja Yoga is that He makes you feel My vibrations. He makes you feel the beauty of purity and simplicity. [This is] only possible if Shri Ganesha is awakened within you. Also, the Kundalini won't rise without the sanction of this chancellor. He's the one sitting on Mooladhara. But you should know He is on every chakra.

Innocence cures all the maladies – physical, mental, emotional, especially the spiritual one. But Shri Ganesha's quality, the most important, is that He believes in emitting vibrations. He believes in projecting His vibrations to everyone. That is the quality now, I feel, all of you as Sahaja Yogis can use. You got your realization without any effort, I should say. It was Sahaj.

The life before Self-realization was different. You got your transformation and you have jumped into the new era of meta science. But here now we have to see: whatever we have got, what are we to do with it? You of course know that you have to give realizations to others, you have to cure people, you have to love them, and you have to be compassionate.

But apart from that, now the deliberations about yourself have to start. That is through Shri Ganesha's powers that are within you. You should see that you can emit your powers, your energy to others. You can project it to others. Now for example, if somebody comes to you, meets you, if you know how to deliberately project your energy. This is a new type of meditation you have to practise now, that to emit your energy, project your energy to others. You don't have to say anything, you don't have to talk. But just feel deliberately, again I say deliberately: it's not Sahaj, it's not spontaneous. This is what you have to practise, is to emit your energy of your innocence of Shri Ganesha to others. So, when they see you, their innocence would be awakened.

Now for example, say, we had some problems in London and Sahaj Yogis told Me, "Mother, there are still some men are looking at us." And some said that "there are many women who are looking at us." It was a mutual sort of a thing going on. I said, "You can project your energy in such a manner that that projection will stop all this kind of stupid behaviour of other people and also make them understand, respect you and feel your dignity." Not very difficult.

But on the contrary, as the culture is to attract men and attract women, it will diminish. The energy will diminish. When you feel your own dignity and serenity and that you are now Self-Realized people – you are not ordinary people – a kind of majestic personality develops within you. That majestic personality really can have a tremendous effect on the surrounding people. Tremendous. It's a kind of a deliberate projection you should start. I don't know that side, that how to project it or how to deliberately do this. It's just spontaneous with Me, it just happens. But you can achieve it yourself with a little practice. Try to face such people, not with disdain or contempt, but just your majestic personality.

This personality is here now, you see, is sitting in such a majestic manner and is also giving the vibrations to others. The whole figure is doing something suddenly to people.

To expect that the whole world will change spontaneously, I don't think is all right. Because, you know, the world is so chaotic, full of so much chaos, so much ego, so much conditioning. But something within you can rise above others with your sense of dignity, with your complete Selfhood, where you stand with yourself. You are not to be rude, you are not to be egoistical. You need not say things if you don't want to say anything. Just that silent personality can emit such beautiful vibrations, which you have. You have stored up a lot of vibrations within yourself. And this storing up is showing on your faces, which I said are shining. But the innocence that you have, you have to be proud of it, very much proud of it.

Even now sometimes you feel that people will say you are not properly dressed up or maybe you are ugly-looking or all kinds of things that they expect every other person to be. It's a funny thing that in this world all human beings expect others to be very good. Everybody should be a hero or something. What about themselves, they never think. So now you have become heroes, in the sense that spiritually you are much higher than all of them.

So this projection, when it starts – I am saying again deliberate – then, you should not be afraid that "I will develop my ego." You should not be afraid that "I'll get some conditionings." But just, in a way, with the understanding that you have these powers within you, beautifully expressing themselves, as a child does. If there is one child, it can entertain at least hundred people. What

is so sweet about the child is the innocence: the way he speaks, the way he talks, the way he behaves, the way he expresses his love. It's so simple, but it has something in the essence—this innocence of Shri Ganesha.

Anywhere there's a question of children, the whole world gets worried about it, the whole world wants to solve the problem. If a child is in trouble anywhere, all over the world it will be circulated that such and such a thing is happening to such a child. And everybody will be worried. If they see a child anywhere, the faces change, if you see the faces. The expression changes, automatically. Because that child is emitting that innocence – without any deliberations, without any special way of doing it, but just spontaneously.

But then you grow. You start growing, growing with others who are also not innocent. You have to meet them. You can't run away from the society. You start getting all the rapport with such people who are talking about things – actually, those who are criticizing Shri Ganesha. Gradually, your innocence starts dying out and you feel sometimes inferior to all those who are supposed to be very great warriors against innocence. In the sense that – when I was in London, I saw they all used to laugh at Me because I had this kumkum. But I used to think they don't know why I am wearing it. So, it's so ignorant they are. Very ignorant people, that they don't know that in India all the married women have to wear this. Even the Muslims wear that. They also wear mangal sutra. So I said that, "This is just written down, on My head, that I am a married woman." It's just to tell people, "Don't bother Me. I have got My husband behind Me and he can take you to task."

This kind of ignorance is so much in the West, and still they think they are a higher race, they are greater people. They don't know even small, small things about life. For the innocence, I think they have lost any knowledge about it, long time back. And that's how it is a society today which has absolutely lost its own moorings. Every individual is separate, every individual is doing something, and they don't know each other.

Without innocence, you cannot have a rapport with other people. Because that means you have some sort of a lust or greed behind the whole thing. So much so now, it's become so boring the whole thing, that even once I told a Sahaj Yogi that, "If you are going there, there's a family and they have a daughter, so just give this present to her," a simple thing. Now this yogi was quite an elderly person, not a young boy. He said, "Mother, I'd better not go." I said, "Why?" "Because they will misunderstand me."

"What will they misunderstand?"

"Why I am giving a present to this girl."

I said, "But it's I am giving. What is the harm?"

"No." That's the psychology. He was himself a psychologist. That's the psychology. "So I cannot take this present for that girl." I mean, I was – for Indians, you don't understand this kind of a fear. But then I noticed it's too much that they don't want to be with any woman, they don't want to be alone with any woman. And they said Mother, "You don't know these women. They will make a rape case against us."

"But how?"

"They do."

So the whole idea is to challenge the innocence of people. For that, I must say, they made this Freud into a god, because of his writings. I don't know how they accept also such writings. I just can't understand how they accept. Because I think they have no idea as to what they are. Somebody asked Me about Freud, "Then what did he say? Why are people so much against him? Why are you so against?" I said, "He said that there's a bad relationship between the mother and the son." He just jumped. "He said so? My goodness! Thank God he never came to India, otherwise we would have cut him into pieces and put them in the Indian Sea." I said, "But why spoil the purity of the Indian Sea also?" He was so annoyed and angry, he said, "How could they tolerate such a nonsense? How could they accept such nonsense against the mother? They have no purity?" I said, "That's the trouble with them."

Now the trouble is that the brain developed too much, ego developed too much, and any such stupid idea – it's much worse than stupid – was accepted. And that is how I find it's so boring: every time, anywhere you go it's nothing but this sex business. It's too much. I can't understand how people go on tolerating. It's all right, at the most, in some adult films you might show some nonsense, but every time you see something you find suddenly this kind of nonsensical scene is coming, these bedroom scenes,

these scenes. And people like it. They pay for it. They want to have all aspects of it.

It is such a natural thing. What is there to talk about it all the time? I don't understand. It's only the development of the brain, of such a manner, that every kind of nonsense it wants to accept: "So what? What's wrong?" "Well, you're mad. That's what. You will go to the lunatic asylum." Lunatics also talk like that: "So what? What's wrong?" Same way. Because of such acceptance, they don't know how much people have ruined their family life, their children's life.

In every way, we find the whole society is full of this nonsense and especially in the television – Italy especially. I mean, certain buttons you should not press, you should be very careful, otherwise you don't know what you face and you go for vomiting. You see, as Indians, the first reaction is to vomit. But for people who have not yet realized the value of this innocence, [they] can be easily taken up by this kind of nonsense that's going on. Whatever it is, through the blessings of Shri Ganesha, you are all transformed. You are on a different line.

Yesterday these two musicians were surprised how you were praising Ganesha. They couldn't believe it, how you could praise Shri Ganesh, because you haven't even heard the name of Shri Ganesha before. I said, "They see what Shri Ganesha has done to them, how He has made their attention so beautiful that they enjoy all the beautiful things of the world, all the innocent things of the world."

And there are many people like them, I can tell you, who are struggling. Not that all the society has accepted this nonsense. There are many who are struggling, because I know in England they published a book about what children have to say about the politicians – very sweet, sweet things. Very sweet. And those books [that] were published were five thousand books, because if you publish five thousand you get it cheaper or something like that. And in one day all the books were sold out. In one day. That shows that there are so many people still who are respecting their innocence, and they want to be innocent and they want to enjoy it. But a society has to be created of that kind. For that, you must have a kind of a personality.

You know that I was in London and once I went to Greece. And the ministers' wives also came to meet Me. I was surprised; normally they don't do. So they said, "You see, our husbands told us if you want to see serenity personified, then you must see Mrs. Shrivastava." I was surprised: in Greece they are talking of serenity. In these modern times, anybody talking about purity! I just couldn't understand, but I felt that at the back of their mind, their tradition, whatever it is, these men could see that simple thing in Me and they went and told them. And they all enjoyed My company very much. I was making them laugh and telling them things and all that. And one of them then turned around and said, "Mrs. Shrivastava, you are just like a child." "I said, "Really?" "No, we enjoyed your company so much." And when I was coming, they were in tears.

So what I am saying, that whatever innocent personality you have, you have to project now, to project towards others. Say, somebody is trying to be funny with you, just with one glance you can put that person right, that you don't like it—just to say you don't like it. In a way that's a projection. Around your society, around where you are working, you will also find people who have no sense of innocence. And it's disgusting to be with them. But as you have powers, you must use [them] – is to project.

I see with Sahaja Yogis, they don't even cure people. They'll tell Me, "Mother, he is to be cured. That is to be done." But you are so many, why do you need Me to do that now? You all can cure a patient. You can help the patient. Why can't you do it? What is the need for Me to do it? You have those qualities within you because potentially you had them before, and now they are enlightened through the grace of Shri Ganesha.

Now, what you have to do is to assert them. In that, of course, you must remember not to use your ego, not to use your mind. So somebody would say that, "Mother, without the mind, how can you impress others? How can you have a rapport with others?" It's very simple: just go thoughtless. Once you are thoughtless, you are in the realm of the Divine, and then the Divine takes charge. And it will start emitting such beautiful vibrations that you will be amazed at yourself, how things are working out. It is not a coincidence we should say.

Like once I was going somewhere and they told Me that, "You have to be very careful." I said, "Why?" "Because in the night, you

see, these Naxalites [Indian communist group] are here and they might just kill you." I said, "It's all right." He said, "No, it's very late. You be careful." So, the gentleman with Me was very much worried. He said, "You take out your ornaments, everything." He put them under the seat and did all that. So as soon as we reached that place, where many Naxalites were standing with their lanterns and with their sticks, so I told the driver that "for one minute you stop the car." He said, "No, I will not." "No, you stop." I looked at them and I don't know what happened – they just moved on. I said, "Now speed up the car." You see, it is the power that you have. Unless and until you use this power of love and compassion, you will not know what you have got. And that comes from your Shri Ganesh.

You see how children understand love. If you are nice to them, how they react. Maybe sometimes they do not, but ninety-nine percent of children I have seen, they really react to love. In our school in Dharamsala, there were two children and they were very troublesome to begin with, and the parents were worried about them. They sent them to Dharamsala and otherwise they were very demanding, as the modern children are: "You buy this. You buy that. Go here. We want McDonald's," this, that, was going on. When they went to the school for one year, they came back and the parents asked them, "Now, what do you want?" They said, "We don't want anything." "You don't want anything? You want to go to McDonald's?" – they were American – "No, no, we don't want to go to McDonald's. We want to sit here and watch Mother's videos." They said, "Suddenly, what has happened to them? They were so troublesome. Why are they now so much changed? What's the matter with them?" So then they said, "What about food?" "Whatever you cook, we'll eat. We are not bothered." They were amazed how these children had changed! But then they said, "We must go out somewhere. We must see the river, we must see the mountain." "All right, that we'll do."

Then again they came home: no demands, nothing. They didn't want to go for any shopping or asking for any shirts or blouses. Nothing. Very much satisfied, dignified. So they said, "What's the matter with you? You don't want anything?" "No we want something but we don't know how to tell you."

"What is it?"

"Because you don't have that. You can't get it in the market."

"Well, what is it?" They said, "Can you get us a pendant of Shri Mataji?" So sweetly, you know, they said. That's all. But they said, "You don't have?"

"No, we don't have any. So you just get us the pendant of Shri Mataji, that's all."

I mean, so deep expression. You don't want anything else. I mean, I know the children, I have met them, but I have not been with them for a long time, I have never been so close to them, nothing, but look at the love that they have. And they were telling Me in the school in the beginning that, "Anybody goes to trouble us, we said, 'Now we are going to inform Shri Mataji.'" "No, no, no, don't inform Her." "Why?" "Because She will not love me anymore." Can you imagine? The value of My love is so much understood by these little, little children, and so much they admire, they want it. It has no material gain by that, nothing.

All this really shows that Christ as He has said it, that, "You have to be like small children to enter into the Kingdom of God." Without that, you cannot enjoy anything. Like, yesterday's program was really, I must say – these Swiss have worked very hard. They are very hard-working, I know, but not to this extent. That, they started singing Indian music so well in such a combination and we enjoyed all that very much. Now imagine these Swiss, who are overactive, always working, they have no time to think about creating something innocent, creating something sweet of this kind. And the way they did it shows, really, that they love Shri Ganesha and they understand the value of Shri Ganesha's manifestation in them. I was really surprised how they could learn all this Indian music, and so many sitting together and singing that song. And there were some Indians, I said, "Can you sing like this?" They said, "No." I said, "Look at these Swiss." This is the power of Shri Ganesha's love. Because they were to celebrate Shri Ganesha's birthday, so they got equipped from within. But if they had not projected it, there would have been nothing.

So whatever He is giving you, whatever He is creating in you – this beautiful innocence, this beautiful fragrance of your living – every moment, when you are enjoying it, also know that we have to give it to others. We have to pour this into others. And it will work out, I know it will work out. It is so tremendous. His powers are so tremendous.

Yesterday you saw that in the children's program that nobody could beat Him, even Shiva, or anyone. And Shiva had to cut His head because He didn't know how to overpower Him otherwise. This is what we have to understand, that if you are innocent,

nobody can cheat us, nobody can trouble us. Because in innocence, you become a person who doesn't care for what is happening to you. You become a person who tolerates everything, thinking these are – you don't even think; you feel they are something stupid people, that's all.

It is a story about a king in China, as I am going to China. There was a king in China. They are very wise people, I must say, Chinese are extremely wise. And he decided to win a cocks' fight. It's a cocks' fight. Imagine the king, thinking like that. But it's all child's play. So he went to one great saint and told him that, "How will you train a cock to fight the other cocks?" He said, "Leave the cock with me." So he left the cock there. And he trained him very well, because when the king arrived after one month before the fight, he said, "See now, take this cock, it's your one." He said, "This one? This one is not doing anything, just standing straight." He said, "Yes, yes. That's it. You take it." So he took that cock and put him in that contest. So all the cocks were together. They started troubling this cock, which was just standing like this as if: "some stupid people are trying to trouble me." He wouldn't touch them, he wouldn't react, nothing of the kind, he was just standing straight. So all the cocks were surprised that, "This one is not protesting. He's just bearing up everything and he's not bothered as to what we are doing." One by one, all the cocks disappeared from the field where they were having these fights. And this was the only cock which stood up. So the king was surprised. He took him to the saint and he said, "This one has become a saint now. So it's better you keep it with you." He's such a saint that they were all trying to trouble him and he was least bothered. He was looking like this, left side, right side, both sides. He thought, "What's going on with these people? Why are they behaving like this?"

So this is what I have to tell you, that your personality itself is made like that. And now you worship Him so much, He's within you. And any kind of problems that you have will be really solved very easily if you take to your innocence. And that will create coincidences, as they call it. But I would say it's not coincidence, it's the vibrations. That you'll be amazed how things are solved. They'll say, "Mother, this had happened, that had happened."

Now see, the other day it rained so much. It rained so much so that they said, "It has become knee-deep mud here and Mother what are we to do?" I said, "It's all right. Leave it to Him." Next day, it was very hot. Imagine, underneath these things, the whole thing got dried out and today you are here for the puja. It's an impossible thing that there could be such a change in the weather that one day it rains so heavily and the second day the whole thing gets absolutely dried out. It's His work. Because He's so much powerful. You have come to worship Him, so first of all cleansing has to be done, and He did the cleansing by putting the rain.

Here, it is [such] heavy rains, and some of the part of the rains which came near this Palazzo Dorio they turned into ice [hail]. I don't know what the English word is for that. So they all started and the whole thing went round the house. They were all forming into little, little ice-balls, falling nearby. Now it is something unbelievable that all over it has just rained, [and] only near our house it is the ice-balls are coming. We can call it miracles, we can call it anything, but it is Shri Ganesha's, we should say, sensitivity that He thought that, "Now this rain is going near My Mother's house, so let us make some sort of a beautiful ice-balls." And I went out and I saw, and I was amazed how it was all around My house there were ice-balls.

What He can do, what He's capable [of] is absolutely unbelievable. How He guides you and how He helps you. How He takes you to the right path. Not only that [but] how He protects you. All the time He is with you because you have become His ganas now. You are His ganas, so He protects you, looks after you, gives you all the guidance. He takes you to the right path. He takes you to the righteous road. He gives you all that is dharmic to enjoy. You always meet friends here and there. You think it's a coincidence – it is not. And that is how He works. He works with all His beautiful, sweet, loving attention on you, because you are His ganas.

But the ganas have to work. As I say, that in our body there are ganas and they fight the disease, they fight the problems that are in the body – those antibodies which are the ganas of Shri Ganesha. In the same way, you are also His ganas. He does all this for you. He protects you, He loves you, He gives you all the good times. Then what are we doing about it? It should not be one-sided. When He does all this for you, then what should we do about Shri Ganesh? What can we do as antibodies?

You don't have to fight the enemies with any sword or any kind of a weapon. The enemies you can conquer by two simple methods. One is, try your love, your pure love on them. Try that. You may melt away many people. Or else, if that is not working,

then what should you do is to sit down and meditate and give bandhans. There are ways of giving bandhans. The bandhan works so fast and so beautifully that you are amazed how it has worked. Because you are so powerful. The way you give bandhan; anybody else can give, it is not going to work. It's only you, the Sahaj Yogis, can give bandhan. There are different types of bandhans you have to give. And all that works out so well.

So we have to have now faith in our own powers, and we have to know that we are now empowered by Shri Ganesha to do the work of Sahaja Yoga. To do the work of Sahaja Yoga is not to feel that you are doing it, but it is Shri Ganesh who is doing it. You will be surprised: giving realizations to people is the greatest joy Sahaja Yogis can have. And then you don't have to think that you have done it – then it is the best – but if you think you have done it, then: "I am very tired," or "I have done this." Many people come and tell Me, "Mother, we have done this, we have done that." That means they are just feeling the strain of doing any work. But you are not to feel any strain. His powers are within you, you can see it. Believe Me. Believe in yourself. Have confidence in yourself – confidence and faith in yourself. And [know] that you are a storehouse of innocence, which is nothing but compassion and love.

If you have that faith, you will definitely develop a beautiful way of talking to others, of having relationships with others. It is something that is really a gift of Shri Ganesh. I don't think I ever shouted at anyone. Even [at] My children, I have never shouted. Never. I have never gotten into a fury or a temper, because I think I can manage without it. Of course, I had to correct, I had to tell people. But one thing I have seen, that everybody has been afraid of one thing: that somehow I should never drive out somebody from Sahaja Yoga. Because Sahaja Yoga is such a joy, it is such an energy-giving thing, it is such a light that you feel absolutely confident about yourself. So to ask you to leave Sahaja Yoga is the greatest punishment, because you can't leave Me now. It's difficult. You just can't leave Me. It's impossible. And that is what it is, that you also develop those qualities that you can't leave.

See, a child, if it is lost, I mean, the parents just go off, they don't know how the child is lost. But supposing, some son of theirs is a very bad boy, is misbehaving, is doing all kinds of wrong things, they don't mind. But when they are young, they are innocent. It's some sort of a tremendous attachment to them and understanding that, "They are our children, we have to look after them." So [it is] this innocence that attracts you, that keeps you wondering about your children, about other children.

And I was very happy the way you gave a present to Guido, because he's doing a very difficult task, I must say. And this appreciation shows that to you it's very valuable that your children are looked after. But you are also a child of your Mother. As a result, you have all these powers within yourself. But you must know how to smile. You must know how to win over people.

Still there are some Sahaj Yogis and some Sahaj Yoginis who are still rather stiff. I find them a little stiff type, and they can't give up their stiffness. Maybe they think no end of themselves or whatever it is. Then they will not enjoy Sahaja Yoga. Of course, mentally of course they understand Sahaj Yoga and all that, but they cannot enjoy fully Sahaj Yoga and all its mirth, its joyous moments.

Today is to celebrate His birth, and He was the first God that was created on this Earth, because He is also auspiciousness, He is also Holiness. So the Primordial Mother didn't want to create this world without first creating the holiness, the auspiciousness, the purity. And that's why He was first created. Created on this Earth with vibrations, just a bundle of vibrations, so that He can look after all the people who are going to come from ages to ages, to guide them always on the right path.

So He is supposed to be in charge of our conscience, the conscience that eats you up sometimes, that says: "This is not all right. This I should not have done. That I should have not done." But one should try to take very great pride in it. Like, there was one gentleman, an Indian – Indians can be exceptionally innocent sometimes, exceptionally, you can't understand them – so I told him, "Why did you give up your land?" He said, "Mother, I thought that later on, when my children will grow, I might become greedy and I may not give this land to my brother, who deserves it. Because I'm too clever, I can cheat him, so I thought it's better to give up. So I gave up the land to my brother." And he so innocently was telling Me that, "I should not become greedy because maybe that my children will grow up and I will feel that I must give all this to my children, so I decided to give up the land just now to my own brother." But I said, "What about your brother?" He said, "He deserves, he needs. I don't need so much land. I am doing very well in life. That's why I have given." "But legally?" "Legally," he said, "it was not in his name, but I thought it's better that I

give it to him now. Later on I might become a bad man." So the innocence works out in such a manner.

And very sweet, sweet stories I have got to tell you. There's one Sahaj Yogi who was a little boy, say about sixteen years old, he came to Me and he said, "My mother has some badhas and the father, too. I don't know what to do. Now supposing I leave my father and mother, then will the badhas also leave me?" I said, "May be. May not be. Depends." "Then what is the need for people to leave their parents when they are eighteen years of age? Why do people leave their parents at eighteen years of age? Because, you see, it will be a big loss." I said, "Why?" "Firstly, if I start smoking, who will stop me?" Such an innocent thing. "If I start smoking, only my father can slap me on the face, nobody else. So he can save me from the smoking." I was amazed at his innocence, the way he was saying that "I want my father to be there to slap me." And then he said, "And then my mother, she's the one who corrects me [on] every point; so if she goes away, if I am not with her, who will correct me? Who will tell me don't do this and don't do that?" I never understood, that look at this boy of sixteen years – he's an Indian – telling me that his parents' utility is that they are the only people who can stop him from doing wrong things. Because he was a born-realized [soul] and he could see that "if I try to do something wrong, it's only my parents can tell me."

So this innocence always seeks virtuous life, this better life, and it doesn't assert on others. But it's, somehow or other, when there is innocence – just like you people are now Self-Realized people – in the light of your Self, you don't want to do something that is not innocent, that is not simple. For example, I have never seen such honest people as we have in Sahaja Yoga. Absolutely honest. I mean, they don't want to take even a single pie [unit of currency in India] out of things. Of course, there have been some horrible people, also, who made lots of money out of Sahaj Yoga – doesn't matter – but most of you have become so honest. I mean there's so much corruption in this world and to see people who are so honest.

Now the greatest quality, as you know, of Shri Ganesha's was told yesterday, that for them their Mother is the most important. What Mother says and what Mother does, that's the most important thing. I mean, it is so much that I really can't understand how you people are so much fond of Me. Because I think that whatever you think about Me mentally is nothing compared to what you have within yourself, and that is Shri Ganesha's, again, the quality. Because He's so attached to Me that he will fight his Father, he will fight everybody. That's what you are. Anything against Me, you cannot tolerate, anything wrong said against Me, you cannot follow. I have seen people getting furious if somebody said a word against Me. So this quality of love for Me is coming from Shri Ganesha within you. But another quality, as I said, is that He makes the ganas work, and so you have to work it out.

Yesterday's thing has shown Me how this collectivity of Switzerland has come up so well. So well. And it was really showing how we can progress. You all have talents. Not that only the Swiss have. You all have talents. You all have understanding. You are all intelligent. All of you are special people and you have to work out in a collective way and also an individual way to show your quality of Shri Ganesh, the way He has the rhythm within Him. He's very rhythmic, and yesterday those two big musicians sitting, he said, "Mother, they are so rhythmically clapping, they are rhythmic. There's no, 'ha, ha, hoo, hoo,' just clapping and so rhythmic. Nobody makes a mistake."

Then they said, "When they sing, also, nobody's out of tune." Normally, if ten people are singing, without proper training, then these are in alto, tenor, bass, everything, they go on. And you don't know on what swar [note] they have taken, on what note they are singing. But they were yesterday very amazed that all of you were singing on the same note; you wouldn't leave the note and come onto another note. That shows that the rhythm of Shri Ganesha is working in you and His understanding of music, which is one of His qualities, that He dances on the music of which Nataraja, the Father, Shiva, has taught Him. It's very rhythmic. That part, I think, a little bit, Sahaja Yogis are missing: that when they dance, they need not be all of them in a very rhythmic pattern. They're all right, but still one has to learn a little more rhythmic pattern, would be a good idea. As the Shri Ganesha, which is such a big stomach that He has, He dances so well, so lightly He lifts his body and the way He works it out, it's amazing. How does He do it with such – and a short person – with such thick legs?

He is very light and the lightness comes because of innocence – Mooladhar. If the Mooladhara is all right, then lightness is there. You have seen in Maharashtra how these people were playing the Lezim [type of dance] with such speed and with such lightness: they were lifting their legs and hand. It was really amazing how they were doing it. And it is only the innocence of these people of the villages, that they don't understand much of this nonsense. They don't know what is going on with all these things.

They earn their living, they are farmers, and then in the evening they just sleep off in complete innocence. They do not plan, they do not sit down and find out how to kill somebody – maybe, something, how to rob somebody – or other bad things that people think, the bad action that comes into their minds. There is no time for that. They work the whole day. In the evening, nicely they sleep. Or else they will have a bhajan mandeley where they will all sing together in a very beautiful manner.

So it's a real Sahaj style where we don't have to think about killing anybody or to murder anybody. Like all these cults, they have weapons with them! I can't understand. Even I was told that in Poland, our pope maharaj sent lots of weapons there. What is the need for anybody who is spiritual to have weapons around, and think of violence and killing people? Because there is no innocence at all. You can see that. If you are innocent, your power is your innocence. You don't have to have weapons and guns and things.

All these religions, so-called, are using nothing but weapons and guns and all kinds of killing objects, and they are also killed. It's a funny thing going on in the name of God, in the name of Shri Ganesh. There is no need for us to fight. There is no need for us to think that we'll kill this man or kill that one. Only you have to just desire, project your energy, and you will see the person will disappear. He'll either become a transformed person or he will not be there to trouble you.

So, one thing I have to again stress is that we must know our qualities and our powers. Many people I know could never come on the stage and speak also. I said, "You get along. Finished. Start." It worked out. Anything, you just project. "I can do it. Why can't I do it?" To say, "I can't. I am sorry." This "sorry" is so common now. On the telephone also people will say "sorry." I said, "What 'sorry'?" All the time, "sorry, sorry, sorry." We used to say, "I beg your pardon" – was sensible. But the way people are: "Poor me," you know. "How can I do it?" All such people are not yet aware of their powers that they have.

You can do it, everything. You can. Everything can be managed. After all, you have the power. In that power, you must know that you are not going to do something indiscreet, you are not going to spoil anybody. But your power itself will show that this power is really of love, affection, compassion for the transformation of the whole world. I am thinking of the complete global transformation, which is, I know, is a mad dream, but still I think like that. Because I see you all, then I think you all can do it, and when I see the Shri Ganesha in you, I am sure it will work out.

So, in My lifetime I have seen so many Sahaj Yogis, all over. How things have worked out, you have heard about, in Brazil and also in Argentina – most unexpected. The people came to a program from twelve o'clock in the morning when we were going to have the program at seven o'clock! I reached there at about eight, as usual, and they said, "Mother, You won't believe, there was a big drama here." I said, "What drama?" "They were sitting here from twelve o'clock, so all those who had come earlier got inside, but those who came at the last minute, they would not be allowed and they are sitting there and fighting: 'No, we are going to come inside somehow.'"

So then one of the Sahaja Yogis sensibly went and talked to the manager and told [the manager], "Baba, let them come. There is room." So there were four tiers. One was the ground, then one more, one more, one more. When I came, I saw: "What's this?" All over, the whole thing was filled with these people. I had never seen them before, but they were there, and so respectful, so much absorbing the vibrations. And I found it difficult to control My tears out of a real feeling of such gratitude for Shri Ganesh. He's the one who worked it out. That's why they say always, "First worship Shri Ganesh before starting any work," because then it gives you that peace, that tremendous powerful peace which works out so many things that you never thought it would.

So we have to request Shri Ganesha, that all the problems of our land-owning should be solved by Him and by your Shri Ganesh power. We are still hoping to get the land, and I want to install this properly for you because every time I don't want you to suffer like this. It's a pilgrimage, but rather difficult this time you all had, but you managed it very nicely and you never showed any kind of a reluctance to accept this challenge. Shri Ganesha was testing you I think, also, a little bit. But all that has worked out so well and now we are here to do the puja of Shri Ganesh.

May God Bless you.

1995-0913, Fourth World Conference on Women

View [online](#).

13 September 1995

Conference

Asian Games Village, Beijing (China)

Talk Language: English | Transcript (English) – Draft

Fourth World Conference on Women, "On the Global Problems Facing Women, Inter-Regional Round Table". Commodity Exchange Tower, Beijing (China) 13 September 1995.

Moderator: Dear Mother Shrivastava, Who is a spiritual Mother and the present head of Sahaja Yoga, which I'm very much looking forward to hearing what You have to say, because I'm sure that You have such desires for many women around the world. I'm looking forward to being touched by You today.

H.H. Shri Mataji:

Brothers and Sisters of the World,

It is a great honor for Me to talk about global problems of women in front of this distinguished assembly. First of all, I would like to offer My profound gratitude to the government and people of our host country, the People's Republic of China. I have had a privilege of visiting China on two previous occasions, and I am a great admirer of the wisdom and culture of this great nation that I have visited.

This is beyond My imagination the most glorious time in the history of the world, that at this time we are so much aware of the problems of women. Women as a whole have definitely suffered over the ages, as the previous lady has told you, because we have not realized what their importance is and what their proper role is in human society. Society itself, which is her creation, tries to control or put down the womanhood. In the East, we can say, that due to fundamentalist influence women have been under great pressure and their morality is based on fear rather than freedom. In the West they have fought for their freedom, but what they have attained is spurious freedom. The women in the West have freedom to abandon all social and moral values. Thus in the East, we can say, that most of the women are timid, oppressed and cannot express themselves, while in the West we find most of the women are reduced to a sex symbol. They are keen to expose their bodies. Their anxiety is to appear in fashion advertisements and very cheap popularity. Most of them accepted this position because otherwise they could not have survived in that chaotic world of the West.

What most of the women in the East would regard as very humiliating and degrading is regarded as something very glorifying in the West. I have seen both the worlds very deeply and I feel that unless and until you bring a new culture by which women from the East and West can both rise in their own esteem and express themselves in such a way that they create high moral standards for their society, women neither in the East nor in the West will rise to their full stature of feminine speciality. The speciality is that if women are respected for their womanhood, understanding what they are capable of and how they can empower themselves with all the education needed, all the security will be provided to them and they will provide security to the society.

All the fundamentalists who talk of religion expect women to be absolutely moral and the men can do whatever they like. I feel we have to educate men more than women, because the idea of war comes also only from the men, in the beginning. I must admit it is not difficult to collect money for poor women in the developing countries and help them to get out of their poverty, but unfortunately My knowledge is that the money we are collecting may not reach the poor women but may end up into the pockets of the corrupt ministers, bureaucrats and other people in charge, and ultimately it will end up in the Swiss Bank.

I do not want to criticize any UN organization because I know they are very honest in their purpose, but they must be made aware of what is happening under the table. [Applause] We in India have two very big states called as Uttar Pradesh and Bihar which are very much helped by UNICEF as well as the World Health Organization. UNICEF started a project called Angan, meaning "courtyard", where the children were to be educated and brought up in a proper shape. This project is not working at all for the children, but all the money goes into the pockets of all the corrupt people who are in charge of that project and the children do not even get two percent of what is being sent for them. Same with the World Health Organization, which is sending medicines and equipment to India. These medicines are sold in the market and are completely used by the recipients for their own gains. The same happens to W.H.O. equipment. So the poor people never get any benefit and they remain all the time helpless.

All this money is called dirty money but goes to the clean Swiss bank. A large part of the loans which the World Bank gives to the developing country is also siphoned back to the personal account of the corrupt officials maintained in Swiss Bank. Thus all the developing countries are indebted to the World Bank but have no money. The money is in the Swiss Bank. So I would request you all to take this up with the Swiss Bank and request them to return all such money which has been siphoned in the Swiss Bank [Applause] by very corrupt people and give this money to the UN so that the UN can utilize it for the education of women and other purposes as well as what is to be given to people under very effective vigilance.

One has to have a very good network of people, especially women, who are involved and who are honest, compassionate and who would like to make the best out of this money, helping the women who have to achieve social equality. The main work of womanhood is to create a good society that would enjoy peace better.

Immorality, corruption and violence are the two horrible monsters which are eating up our society. I would blame the mothers of these corrupt and immoral persons because they failed in their duty as mothers in their childhood. The loving training of the mother is the first and most effective influence in shaping the children into beautiful citizens. Mothers who never tried to guide with great concern and love, or the wives or the daughters who are falling into the fear of the men or of the destructive culture, have not done their duty as integral members of the family to strengthen the moral fiber of the men.

It is important also to see how children are treated in these two cultures of East and West. What we see in the East is that the children would listen to their mothers if they are not under fundamentalist culture. This culture relegates women to the level of an inferior human being, fit to be dominated by men and children. In the West also the same thing happens. Children don't respect their mothers, neither do they listen to them. I feel this is because, generally, the Western women spend more time looking after their bodies and looks than on looking after and loving their children. The nexus between the mother and children weakens and then it is for this reason that many children become street urchins and violent. Fortunately there are still many families in the East and some in the West who deeply defy the corrupting influence of today and look after their children and bring them up properly.

But still I must say that the children in the East are not that much ruined as they are in the West. The reason, also, is that in the East there are many people who have not taken to fundamentalist culture or to the Western culture and have a very good society and produce children who are exceptionally good, though this number may not be very great. But whatever culture they have inherited, since long, traditionally, is very much ingrained in them and to them the moral value system is the highest, more than money or power.

The West is full of problems. Though they have money, they don't have peace within themselves. The truth is that women are the potential power of every civilization and every country. It is evident that women are the creators and the preservers of the entire humankind. This is the role which the almighty God has given, assigned to them. Seeds cannot create anything by themselves. It is the Mother Earth which provides the flowers and the fruits and other bounties. Similarly, it is the woman who create the child, who nurtures the baby and eventually brings up the citizen of tomorrow. Women must therefore rank with Mother Earth as the edifice of the entire humanity. Unfortunately, men have utilized muscle power to gain a dominating position over women. They have not recognized that women are complementary and equal, but not similar partners in human endeavors. A society that does (not) recognize this fundamental truth and does not give to women their rightful role is not a civilized society.

In My own country there is a saying in Sanskrit, "Yatra narya puhyante tatra ramante devata", which means that "Where the women are respected and respectable, there resides the gods of our well-being." So it is for us, at this moment, to understand the value of this great power that is given to us by our Creator. But what do we find? Whether in the East or in the West, women have not been able to give a full manifestation of their greatness. I am not suggesting at all that the only role of women in human society is that of the mother, the procreator and preserver of children, or that of a wife, or a sister. Women have a full right to participate as equal partners in every aspect of life - social, cultural, educational, political, economical, administrative and the rest. In order to prepare themselves for this all-pervading role, they must have the right to education in all branches of knowledge. But if they are mothers, they have a great responsibility towards their children as well as their society. Men are responsible for politics and economics of the country, but women are responsible for the society. Women can also support men and they can take a leading part, of course, in any post, but it is very important that they should not forget they are women who have to manifest deep motherly concern and love. If they become manly and aggressive, the balance of the society cannot be maintained.

At the same time I must submit that, while we ask for the rights of women, we must also stress the fundamental duties of women to the human society. The women in the West, or those who are educated in the West, also some others I have seen, have gone to the other extreme when they are taking to political, economical or administrative roles. To compete with men they have become much too self-willed, self-centered and ambitious. They have no more their soothing, pleasing qualities which can bring peace and balance. On the contrary, they become dominating, pleasure-seeking individuals. They are far more worried about their physical attractions than about having a pleasing, sweet and dignified personality. They give into their baser self much faster than men, wittingly or unwittingly. All this leads to chaotic societies and children grow up into street urchins, preparing for wars.

What we need is a balance between the two extremes. We need women as equal but not similar partners with men, but with a subtle understanding of the nature of men and how to bring them into the center with their inner balance. We need balanced women in order to have a balanced human race with peace within itself. You might say all this is excellent in thought, but how do we achieve this state of balance? How do we stem the tide of diseases, corruption, immorality, immaturity and violence? How do we end the present state of conflict and confusion? How do we bring about peace within every mind and heart? I very humbly submit that there is an answer to these questions. There is a new way...

Shri Mataji to Moderator: Do you want Me to tell the new way?

Moderator: Just tell them. You have three minutes.

Whatever I am going to tell you now is not to be taken for granted. You should, of course, have your minds open like scientists and treat whatever I am stating as a hypothesis. If this hypothesis can be proved, then you have to accept it as honest persons as the absolute truth because it is for your benevolence. It is for the benevolence of your family. It is for the benevolence of your country and for the benevolence of the whole world.

I am here to tell you about the last breakthrough of our evolution. This breakthrough of our evolution in our awareness has to happen in these modern times and has been, moreover, recorded in the writings of many seers. These are the times called as the "Decadent Times", last called by the great saint Vyasa who has written the Gita, and it is the decadence of humanity that we see around in every way possible, and unless and until we improve that, war cannot be avoided.

Now I would like to tell the secret knowledge of our inner being which was known in India thousands of years back. For our evolution and spiritual ascent there is a residual power within us which is located in the triangular bone at the base of our spine. This residual power is known as Kundalini. Though the knowledge of this power was available thousands of years back in India, the awakening of the Kundalini was done, traditionally, on an individual basis only. One guru would give awakening to one disciple. As a result of that awakening, what happens is that you achieve your Self Realization, your Selfhood. Secondly, when

this power is awakened, it rises and passes through six subtle energy centers in your body, nourishing them and integrating them. Ultimately, this power breaks through the fontanel bone area called as the Taloo or the Brahmarandra and connects you to the all-pervading power of Divine love, which is described in the Bible also as the cool breeze of the Holy Ghost also in the Koran as Ruh and also in the Indian scriptures as Paramchaitanya. Patanjali has called it as Ritambhara PrAgnya.

Whatever the name, this is a power which is all-pervading, which does all the subtle works of living process, of evolutionary process. The existence of this all-pervading energy is not felt before Realization, but after Self Realization you can feel it on your fingertips or at the center of your palm or above the fontanel bone area.

Moreover, this process has to be spontaneous, Sahaja. Saha means with and ja means born. That means the right to get this union with the all-pervading power of Divine love is the birthright of every human being. Our mental energies are limited. Our limited mental energy, which is linear in movement and has no sustenance of reality, reaches a point and stops. From there it boomerangs and all mental, linear movement comes back to us as a punishment sometimes. So now we need more energy, higher energy, deeper energy and for that this happening has to take place if we don't want to have another war.

I must say that in the West, I have met many people who are true seekers of Truth and are fed up of artificiality of the Western life. Also they didn't know what they were seeking sometimes and they have made lots of mistakes. They have gone to false gurus who have taken lots of money and the people have become bankrupts and mentally and physically handicapped.

The one thing you must note that the awakening of the Kundalini and thus achieving Self-Realization is a living process of evolution for which we cannot pay anything. It is like putting a seed in the Mother Earth. It sprouts because Mother Earth has the power to sprout it. Which shows - in the same way we have this germinating power in the triangular bone which Greeks called as Sacrum which is a three and a half coiled energy which shows that the Greeks knew that this was a sacred bone and hence they gave the same name, Sacrum. Actually in some people you can see this triangular bone pulsating and the Kundalini very slowly rising, but there are many who have got Self Realization. Now this Sahaja Yoga is working in 85 nations, and they have all become extremely peaceful with each other. In their hearts, they're integrated and they have become extremely loving and compassionate.

I'm sorry I can't tell you more, but the time is over. I hope you don't mind. Thank you very much.

Moderator: Thank You very much. I'm so sorry You had to rush over the method ...

There are copies of this paper that we can all have and I think the beauty of it is that it points to a method that we can all use for Self Realization that we can also become peaceful people and have peaceful relationships with others. That's what I gleaned so far from what You said. I hope I got the right message.

Shri Mataji: Thank you very much.

Moderator: Thank You very much.

Note: Shri Mataji had prepared a longer talk to be delivered at the conference. However, due to time constraints, She was not able to read the entire talk. The following is a transcript of the prepared talk.

Brothers and Sisters of the World,

It is a great honor for Me to talk about global problems of women in front of this distinguished assembly. First of all I would like to offer My profound gratitude to the government and people of our host country, the People's Republic of China. I have had the privilege of visiting China on two previous occasions and I am a great admirer of the wisdom and culture of this great nation that I have visited.

This is, beyond My imagination, the most glorious time in the history of the world that at this time we are so much aware of the

problems of women. Women as a whole have definitely suffered over the ages as the previous lady has told you because we have not realized what their importance is and what their proper role is in human society. Society itself, which is her creation, tries to control or put down the womanhood. In the East, we can say, that due to fundamentalist influence women have been under great pressure and their morality is based on fear rather than freedom. In the West they have fought for their freedom, but what they have attained is spurious freedom. The women in the West have freedom to abandon all social and moral values. Thus in the East, we can say, that most of the women are timid, oppressed and cannot express themselves, while in the West we find most of the women are reduced to a sex symbol. They are keen to expose their body. Their anxiety is to appear in fashion advertisements and very cheap popularity. Most of them accepted this position because otherwise they could not have survived in that chaotic world of the West.

What most of the women in the East would regard as very humiliating and degrading is regarded as something very glorifying in the West. I have seen both the worlds very deeply and I feel that unless and until you bring a new culture by which women from the East and West can both rise in their own esteem and express themselves in such a way that they create high moral standards for their society, women neither in the East nor in the West will rise to their full stature of feminine speciality. The speciality is that if women are respected for their womanhood, understanding what they are capable of and how they can empower themselves with all the education needed, all the security will be provided to them and they will provide security to the society.

All the fundamentalists who talk of religion expect women to be absolutely moral and the men can do whatever they like. I feel we have to educate men more than women, because the idea of war comes only from the men. I must admit it is not difficult to collect money for poor women in the developing countries and help them to get out of their poverty, but unfortunately, my knowledge is that the money we are collecting may not reach the poor women but may end up into the pockets of the corrupt ministers, bureaucrats and other people in charge and ultimately will end up in the Swiss Bank.

I do not want to criticize any UN organization because I know they are very honest in their purpose, but they must be made aware of what is happening under the table. We in India have two very big states called as Uttar Pradesh and Bihar which are very much helped by UNICEF as well as the World Health Organization. UNICEF started a project called Angan, meaning Courtyard, where the children were to be educated and brought up in a proper shape. This project is not at all working for the children but all the money goes into the pockets of all the corrupt people who are in charge of that project and the children do not get even two percent of what is being sent for them. Same with the World Health Organization, which is sending medicines and equipment to India. These medicines are sold in the market and are completely used by the recipients for their own gains. The same happens to W.H.O. equipment. So the poor people never get any benefit and they remain all the time helpless.

One has to have a very good network of people, especially women, who are involved and who are honest, compassionate and who would like to make the best out of this money, helping the women to achieve social equality. The main work of womanhood is to create a good society.

Immorality and corruption are the two horrible monsters which are eating up our society. I would blame the mothers of these immoral and corrupt persons because they failed in their duty as mothers in their childhood. The loving training of the mother is the first and most effective influence in shaping the children into beautiful citizens. Mothers who have never tried to guide with great concern and love, or the wives or the daughters who are falling into the fear of the men or of the destructive culture, have not done their duty as integral members of the family to strengthen the moral fiber of the men. It is important also to see how children are treated in these two cultures of East and West. What we see in the East is that children would listen to their mothers if they are not under fundamentalist culture. This culture relegates women to the level of an inferior human being, fit to be dominated by men and children. In the West also the same thing happens. Children don't respect their mothers neither do they listen to them. I feel this is because, generally, the Western women spend more time looking after their body and looks than on looking after and loving their children. The nexus between the mother and children weakens and breaks. It is for this reason that many children become street urchins. Fortunately there are still many families in the East and some in the West who deeply defy the corrupting trends of today and look after their children and bring them up properly.

But still I must say that the children in the East are not that much ruined as they are in the West. The reason, also, is that in the East there are many people who have not taken to fundamentalist culture or to the Western culture and have a very good society and produce children who are exceptionally good although this number may not be very great. But whatever culture they have inherited, since long, traditionally, is very much ingrained in them and to them the moral value system is the highest, more than money or power.

The West is now full of problems. Though they have money, they don't have peace within and without. The truth is that women are the potential power of every civilization and every country. It is evident that women are the creators and the preservers of the entire humankind. This is the role that the almighty God has assigned to them. Seeds cannot create anything by themselves. It is the Mother Earth which provides the flowers and the fruits and other bounties. Similarly, it is the woman who creates the child, who nurtures the baby and eventually brings up the citizen of tomorrow. Women must therefore rank with Mother Earth as the edifice of the entire humanity. Unfortunately, men have utilized muscle power to gain a dominating position over women. They have not recognized that women are complementary and equal but not similar partners in human endeavors. A society that does not recognize this fundamental truth and does not give to women their rightful role is not a civilized society.

In my own country there is a saying in Sanskrit, "Yatra nayra puhyante tatra ramante devata", which means that "Where the women are respected and respectable, there resides the Gods of our well-being". So it is for us, at this moment, to recognize the value of this great power that is given to us by our Creator. But what do we find? Whether in the East or in the West, women have not been able to give a full manifestation of their greatness. I am not suggesting at all that the only role of women in society is that of the Mother, the pro-creator and preserver of children, or that of a wife, or a sister. Women have a full right to participate as equal partners in every aspect of life - social, cultural, educational, political, economical, administrative and the rest. In order to prepare themselves for this all-pervading role, they must have the right to education in all branches of knowledge. But if they are mothers, they have a great responsibility towards their children as well as their society. Men are responsible for the politics and economics of the country but women are responsible for the society. Women can also support men and they can take a leading part, of course, in any position but, it is very important that they should not forget that they are women who have to manifest deep motherly concern and love. If they become manly and aggressive the balance of society cannot be maintained.

At the same time I must submit that, while we ask for the rights of women, we must also stress the fundamental duties of women to the human society. The women in the West, or those who are educated in the West, have gone to the other extreme when they are taking to political, economical or administrative roles. To compete with men they have become much too self-willed, self-centered and ambitious. They have no more their soothing and pleasing qualities which can keep the balance. On the contrary, they become dominating, pleasure-seeking individuals. They are far more worried about their physical attractions than having a pleasing, sweet and dignified personality. They give into their baser self much faster than men, wittingly or unwittingly. All this leads to chaotic societies and children grow up into street urchins, thieves and even murderers, as we read everyday in the paper.

What we need is a balance between the two extremes. We need women as equal but not similar partners with men, but with a subtle understanding of the nature of men and how to bring them into the center with inner balance. We need balanced women in order to have a balanced human race with peace within itself. You might say all this is excellent in thought, but how do we achieve this state of balance? How do we stem the tide of diseases, corruption, immorality and immaturity? How do we end the present state of conflict and confusion? How do we bring about peace within every mind and heart? I very humbly submit that there is an answer to these questions. There is a new way...

Whatever I am going to tell you now is not to be taken for granted. You should, of course, have your minds open like scientists and treat whatever I am stating as a hypothesis. If this hypothesis can be proved, then you have to accept it as honest persons as the absolute truth because it is for your benevolence. It is for the benevolence of your family. It is for the benevolence of your country and for the benevolence of the whole world.

I am here to tell you about the last breakthrough of our evolution. This breakthrough of our evolution in our awareness has to

happen in these modern times and has been, moreover, recorded in the writings of many seers. These are the times called as the "Decadent Times", last called by the great saint Vyasa who has written the Gita, and it is the decadence of humanity that we see around in every way possible.

Now I would like to tell the secret knowledge of our inner being which was known in India thousands of years back. For our evolution and spiritual ascent there is a residual power within us which is located in the triangular bone at the base of our spine. This residual power is known as Kundalini. Though the knowledge of this power was available thousands of years back in India, the awakening of the Kundalini was done, traditionally, on an individual basis only. One guru would give awakening to one disciple. As a result of that awakening, what happens is that you achieve your Self-Realization, your Self-hood. Secondly, when this power is awakened, it rises and passes through six subtle energy centers in your body, nourishing them and integrating them. Ultimately, this power breaks through the fontanel bone area called as the Taloo or the Brahmarandra and connects you to the all-pervading power of Divine love, which is described in the bible also as the cool breeze of the Holy Ghost also in the Koran as Ruh and also in the Indian scriptures as Paramchaitanya. Patanjali has called it as Ritambhara PrAgnya.

Whatever the name, this is a power which is all-pervading, which does all the subtle works of living process, of evolutionary process. The existence of this all-pervading energy is not felt before Realization but after Self-Realization you can feel it on your fingertips or at the center of your palm or above the fontanel bone area.

Moreover, this process has to be spontaneous, Sahaja. Saha means with and ja means born. That means the right to get this union with the all-pervading power of Divine love is the birthright of every human being. Our mental energies are limited. Our limited mental energy, which is linear in movement and has not sustenance of reality, reaches a point and stops. From there it boomerangs and all that mental, linear movement comes back to us as a punishment sometimes. So now we need more energy, higher energy, deeper energy and for that this happening has to take place.

I must say that in the West, I have met many people who are true Seekers of Truth and are fed up of artificiality of the Western life. Also they didn't know what they were seeking sometimes and they have made lots of mistakes. They have gone to false gurus who have taken lots of money and the people have become bankrupts and mentally and physically handicapped.

The one thing you must note is that the awakening of the Kundalini and thus achieving Self-Realization is a living process of evolution for which we cannot pay anything. It is like putting a seed in the Mother Earth. It sprouts because Mother Earth has the power to sprout it and the seed has an in-built germinating quality within it. In the same way we have this germinating power in the triangular bone which Greeks called as Sacrum. Actually in some people you can see this triangular bone pulsating and the Kundalini very slowly rising, but where there are no obstructions and if the person is a balanced being, the Kundalini rises from the Sacrum just like a jet and passes through the fontanel bone area to become one with the all-pervading power. This Kundalini is the spiritual mother of every individual and She knows or has recorded all the past aspirations of Her child. She is anxious to give second birth to Her child and, during Her ascent, She nourishes six energy centers.

When a person is not connected to the all pervading power, he is like an instrument which is not connected to the mains and has no identity, has no meaning, has no purpose. As soon as it is connected, all that is built in inside this instrument starts working and manifesting itself. When this Kundalini rises it connects you to the all pervading power, which is vital and which is an ocean of knowledge as well as an ocean of bliss. After the awakening of Kundalini, you experience many coincidences which are miraculous and extremely blissful. Above all Kundalini is the ocean of forgiveness. So what ever mistakes you have committed in the past are forgiven and instead you get your self-realization as a blessing.

The consequences of the awakening of the Kundalini and thereby the attainment of Self-Realization are numerous. First and foremost, such a person is constantly in contact with or is in fact a part of the all pervading Divine power. He seeks the truth by using his new awareness. And truth is one. All self-realized persons see this same truth. Thus conflicts are avoided. Purely mental activity without Self-Realization, leads to conflicting ideas and even wars. All this is avoided after Self-Realization.

Now, let us see how many other things happen in a person who gets realization. Firstly you start feeling the cool breeze of the

Holy Ghost on your fingertips, which represent the subtle energy centers. Thus you know the truth on your fingertips. You transcend all the limitations of race, religion and other ideas and you go beyond your mind to see and feel the reality and understand it.

The next thing that happens is that you become thoughtlessly aware. We live in the future and the past through our thoughts. They come to us from these two areas of time but we cannot be in the present. While these thoughts are rising and falling we are jumping on the cusp of these thoughts. But when Kundalini rises She elongates these thoughts and thereby creates some space in-between, which is the present, which is the reality. So the past is over and the future doesn't exist. At that time you have no thoughts. You reach a new state as you become thoughtlessly aware about which Jung has written clearly. At this moment whatsoever happens is recorded in your memory well and you enjoy every moment of this in reality. When you become thoughtlessly aware then you become completely peaceful within yourself.

A person who has achieved this peace also emits peace and creates a peaceful atmosphere around himself. This peace is very important. Unless and until we have this peace we will never truly understand whatever our ideas are, whether universal or just limited. You can feel your own seven centers on your fingertips. Also you can feel the centers of others because you develop a new level of awareness which is called as Collective Consciousness. When such new awareness is established into you, you start feeling also the centers of others. I must tell you that these centers are responsible for our physical, mental, emotional and spiritual wellbeing and when they are affected or they are in jeopardy, people suffer from one disease or another. As a result of the awakening of the Kundalini and the nourishment of these centers, an important development would be that you will feel an inner balance and you will enjoy good health. Many diseases, even some incurable ones, have been cured by the awakening of the Kundalini. Even the database of the inherited genes may be restructured after self-realization through the awakening of the Kundalini. As a result, a person who might have inherited genes indicating criminal tendency might become a good man.

Our attention also becomes very pure. In the light of the spirit we can see things much more clearly than when we were blind. For example, a person who goes with his blind eyes and feels an elephant and then another comes in and a third comes in - all of them have different ideas about the elephant, depending on whichever part of the elephant they have touched. But if they open their eyes then they can all see the same thing, the reality, and there will be no quarrel and fights.

A self-realized person can feel the absolute knowledge on the fingertips. Supposing someone doesn't believe in God. A self-realized person can suggest to the non-believer that he should ask the question: "Is there God?" The questioner will get, you will find, a very nice cool breeze coming into his being. He may not believe in God but there is God.

Unfortunately, so many of those who believe in God are also absurd, hypocritical, cruel, weird and so immoral that people have lost faith in God. But while those who represent God may be wrong, God himself exists and his power also exists which we call as the all-pervading power of Divine love. This is the power of love and compassion and not of aggression and destruction when it is imbibed in a yogi or in a self-realized person, it works in a very different way, like an angel. Such people can cure others and cure themselves. Even mental cases have been cured. Not only that. Even those who have been to wrong gurus in their search of truth have achieved their spiritual stability, after leaving the false gurus and coming to the path of self-realization.

In the next stage, you become thoughtlessly aware, when your Kundalini is stabilized and you know undoubtedly that you have achieved your self-realization, that you have attained all the powers that can be utilized. You become very powerful because you can raise the Kundalini of others. You become very active and you don't feel tired easily. For example, I am seventy three years of age and I am traveling about every third day, but I am quite all right. This energy flows into you and fills you up with vitality. You become extremely dynamic and at the same time extremely compassionate, kind and mild. You feel that you are protected and thus you are confident but not egotistical. Your whole personality changes. This is the kind of global transformation which is taking place with such a speed all over that I, myself, am surprised at how it is working out so fast.

Actually, this knowledge existed a long time back but my contribution, if there is any, is that we can now achieve en-masse realization. Thousands can achieve mass realization. It is a gift of this time where it was predicted that such a global transformation will take place. In as many as 65 countries, thousands of people have attained their Self-Realization through

Sahaja Yoga.

The power of Kundalini is the pure desire of attaining your self-hood. If someone doesn't want to have it, you cannot force him because the Divine respects the freedom of that person. If he wants to go to heaven, he can go there, or if he wants to go to hell, he can go to hell. Self-realization can be attained easily if the people have a sincere and pure desire to get their self-realization. But if they stick to some of their ideas, which are fixed, the Kundalini won't rise. Also it cannot work for idiots or for immature people. It works for people who are wise, who are more in the center, and it works very fast. I was amazed to see that it has worked even on people who were drug addicts, who were alcoholics and who were very immoral. But they all had an intense and pure desire to secure self-improvement, self-realization. So many of such people achieved their goal of self-realization. Overnight, they gave up their drugs, their alcoholism. Thus you become very powerful and at the same time you understand that you are now glorified and you start behaving in a very dignified and a very sensible manner. This is how a new culture is born and this new culture takes you, in a way, into a new style of life where you become innately, I say innately, righteous. Nobody has to tell you: "Don't do this" and "Don't do that". It is all achieved through your enlightened attention. This enlightened attention is also full of power. Wherever you put your attention it works, it creates peace, it creates harmony and also it creates a new dimension of collective consciousness.

So to blame your genes for your mistakes is not going to work out anymore because these genes can be changed in their database and can be brought to the level of a very righteous, angelic personality. The ego and the conditioning of a person gets dissolved by the ascent of the Kundalini and he becomes really a free bird. Absolute freedom is achieved in reality and his behaviour changes tremendously with great faith in himself. He becomes a witness of the whole drama of life. When you are in the water you are afraid of getting drowned, but supposing you get into a boat, you can watch the same waters with enjoyment. But if you learn how to jump in the water and save others then it is even a higher situation and so we have a higher awareness which we call as doubtless awareness. Above all, we fall into the ocean of joy. Joy is absolute. It doesn't have duality. It is not like happiness and unhappiness. It is a singular thing and once you jump into it you learn easily how to enjoy everything, whether it is beautiful or ridiculous. In one case you see the beauty; in the other you see the humour as to how people are ridiculous. The remarkable thing is that Sahaja Yogis have become great musicians, great writers, great speakers, great administrators. In every way they have risen very high, specially in their attitude towards others. They respect everyone and they know what is wrong with other people so that this person who has these problems can be easily evolved and become a self-realised soul. It is like one candle lighting another candle. This work is going on all over the world and there is great hope that it will also start in China. Before this, somehow, I could not start my work but the Divine coincidence has given a chance to me by this conference to talk to Chinese people, whom I find very wise and sensitive, about the great treasure of spirituality. This is not a coincidence. It was inevitable and has been brought about by this all-pervading power. In your life also you will notice lots of coincidences but you will not know how to connect them to something that is Divine unless and until you get connected to like Divine power.

Confucius has taught the humanity how we can improve our relations with other human beings. But Lao Tse in China has very beautifully described TAO, meaning the Kundalini. And I have had a voyage through the Yangtze River through which Lao Tse had gone many times. I know he was trying to show that river, which is the Kundalini, is flowing towards the sea and one should not be tempted by the nature that is around. The nature around the Yangtze River is very, very beautiful, no doubt, but one has to go through the river. Also there are lots of currents which flow and can be quite dangerous and we need a good navigator who should take his ship across to the point where it is nearer the sea. At that stage it becomes very silent and extremely simple in its flow.

This country has been endowed with great philosophers, I would say the greatest was Lao Tse, because humanism was for the preparation of human beings for their ascent about which Lao Tse had spoken. But because of the subtle subject it was not described in such a clear-cut manner as I am talking to you. It is such a pleasure for me to talk to this august gathering here. After traveling all over the world, I realize that China is one of the best countries as far as spirituality is concerned.

May the Divine bless you all.

1995-0913, How far you are evolved within?

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How Far You Are Evolved Within?

Public Program

Jingguang New World Hotel-Manfulou, Beijing (China)

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Very much enamored to know that you all are very much interested in Sahaja Yoga. The first person who is sitting here and who had the honor to meet in Austria, and I was surprised how he was know all about Sahaja Yoga.

In your country you had very great philosophers once upon a time. Of course you believe in humanism; but there was another great, great philosopher who was called as Lao-Tse, of a very high spirituality like a great incarnation of a Master. What He has written about, described about Yangtze River is very interesting, because I went through the Yangtze River Myself. And He calls it Tao. Tao. Is actually He is talking about Kundalini. He was a poet, so whatever He has described is rather subtle. And maybe they must have thought that it's better to understand other people than Tao written by Lao-Tse. But all over the world you will find it is Tao which people respect very much, and they like to always interpret the meaning of the word "Tao."

Really symbolically He has described that this river Yangtze is a difficult river to go through. And the surroundings, the banks of this river, are extremely beautiful. You won't believe for twelve hours I was sitting outside watching the beauty of the banks. I've never seen such beautiful mountains, trees, and the whole movement of nature is like an artist painting something. And all your paintings, most of them, I think are impressed by that kind of banks that I saw, because I have studied your art and I felt that the way you have shown in your art that is mostly paintings of Yangtze River. But the symbolic thing is this: that in the beginning it's a very difficult river, there are lots of currents, they form lots of circles, very heavy type, and is very difficult to climb. It is for quite some time you have to pass very carefully. Just about few hours when it reaches the sea, it becomes calm, absolutely calm.

In the same way, the Tao that He describes is, in the beginning, according to Him, is rather difficult. But when it reaches near the sea, it calms down. It is a remarkable thing that how He could see the Kundalini so much well defined as this Yangtze River. It is an extremely, very artistic, subtle idea. Shows what a poet He must have been, and how highly developed spiritually He was.

Confucius is all right, "But for what we should become good?" is the point people will ask. "Why should we be good people?", people can ask such a question. "What is the need to be good, to be balanced?" We too had many like this who talked that, "We have to be in balance, we have to be moral and we have to be righteous people." But for what is this balance we have to find out. This balance is for the ultimate ascent. And unless and until we achieve that ascent, nothing can satisfy us. The fundamental question that we have all over the world, we should say, "Why are we on this earth?" Is it just to be born, to live and die? All our life to struggle, to worry and also to lead a life which is painful?

Then the people think that it would be that if you get lots of money, we'll be happy. But you should know that those people who have lots of money are not at all happy; on the contrary, much more unhappy than the people who don't have much money. Because they have greed, and greed never satisfies them. Then another type are they think if they have some powers, you see, political or economic powers, they'll be very happy. But they are also not happy.

If a person is sensitive, he doesn't feel satisfied with what he sees around. And then he becomes restless. All over the world you'll find these days thousands and thousands of people who are restless. But they don't understand why they are restless, and they think they have to seek the peace within us so that they become at least joyous.

I think in this whole world these days there are numberless people who are seekers of Truth. Because normally we live in a relative world. We don't live in the absolute world. Because of that, we have problems. For example, one man thinks something is very good, he has a fixed idea. Another man thinks that something else is good, and he has another fixed idea. But they are not satisfied because they have to find out the absolute Truth. For that, in our whole creation through the evolutionary process, there's a built-in mechanism within us, which is the Tao. This - I think in those days it must have been hard to say something very openly, so He took this name Tao and described the Yangtse River.

I have to tell you that now the time has come, a special time, I call it a blossom time. It is all repeated in so many scriptures that such a time is going to come. And it is evident, very evident to Me, that there are thousands and thousands of seekers of Truth. They may not know what they are seeking. So after a person feels restless, he starts finding there are so many coincidences which he cannot explain. For example, I met your Premier with My husband here - it was not a coincidence, I know. I could feel that he was a very sensitive person. And he asked Me about the spirituality. Though he did not know that I was doing any spiritual work, but somehow he felt and he asked Me. Then I met many Chinese people also, and I found them to be extremely wise, very balanced, very humble, very sweet and it was such a pleasure to be with them. I met the Ambassador's wife in London, and I was amazed, her ideas about culture were same as we have in India. I have greatest desire to come to China, really. Because I felt Chinese are the fit people to get their Self Realization. They are very deep, they are very wise and very serene. Their style is very much like Indian style, I should say - the real Indians who are very simple.

And today I feel the coincidence has worked that I met this gentleman in Austria and this whole thing was arranged so well. I was in Hong Kong, and the people in Hong Kong who got Realization, they wanted Me to go to the Main Land. It is something that in some countries I find people are extremely evolved. I don't want to criticize but compared to you people, Americans are babies, not yet matured. It's very difficult to talk to them. I'll give you one example. It is not such a decent one, but that's how you'll know how stupid they are. Now this gentleman is not there. He was Chairman of the International Jung Society. Jung is the one who fought his teacher and started talking about the Realization. That time I was about sixty years of age and this gentleman must have been eighty years. So, after the program when I told them how Jung has not understood certain things, they were very much impressed.

So he said, "I would like to see You for some private work." And he tried to know My address. He came to My house and I asked him what the problem was.

Now such an old man, eighty-year-old person, started telling Me about his own life. So he said, "I had a keep, and I am a Catholic so I could not marry her, and I didn't even tell my wife."

"Now my wife is dead, so I asked this lady to marry me. And she does not want to marry me. Can You do something with Your spiritual powers to make her agree to marry me."

I said, "What is the age of your keep?"

So he said, "It's only thirty-five years."

I said, "What am I to tell this old man of eighty years shaking and asking such a stupid thing, you know."

But in America you'll find many like this. There's no - no surprise now to Me. Also about spirituality they don't have much idea. Like once I was traveling, an American lady tells Me that, "Do You know this gentleman who is a guru from India?"

"So what does he do?", I said. "What is his speciality?"

So, "He takes out some watches and things, and also diamonds - he gives you diamonds."

So I said, "But why do you follow him? Do you want diamonds?"

"No, no, this time he is giving us a bargain price. So why not make use of that?"

So to them spirituality is marketing. And there are many like these who are selling spirituality in America. But they cannot work out in China, I know sure. Another one started a funny sort of thing that you can fly up to three feet. For that people have to pay six thousand pounds. Most of the Americans were there. I don't think any Chinese would have accepted. And not Indians, because they got exported to America because Indians are also very wise.

Now I asked them, because they sold out their houses, took back their children from the schools and they were all bankrupts. I said, "Why do you want to fly at three feet, already we have jams on the way. Why do you want to fly at three feet?"

They said, "It's a very great achievement, you know, that you can fly at that height." And their practices, they broke their bottoms also, so they paid the money and this fellow had to jolly well pay them. So perhaps Indians are also very clever. They must have realized, "You can cash on these stupid people", so they all went to America.

First time I went to America and I said, "Nothing doing with these stupid people." For nine years I never went and all these gurus nicely prospered, had lots of money. But one should understand that you cannot pay for your evolution. It is a living process. For that you need wisdom, because if you are so stupid, I mean you just can't explain. Maybe China and India both are very ancient countries, perhaps maybe because of that we've developed that maturity.

Now what I feel that these Americans, or Europeans also, they all are trying to put their culture on us. And this Women's Conference, you see, these were saying that "We should become very free and we have this right, we have that right." I have been all over the world, as you know Sahaja Yoga is now working in sixty-five countries. And if you see what freedom these women have achieved - it's nonsense. They have just freedom to fight, freedom to wear funny dresses, exposing their body. In no way they are free.

There was one American lady who came to a conference of My husband - very highly placed. And she started boasting that, "We are very free people; we give all the freedom to the children." And she asked Me if I'd seen all the pubs of London. And she had a complete list of all the pubs.

She told Me, "That's a very great tourist attraction for London. "But," she said, "the best I liked was called as the Hermit's Pub."

I thought, "In England, how could there be a hermit?"

So she said that, "One fellow was living in a dingy room. He died there. Nobody knew about it, and it was all very smelly, and there were lots of cob webs that developed. And that is the best place where you really feel so much beyond this world. And all these tourists are dying to go to that place, you see, because it's such a small, little room, like a den and they cannot enter in."

I said, "I'm sorry, I've not seen all these place." But then I heard about her something. Was very shocking. She was actually condemning Indians and boasting that, "See, you give all the freedom to your children, and - you never give any freedom to your children but we give full freedom to our children."

"We give them everything to drink. Whatever we drink, we give it to our children. We want them to enjoy. One is a fourteen-year-old, another is twelve-year-old."

The news we got was that the twelve-year-old was having his birthday, and they drank so much. And the whole house got caught up with a fire with which they were playing, and the husband, wife and both the children died. So their idea of freedom is absolutely complete bondage. Now, freedom is where a person is beyond all the habits, all the destructive cultures.

Now the problem of the West is that they believe that every moment should be enjoyed. And their enjoyments are all very self-destructive. They have this Grand Prix in which a person has to die. They have all kinds of self-destructive enjoyments, every enjoyment is nothing but is to kill yourself. With this stupid ideas about enjoyment, they are losing completely themselves.

Now this Mrs. Clinton, Hillary Clinton, came here and said that - they always interfere with government so they think they are right to say whatever they like. Instead of thanking the Chinese government for arranging such a nice conference, she just tried to show off. And what she said that you should not force women to have less children; and they should have right, you see, to have as many children as they like. Because it's all right in America where to these white people, white skinned people, children are not born, they don't want to be born. Because children are wise. Why will they be born in such a stupid country where children are killed by parents, by everybody? They are after the lives of poor children.

So you Chinese and we Indians have to bear the brunt. Because all the children want to be born with us. So what she talks, you see, she doesn't know the world. But, you see, her remark has been everywhere criticized. And in all the newspapers they said, "All right, let the Chinese produce lots of children and send all of them to America." But I felt, "Why punish the poor children?" Even the little girls are not safe with the father. Can you imagine such a thing? Everyday there is news about these people, and they think it is sensational - so, so shameful it is!

There are so many things which can be told to you, but you are people who have been endowed with great wisdom. And when I am telling you this, you are all with Me. But if I tell this to Americans, they'll say, "What's wrong? That's our right to do what we like." So, you will realize in Sahaja Yoga, there is nothing to learn from these Americans, or these Western people. Actually, you see, they are so much after perfection and progress that they don't know what to do actually to achieve progress. For example, now if you go to America you find a person with a big pony tail from the back. So know that is a man; it's not a woman. And if it's a crew cut, it's a woman. And you cannot make out who's a man, who is a woman. Can you imagine? They are all becoming man or woman, I don't know. One story I'll tell you, interesting - because I'm in a great, very happy mood.

There was at the airport one gentleman was standing and he saw a girl dressed up just like a man. And he told another gentleman who's standing there, "I don't like the way the girls are dressed like this, like men."

So this gentleman said, "What's wrong? She is my daughter."

He said, "I didn't know you were the father."

"No, I'm the mother."

I mean, what is so great in doing this kind of nonsense? They all find out nonsensical things all the time and say, "What's wrong?"

Once upon a time people used to say, "When China will rise, the tiger will start roaring." And that's why you see today. Let them criticize. Let them do what they like. Everybody knows how far they are. Now this Mr. Lopain from France - this one, Mr. Lopain from France and he is criticizing this conference. He says that we should not criticize Mr. Chirac for putting the bomb in the Pacific but criticize these Chinese for making this conference and this kind of a artificial thing, according to them. Because in the conference they are discussing morality. And French don't want to hear about it. Though it is called that the French are, France is the eldest daughter of Catholic Church. But there is an unwritten law that a housewife could be a prostitute. How can they like Chinese, or how can they like Indians whose basis of life is morality? So this is how, you should know how you are placed in a very, very high position as far as morality and spirituality is concerned.

There have been some sort of misunderstanding between India and China. But, it will all pass over because I know basically we are the same. And Indians have great, great love and respect for Chinese. Our Commander-in-Chief, Mr. Joshi, who was a Sahaja Yogi and who talked to Me about the Chinese and I gave him the full idea that we have done lots of mistakes, they have done

some mistakes. And he admitted that, and when he came here he said, "They gave me a red carpet treatment."

So what we have to understand that already basically we have a very big foundation here of spirituality in this country. It has nothing to do with what kind of political ... what you can call a political sort of, like this is communism, that is so-called democracy, all that. It's nothing to do with you. It is something outside. What is democracy is all you can call them demonocracy. So what is important is: how far you are evolved within, not what you have got outside, so-called. I personally think that this inner evolution has taken place in a very greater way in this great country of China. As long as you don't interfere with the government, you're all right. So we don't have to be in any way curbed because we are democrats or we are socialists or we are communists - makes no difference to us. Because I told you all these stories to show: those who think they are very free are absolutely absurd people.

Now, My own experience of Chinese has been really very great. I don't know now, but when I came I was surprised how honest they were, absolutely honest. And they were so sensitive about Me, that wherever My husband went, whatever office, they used to invite Me there. I mean, I was just a housewife, but they showed such respect for Me, I was amazed.

We were here in this city and in a hotel, very good hotel, and My toe ring - which was silver only - fell down somewhere. Then we went to Tachai, all kinds of places, ultimately we reached Shanghai. And I was amazed that this toe ring was sent to Me, very carefully wrapped, so sweetly. I couldn't understand why they took so much trouble. And it really touched My heart, shows how much they loved Me. Because nothing was special about Me that time. So I found that extremely compassionate and loving people. And some sort of a idea of spirituality, of sensitivity to it. Because the way they behaved towards Me, not for a housewife - they would never behave like this for a housewife.

I know once in London there was an exhibition which I could not attend because I was out of station so they extended the exhibition for two days for Me. The whole transition also took place because of wisdom. But people who are not wise, who are not evolved, cannot understand there has to be transformation. Now I am talking of global transformation, of global transformation. This is the time for global transformation. When this Kundalini rises, She passes through six centers which are for our physical, mental, emotional being. And these subtle centers are very important because they are the foundation of our being. This Kundalini, we can call it as a residual energy which is the fifth energy we have got. Now, we have limited energy of our mind, of our mind. So we have to have more energy, extra energy if it is available.

So far we have seen that the man who starts thinking about the future and the past all the time is in trouble. One thought rises, falls off. Another thought rises, falls off. And we are jumping on the cusp of these thoughts all the time like mad. But when this Kundalini, this power rises She elongates those thoughts and then the space in between. It's a living process; it has to happen; it's spontaneous. And in the center of these thoughts, then there is a space created. This is present. This is where you become thoughtlessly aware. You're thoughtless, but you're aware. There's no thought. This is the seed of our peace. This is what I said today that if you don't have peace within, how can you have peace without? I have met many people who have got peace awards. But they are so hot tempered that if you have to talk to them, have a barge pole in between. I don't know how they give them peace awards, for what? This is what, we talk of "peace, peace, peace." It's just a talk. Unless you have peace within yourself you cannot create peace outside.

I must tell you about Sahaja Yogis from Moscow. You'll be surprised how much they are changed. When they were having this coup, I was there in Moscow and I asked them, "Aren't you troubled with this that is happening in this country of yours?" They said, "Mother, why should we worry? We are in the kingdom of Divine. Why should we worry about what's happening here?" That was really surprising for Russians to say that. Of course, thirty-five to forty percent people are for Marlboro cigarette, but in China, I'm sure, there is a very big percentage of people who are quite evolved.

In short, I tell you what can happen once you get this global transformation. Firstly, you get cured. You get all physical problems are solved. Now we have four doctors in Delhi who have achieved MD in Sahaja Yoga. It is a meta science I am talking about; it's a meta science. Even if you may not be a doctor, you can cure yourself and you can cure others without paying any money whatsoever. Because you get the light of the Spirit in your consciousness, in your attention. Because we are not this body, this mind, these emotions, this intelligence, ego or conditioning. We are the pure Spirit.

So unless and until we get our Selfhood, we don't know what we are. Like this instrument, if it is not connected to the mains, it has no meaning, it has no identity. In the same way, we are to be connected to the mains for this All Pervading Power of Spirituality or Divine Power of Love. Once that happens, you start getting that vital energy within you. You become absolutely dynamic. At the same time you become extremely compassionate.

Now, see, I'm seventy-three years of age and I'm traveling every third day. I came from Frankfurt all the way traveling for nine, ten hours and they took Me straight to the hall where I had to speak about peace. Because you don't worry. You are in the center; you are in the reality; you are in the present. And then this All Pervading Power of Divine Love looks after you. It takes over. Such coincidences will take place that you will feel that you are being looked after by somebody. You are protected; you're helped; you're blessed. Also you drop out all your bad habits. I have seen even Americans giving up their addictions to drugs, overnight. Now also what happens to you that your attention becomes enlightened. So wherever you pay attention, this attention works, and so many miraculous things happen that you can't believe it. Once you will start growing in Sahaja Yoga, they will tell you about the miracles that can happen. Even you will write to Me about many miracles. Now we have such a lot of collection of these miracles and we don't know what to do with them.

So life becomes really a blissful, peaceful existence. You also get powers to raise the Kundalini of others. You have so many powers - your intellectual powers, your perception, everything becomes really so dynamic, you'll be amazed at it. And you take to righteous ways of life, automatically. Nobody has to tell you, "Don't do this, don't do that", you become that way. So many qualities develop that in this lecture I cannot tell you all that, but you'll be amazed at yourself. I have seen people solve their problems very well. They lose the sense of greed and lust and they automatically become moral - automatically.

Now the greatest thing about this is that you become a universal being. Like a drop becomes the ocean. Lao-Tse has described this. In ways He has described, and I'm sure that you all will achieve it and you'll grow into it and you'll enjoy yourself. The best part of it that you jump into the Ocean of Joy. Joy is absolute, it is not a double coin like happiness and unhappiness. Such love, such understanding exists. Now see here we have people from all the countries. I said, "Now this is the United Nations." This changes your database of your genes.

It is very surprising that we are not aware about our greatness, our growth. But we must respect ourselves because we are human beings at the epitome of evolution. Now the time has come to know yourself and understand how powerful you are.

Thank you very much. I'm so happy, you don't know, that somehow we have entered into China. Thank you very much. Thank you.

If you have any questions, I don't mind answering them.

1995-0916, Understand what is wrong in your country

View [online](#).

16 September 1995

Understand What Is Wrong In Your Country

Public Program

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Understand what is wrong in your country, Public Program, Moscow 16-09-1995

I bow to all seekers of truth. (so many Sahaja Yogis are sitting here). At the very outset one has to understand that the truth is what it is. We cannot change it, we cannot describe it and we cannot transform it.

Today we are living in a chaotic world. We don't know how the things are working out in a manner that is not good to us, not good for ourselves, not good for our children and as a whole it's not good for anyone. Everybody feels insecure whether you are in Russia, China or America. The reason is we are not allowed to stand on the principle of truth. Whatever is our human energy, we find it is difficult to survive in this conflicting world and we get very upset and disturbed. We don't feel peace in our heart. All the time we are worried and we don't know what is going to happen for our future. At this point it is being predicted that something is going to happen to human beings that it would achieve the global transformation.

In every field we find there is a big misunderstanding, supposing you follow one religion if you are a Christian you don't understand how could the people who talk about Christianity have anything to do with God. If you talk of Islam also you are surprised the way people are behaving. Because Christ has said something very great about morality. He said that thou shall not have adulterous eyes. Have been to most of the western Christian nations and I find they are not their eyes adulterous but the whole being is adulterous, (they are) their priests are immoral, bishops are immoral, pope is immoral, they are only immoral how do they call themselves Christians; they are anti Christians.

The second ones are these Muslims. Islam means surrendering to the will of God. They believe in the Formless God and why are they fighting for lands? Everywhere they are fighting, everywhere they are creating problems.

Actually, the problem is like this that Christ never wrote Bible, it was Paul, who was a very bad man, who wrote Bible. He got Peter who was the weakest of weak person as a disciple of Christ. In the Bible it was written, it was written very clearly in the Bible that Peter will be caught by some satan and that one was Paul. This Paul is the one who hated women, he was epileptic. According to Sahaja Yoga, any man is epileptic is possessed by a devil, devil or a ghost.

Second thing is Koran was never never written by Muhammad Sahib. He did not know how to read and write. He actually told his friends who also did not know how to read and write about his revelation. These people had their grandchildren who got educated and after forty years a very nasty fellow called [Abu Bakr] he wrote Koran. All right, this fellow became the fifth Khalifa, he became the fifth Khalifa. The first one was Abu Bakr, I mean you should say the second because first one was Muhammad Sahib. No, first was Abu Bakr. The second one was Ali, Hazrat Ali, whom this fellow, Muwaiyah, killed, he killed his sons. Then the third one also he killed and the fourth one also he killed and his mother ate the liver of this fourth Khalifa and the fourth Khalifa's liver was eaten by the mother of this Muwaiyah. Such a horrible man and he is the one who wrote Koran.

He asked the grandsons after forty years the death of Hazrat Muhammad and he wrote this Koran from them. Can you remember, those who are Sahaja Yogis here, even one of my lectures by heart? So, for forty years can you imagine somebody remembering what Muhammad Sahib had said. He was also hater of women, maybe he might be Paul and that's why all these books have condemned women.

Then the Jews also had their own book. Actually, you can see that Muhammad Sahib never had exclusive religion. He talked of Abraham, he talked of Moses, he talked of Christ specially of his mother and he said nobody dare say a words against that the Holy women. Despite all efforts of Mr. Muttaiyah, it's in the Koran. Another thing he has said, "That the one who does know himself is like a beast" also that is there. So it's not an exclusive religion, he gave all the different stages of evolution of religion.

Same with Christ he talked of Abraham, he talked of Moses so how can you talk Christianity an exclusive religion and these books as authentic? I am telling you the truth and if you have any intelligence try to understand the way they are fighting in the name of god, they are bringing bad name to God. The way they are fighting in the name of Christ or in the name of Mohammad Sahab or Abraham, Moses they are maligning their names. Christ has said know thy self. He also said you are to be born again. This kind of religion can be only be followed by stupid and idiotic people. What could has this religion has done to the priest themselves and what is it going to do good to us.

In England there was, there is a priest a very high priest called Bishop who was adulterous. So he says what can I do? my genes are bad, if so why are you priest? You better go into jail and stay there. Religion cannot come into us unless and until we become enlightened people. In the evolutionary (people) process we have reached the state where we are human beings. But we have no absolute truth with us. Some say democracy is good; some say communism is good; some say anarchy is good because we live in relative world. We don't live with the absolute truth. As long as we live with this kind of relative world we can never have peace, never can have joy.

That is how a new generation, a new type of people race is born today. I call them as seekers of truth. They are feeling extremely restless. They cannot accept relative truth; they are very disturbed and frustrated. Not in only Russia, China, America, England, Spain everywhere. These are the people who are seeking the truth. But when the crooks discovered they thought it's a good market you see. This is also described in the Bible luckily that all these false, nonsensical people will come on this earth to exploit you. Thank God some or other most of have run away from Russia.

You cannot pay for your ascent. If you tell these false people we can't pay you they will run away; they just want money. Then this restlessness comes then they are start seeing there are some coincidences happening. Despite these false people, despite these wrong people who are claiming God and all that, they come with coincidences they realised that there must be truth somewhere.

When I first came to Leningrad nobody knew who I was and the whole hall there were 2000, already filled in, and 2000 were outside. They asked me, "What about us Mother?" I said, "Let me finish the program then will see". They all stayed outside. When I came back I say, "All right, tomorrow morning we have it at open ground". And I was amazed 2000 from inside, 2000 from outside and 1000 more like 5-6000 people there for program. So, I asked them, "How is it you believe me? I may be a thief; I may be cheating you". They said, "Mother we don't want money, we don't want money. We haven't met anybody whether from the church or from the mosque or form the gurus who doesn't want money at all". So, I just laughed I said, "Look at the wisdom of these Russians!"

So, Russians are very wise no doubt but they must understand what's wrong in their own country. Don't blame the government, everywhere the governments are like this but firstly you all should get your Self-realization and enter into the kingdom of God. You become the citizens of kingdom of God then you will realise in your wisdom what you have to do. I see here all these shops which are junks from America or England or Spain. They cannot sell this junk in their own country so they have sent here to exploit you. There is nothing to learn from the West; there is complete decadence there, they are all going to hell. They will give you Marlboro cigarettes or they will give you these jeans and take you with them to a hell.

You have to be patriotic. In India you cannot get even a tie which is made abroad. Mahatma Gandhi told don't buy anything from abroad, buy everything that is made in your country. If you buy anything from abroad you are selling your country to other people. What I find here that alcohols from Scotland, from Holland, from all over the places specially France is selling on the streets. They told me that they think they become French if they take French wine, what is so great about French, they are stupidest

people ever living, very immoral they said there is unwritten law that house wife could be a prostitute, how does it appeal to you to take these things and buy these horrible things, these junky things out of your precious rubles. All over on the road what you see alcohols by taking alcohol are you going to become a great people.

I have seen so many statues in Moscow not one of a drunkard, nobody praises a drunkard. In London I had a house always unfortunately near a pub, most surprising thing was that the people were coming out of the pub and falling on the road and those who were nicely standing were queuing up for going inside to come back falling. They couldn't see the stupidity of these people going in spending all their money and coming out and falling on the street. In the western countries drinking is regarded as a part human endeavor. Animals don't drink why should human beings drink I don't understand because they are restless. Once you start this bad habit, goes on and on and on. So what something should be done about it; there are so many divorces; there are children who are taking drugs, all kinds of immoral things are happening.

In the west the theory is: every moment must be enjoyed. But all these enjoyments are self destructive, you don't know yourself then you do all these things, isn't it. So you have to know yourself and to know yourself there is a mechanism within you as shown here. This mechanism is already built in within you and when this power rises and breaks through your fontanel bone area you get actualisation of baptism. Then your genes change they get transformed in the light of the Spirit you know what is good for you, what is destructive and you have the strength to give up everything nonsensical. You become very dynamic as well as extremely compassionate.

What we need is love and compassion whether we confess it or not. We need pure love without greed, without lust. We have all the capacities and capabilities within us. We are glorious, we have to know ourself. There is a mechanism within us which spontaneously does your awakening as a result what you get is first of all the absolute knowledge on your fingertips. Then your attention becomes enlightened. You see everything clearly and totally. You come in the present in the reality. You yourself develop powers to cure others to raise their kundalini.

Of course, your physical being, emotional being, spiritual being, mental being all gets enlightened. All your incurable diseases are cured. So, this peace comes into your heart.

Many people gets peace awards, there is no peace in their hearts. They are very hot tempered. If you have to meet them be careful. So we find ourselves to be a universal being. So, we transcend all the barriers of religions, barriers of nations, barriers of all fixed ideas. All this is available to you and it can work out.

So, today you know I have to go Leningrad and in this short lecture I have already told that you can have your Self-realization tonight. Only thing is you must have desire to do it because I respect your freedom, I cannot force it on you. You have to ask for it and secondly you must have full self confidence that you'll get it.

Another condition is that you should know that you are not guilty of anything because when you will discover this divine power you will be amazed that it's an ocean of forgiveness. It just cleanses you completely and you become a pure personality like the lotus that comes out of mud and once its bloom it so fragrant and so beautiful. So, the truth is you are not this body, this mind, this emotions, this intelligence, this ego, this conditionings but you are the pure spirit and another great truth is that there is a All-pervading Power of Divine love which is subtle, we cannot feel it. It does the all the living work.

After Self-realization you can feel it and then you will feel that you are a special person chosen by God Almighty. You get completely transformed. It is the actualisation of your baptism. It is not some stupid priest puts his hand, dirty hand on your head. This is what is enlightenment. It acts very easily 'Sahaja.' 'Saha' means with 'ja' means born, with you is the right to have self-realization at this time.

It will hardly take 10 minutes but those who want to go should go before we start our process. It will work very fast but you have to forgive yourself as well as others. Whether you forgive or you don't forgive you don't do anything but if you do not forgive then you play into wrong hands and torture your life. In that your centre on the optic chiasma gets completely closed. So please

forgive others so that it will open. If you don't forgive then this centre here on the left catches. You might get diseases like angina, spondylitis because of that, so better forgive yourself and others because this is a very important moment when you have to have yourself Self-realization. It might work very quickly as it works in India very quickly, if you just co-operate.

(I think, if you just ask them to put their hands)

All right. So, now just put your hands towards me. Those who are seating on the chair should take out their shoes please and put both the feet apart from each other. Those who are seating on the ground can take out their shoes, just put your hands. All those who are feeling cool breeze on their fingertips or on the palm or out of the fontanel bone area like this, just see(the), feel it.

Now please put right hand towards me and feel it. You'll feel cool or hot breeze coming out of your head. If it is hot then that means you have not forgiven yourself or others, so please forgive.

Now please put the left hand towards me and see with your right hand, bend your head. Now with right hand again once more, again put your hands like this towards me and watch me without thinking because this is the first stage you achieve is of thoughtless awareness. You are aware but you are thoughtless. Our thoughts comes to us either from the future or the past and we are jumping on the cusp of those thoughts but when the kundalini rises these thought elongates all right, and in between is the present where there is no thought, that is our peace within.

Now all those who have felt cool or hot breeze on the left hand or the right hand, please raise your hands. That's Russia.

May God bless you.

You all are very great, I love you very much. You must also love yourself and look after your Self-realization and grow into it and I am very proud of you. It only works this way in Russia and in India nowhere else. You are specially blessed with spirituality. Now enjoy yourself, enjoy your spirit. You have to be collective; you have to understand what you have got. Like the drop has become the ocean. All your problems will be solved.

May God bless you. So fast.

Thank you.

1995-0917, Devi Puja

View [online](#).

17 September 1995

Devi Puja

Moscow (Russia)

Talk Language: English | Transcript (English) – VERIFIED

I am sorry, I was little late today, but I am sure you must have enjoyed each other. Enjoyment of collectivity is very great. Once it happened, I was going to some place and the plane was very late and I was little worried that I'll be reaching late there. But actually the plane was so late that I reached after seven hours more. And all the people were waiting for that time at the airport. That was in Delhi, and when I reached there, they looked so fresh and nice, I was surprised. I said, "Did you go home?"

"No, no, we were waiting here only for You at the airport." All singing, dancing nicely the whole night. It's something about Sahaja yoga that every moment we can enjoy. We can enjoy for our benefit.

Modern ideas are, as in the west is, especially in America, that we must enjoy every moment of our life. But actually all these enjoyments that they have are self destructive. The kind of things they do, like drinking or they go to places where they start fighting or else they do all other hopeless things that should not be done. And thus their collectivity becomes very dangerous. So much so that they are smuggling or they are killing. They all become collective to do something very harmful to themselves or to their nation.

But Sahaja yogis don't know this kind of enjoyment. Every moment is filled with such joy for them when they are in collective. I could see that yesterday when you had gathered at the airport and were waiting for Me. When I came I saw your faces all shining with joy.

Today we have decided to have a puja of the Devi, of the Goddess, in the form which I am in. Many a times, She has taken birth to protect human beings from the evil forces and to give them sense of security.

But I don't think in any one of Her lives, She did self realization . This is the most interesting, most lovable job. She had to fight all kinds of evil people and protect the Gods, the people who were good people, also, who were suffering for their innocence and simplicity. All this was long time back. But these are special blossom times where all of you have to become fruits. So many flowers were there on this earth and you have to now become the fruits.

It is very heartening to see that in Russia and Ukraine, people are so spiritually sensitive.

It is very, very blissful for all of you to be realized souls. All this collective happening is definitely going to bring very great emancipation for the whole world. There are problems in our country, but now I am telling all the Sahaja yogis that whatever you have got, you must project that power of the Goddess, deliberately. It is very enjoyable to be a Sahaja yogi. Also, you are spreading Sahaja yoga very fast, just like fire. Because this land surprisingly, these both the countries, are so much sensitive to spirituality. But this power of the Goddess that you have got within yourself has now to be deliberately projected. For example when I, once I came here when you were having a coup, very difficult time and perhaps, I managed it. But now you all can manage, you all can project.

For example, now I find the problem here is more of financial type. Now if you all project your mind to this problem, you will realize what's the cause of it. The devotion you have for Me is very gratifying. I am your Mother and I am also Mother of the Ukraine people but I am also the Mother of Russia and the whole of Ukraine. I will be only satisfied when all the problems of this country and of Ukraine will be solved by you. You don't have to depend on your government for that. I have been telling you that I have noticed why this country is going down. So this power of the Goddess that you have within yourself, will give you so much

of understanding through the enlightened intelligence that you can really solve the problem.

Now first thing I've noticed in this country: that people think that the whole western world is like painted with gold. It is not painted with gold. They are not at all full of joy as you are. They don't have the kind of faces you have, full of beauty, full of satisfaction. But if you see it minutely, they are having little problem even with the finances. Now the problem in this country is because all kinds of foreign goods have come from these western countries. There is a complete recession in those countries, nothing sells. And this is all junk, useless things they are sending to your country, to Ukraine and to all the eastern block people. Whatever rubles you have, you have spent, you are wasting on these junky things.

When in My country, there was a struggle of independence then Mahatma Gandhi said, "We'll not buy a single thing from abroad." And then he said that, "If we don't buy anything from foreign then our industries, our handicrafts will come up." And he changed the lifestyle of our country. Everybody had to wear hand-woven, hand-spun clothes or which are made only in India. Even today in India, you can not get anything imported in the market. And if anybody tried to sell anything, the young volunteers, like students and young people, used to go and stand before the shops and used to say don't buy foreign things. And that time there were Britishers ruling us, so they would arrest, doesn't matter. So, all the import was stopped. Now even today we can not buy anything imported in the market. Of course, there are some stupid people who smuggle and some stupid people want to take to that kind of a culture. But they are very few and they are all getting exposed due to the power of the Goddess in that country.

So you are duty bound to your own country. This is the Mother Earth which has given you a place, has given you the birth and as such you have to look after the prestige and the well being of this country. I am amazed to see so many junky shops brought in here by these Americans and all the people wasting their precious money on this junk. But once you stop completely buying what all these things coming from the foreign countries, then you'll be amazed, what will they do here? They are all against the divine power of love because they want to exploit. If you love somebody you can not exploit others. This is not a very nourishing thing for your country.

All their styles, if you want to see what they are doing in the west, you'll be shocked. They have destroyed everything that was beautiful given to them by the Goddess. They have no sense of a pious life. They have no sense of spirituality. They just know money, money, money. They have no sense of morality. Without morality how can you please the Goddess? So you have to understand that if you are Sahaja yogis, what will please the Goddess. Unless and until you can please the Goddess, you can never be joyous; you can never be good Sahaja yogis.

For that, you must have wisdom to understand what will please the Goddess. I don't think western people have even half of wisdom that you have, except for Sahaja yogis, of course. Because they think of these temporary pleasures all the time and they get into immoral lifestyle which is against the power of the Goddess. They are suffering from horrible, incurable diseases. They kill their parents. They kill their children. There is no question of love. The power of the Goddess is of love. Whatever She does with the whole world is through Her compassion and love. The whole body, the whole being of the Goddess is made of compassion and love and nothing else. This power gives full understanding of the reality and also this enlightens inside and outside.

For example, if you love somebody, you know everything about that person. It has nothing to do with money. It's the highest, most valuable, very important powers that you have. Even when you think about something noble, something benevolent, this power is filled into that thought and then this thought fills in, into the universe, into your country, into individuals. The aim of this compassion and love is only one, to see everyone joyous, that's all, joyous in the real sense of the word. This power cares for the collective as well as for the individual. It cares for the whole world as well as particular nation. All the time this power works, specially in modern times, to better the lives of people of the whole world. But unfortunately, not there are many countries like you, who have heart to feel the love of their Mother Goddess. So it's like an ocean of love and compassion that wants to touch every shore. It wants to touch every heart, but some are just like stones.

Russia has a very great heart as well as Ukraine. Also, I find in the eastern block, I don't know how they have developed, this great

noble heart. We are not to think them to be low because they, they are not so rich. What's the use of the riches where you can not even trust your own children and children can not trust their own parents. They kill each other for money. Of course this effect also is there that there are people who want money at any cost.

I promise that all such mafias will be finished in no time. [Clapping] If you all decide that you are not going to be afraid of them and if you all in your meditation ask that they should be finished, it will be done. You should, as yesterday asked for My good health, you ask for the betterment of your country. These are the deliberations of your thoughts. Your intelligence will sharpen so much, this is I call as a supreme intelligence by which you will see the point and you will be able to solve these problems.

So first you have to be patriotic. I must say, when I went to China, I was amazed, though they are communist, they are very patriotic. They are very moral also. I found that the way they have grown in their finances, it is because all the people who have gone out of China are sending money in China to develop.

For this conference, when I went there, I was amazed how the volunteers, who were just students, offered their services free. They were at the airport, they were in the hotels, they were in the markets, everywhere they were standing to see that this conference becomes successful. Otherwise Chinese are very fond of food, but they would not even take their food the whole day. For example, they were very kind to Me and when we went out, the whole day we were out, the driver never complained that he had no food, nothing. They are not realized souls, but when I came out to go in the car, they all would come and put a hand on the entrance of the car so that I should not hit. And they looked after all the people who were not so healthy, old or those who could not walk, they carried their chair up to the Great Wall of China. I mean, so much so that I saw on the television that people who had come there, even Americans, were crying to go back. And the Americans, such stone hearted people, also were saying that we miss this love in our country. It was so touching and so obvious in these modern times when people are so dry and so money oriented. These people worked without any money, they wouldn't take any tips or anything.

We went for shopping and we gave realization to so many, there in the shop, went to the bazaar, we gave realization. They were all getting realized very fast. I told them one thing when they asked, I said, "Russians do not like because Chinese go there and marry, you see, Russian women and then they give up and bring their own wives." So they told Me, the reason is see Russian women are very good for divorce. They take to divorce very fast and very dominating, not Sahaja yogis, not Sahaja yogis. But the Chinese women are not like that, they are very wise. They know their role is very important and that their children are to be created who should be very good Chinese. Normally they don't want to go out of the family and neglect the children, not at all. But if they have a grandmother or somebody then they leave the children with them, who are also very, very affectionate and kind and then they go out to work. But I was amazed, they were doing all kinds of work as Russians do. They may not drive trains, may not be big industries, because you know the Chinese women are so short and so dainty.

While by God's grace, God has given you people a better health and better height. And they really appreciate saying that see, they are like giants, what are we, we are pygmies. I was surprised because they did not criticize anyone but for everybody they knew what to praise. Very surprising that also for American people who were there, they said, "They are still childish. They have to still grow." Surprising, I thought that these were so insulting there, trying to show off, everything. They said, "They are childish."

I don't bother about the kind of government they have or you have but what is most important is what sort of people we are. I was surprised at them, they're very much concerned about their children, how they behave, how they talk, how they are related to others. They teach their children that you must share your things, doesn't belong to you, it belongs to all the children. It's just like Sahaja that we want all the people to enjoy everything together.

Also, the way they respect the art of their country. I was amazed, they know all about their artist in their country, such a big country. They also know what sort of art is produced in this part or that part or any part, I was really amazed, specially the men! In India, our men are hopeless. They are not bothered about art at all. They don't know anything. They don't know how to even clean the house or clean the utensils, nothing. Of course, they don't know even how to cook. They are another children, I must say, they have to learn a lot. I think in this women play a part because women do everything and keep the men absolutely ignorant. So the man is completely under the hand of the woman. They don't know the roads. They don't know the cities, nothing,

the woman knows. Now if you ask them, "What is this carpet, from what country?" They'll say, "We don't know from where it is." It is very important for you to know your country, to love your country. If you don't know your country, how will you love? If you don't know your Mother, how will you love? Is a very great power working there and I am sure one day these Chinese also will join your group completely.

With love comes another thing which is the respect. As you people are here of different places, of different qualities and capabilities but you love each other. You don't disrespect anyone because somebody is dark-colored or a fair-colored person. Because your love has given those special subtle inner eyes which sees the inner beauty. You enjoy each other because you know the value of love. As I said, love is the most important, the most valuable thing. But this love has to be absolutely pure love without lust and greed. You should not love somebody because you want to take advantage of that person or because that person has money or some sort of an attraction. This love doesn't identify with anyone. It just feels love or love sake. Thus you realize what powers you have for example yesterday when I came they have locked up all the doors

With computers. I don't know why you have taken to computer which doesn't understand love, So many Planes were coming it was all piled up thousands and thousands, They can't get out because the doors are locked with computer. What is the need to have computer for doors? You have so many Human beings, Why not ask them to do the job? As we did in China. There's no chaos, no piling up anybody thousands, Ten Thousands, Twenty Thousands people were there all went through proper channels because of love and respect. Nowhere in the world I have seen gates getting locked by computer.

Why should Russia try to become so modern and mechanized, I can't understand. So one has to know that if you take to this mechanization too much, you lose the power of love. This industrialization in the west has ruined these people, they have no hearts. The power of the Goddess can not work through robots, can it? As far as possible, you don't need any mechanization.

It happened once in Ganapatipule, that mic failed completely and the music, we could not start. So somebody came from Delhi organization and told me, "Mother, we have people from Noida who don't require mics." I had never heard about that group. I had never known there is such group. They were never given a chance to sing even because they might be called as rustic people, may be the village. So immediately I said, "Alright, let them come on the stage." And even today you will know that all of us know about Noida music. They sang with love, with such a big voice, that all over the world now you can hear the music of Noida, the rustic poetry of Noida.

For love you don't require sophistication. If you have real love, you become so gentle, so sweet. It is the greatest blessings of the Goddess. But love doesn't make you mad. Some people think that if you are in love with somebody, you can kill anybody you like if you can not get that love. They are doing it everywhere. Love is something so pure that is very powerful and it acts. Just as I was telling yesterday, they were all locked up there and] all of them were worried, you see, trying to tell them that I should be allowed to come out. They were not willing to listen to anyone. ["They were not willing to listen to anyone Just I said "you all forget, let Me handle it." I just went and stood before that gentleman, immediately he took My passport and stamped, without argument, without any problem. Because it is silent, but it acts in such a beautiful way. It is also very intelligent. It gives you solutions. It is down to earth because it wants to manifest. It will not harm anyone. It will not trouble anyone.

I always give the example of the intelligent cell which is at the end of a root. This root starts growing and this little cell, very little, it knows how to go in the Mother Earth. Now supposing it meets a stone, alright it goes round the stone, nicely binds it. The manifestation is that when the big tree will come, it will be supported by these stones. So this simple love that it puts round the stone ultimately manifests.

Thus this love is power of the Goddess, is very subtle, silent, but it manifests. All these manifestations you call them as miracles. You may call them by any name. It is this Goddess which is ruling this universe, which is in your center heart, which looks after you and looks after the whole universe, is nothing but pure desire of love. It knows how to express. It knows how to act. You don't have to do anything. It's spontaneous. What goes against is your mental activity because the mental activity will say, "Oh my! How can you love somebody like this? It's no use." It's a mental activity which gives you funny ideas. The mental activity is limited and linear. Everybody has different fixed ideas, that's why they are fighting, that's why they are having wars. But this

power that is of love gives you the absolute truth. Then how can you fight? So what we need is this power because our power is very limited. I know you all love Me very much. But you must love each other. You must respect each other. Then only I will feel that there has been manifestation of this love.

We were in one Sahaja yogi's house and he had called other Sahaja Yogis, also, to meet Me. I had to take dinner in his house, it was decided before. I didn't know that he had cooked for all the people who had come. So I told them now like, "The session is over. You can go home." because I thought this man can not cook for so many people. So as they were going down, he came, "Mother! What have you done? I have cooked for all of them."

"Really? Now where are they gone? They are on the street." So, I went down the staircase, running up to the stairs. Come back, come back, come back. We have to have dinner. And they really laughed and this gentleman who had cooked for them, Sahaja yogi, was so overjoyed. And we all enjoyed the food very much that night.

There is a very sweet story in the Ramayana, I must tell you about this love. When Shri Rama went to jungle, went into jungle in His exile, that time there was an very old lady, who had few teeth left, who was a great devotee of Shri Rama. Her, see, whole life was dreaming about seeing Shri Rama sometime and when she saw Shri Ram, she absolutely was full of joy. She was rustic, from aboriginal tribe, which in India according to caste system is very low. But she had gathered some rustic thing called ber, which is a, what you call is, what you call here I don't know, a little, little berries. And she went and told Shri Rama that, "This, I have seen, because You don't like sour things, I have tested all of them with my teeth and that's how I selected for You." In India, nobody will eat if somebody else touched that with the mouth, nobody eats, you know, it's very unhygienic according to Indian standards of hygiene. Only the Goddess, if She eats some food and if She touches something, food, that's regarded as very holy. This was the other way round. She was offering to an incarnation, something tasted by her, spoiled completely. So Shri Rama, He had the same power of the Goddess, He immediately took those from her, all the fruits, started eating and He said, "I have never seen such fruits, full of ambrosia, amrut phal."

So His wife said, "Can I have some also?" But the brother was very furious, he said, he thought, this woman is, has not been at all protocolish and he wanted to hit her. But when the wife of Shri Rama asked for the fruit, he was, he kept quiet. When the wife Sita, She ate it and She said, "Oh really! What fruits these are? I have never eaten such fruits of ambrosia." Then the brother started thinking that, "These two persons having all the ambrosia, what about me?" So he asked his sister-in-law, "Can I have some of these fruits?" She said, "No, no, because you were angry. Now why do you want to have the fruits?" He said, "Please, please let me have some." So he was given some fruits and when he ate it, he said, "My goodness! It has the essence of the best fruits."

That is how, above all, above all sophistication, above all these mechanical things is this dynamic power of love which is given to you as it was given to Shri Ganesh. And you should be assuming that, assume. Once you have the assumption then you can project, individually or collectively. Even if you want to win over somebody, in your heart you should say, "Alright, the Goddess Mother, please act on this fellow. Let my pure love act on him." And you'll be surprised, how you'll win over. 99 percent people will come into the complete control of this pure love. At the same time, this pure love ruins, destroys completely any negative force that is trying to harm you. It is just you have to understand a complete picture of reality, because it is the light which enlightens all darkness within and without. When you have that love, you are peaceful within and your peace manifests.

May God bless you all.

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I bow to all the people who are seeking peace from their heart. If it is superficial, then I can not help. But when we realize that all these wars have brought such a calamity on your nation and all the nations concerned, we should now really think seriously about peace.

I'm against no religion. All the religions came on this Earth as flowers on the same tree of spirituality. And then it so happened that people plucked these flowers and now are fighting with the dead flowers, "This is mine, this is mine." After the Second World War a new style of war has started in the name of God. How can you fight if you believe in one God? So it is just a mental idea they have. It's not the real faith in the heart. No religion teaches you to hate, but the situation is just the opposite. I know in the beginning all these religions came in the purest form and tried to bring love, peace and unity in this world, but some people became in charge of the religion. They were also nice, but gradually they started separating from each other. Not only it was among religions, but among every religion there were different, different sects.

Whatever they have done, at least they have created the feeling of righteousness among people. They have talked of morality. They have talked of love and compassion. They have built many organizations to express that feeling, but all that has been very superficial. You see anybody who says he's a Christian or a Muslim or a Hindu, is he really that? Is he really a Christian? Christ has said, "Thou shall not have adulterous eyes." Have you met any Christians who doesn't have adulterous eyes or who never had? Mohammed-sahib has said that "Unless and until you know yourself, you will not know God." Self means the Spirit. How many have tried that? All these Muslims, are they trying to be spirit-oriented? They are just fighting, fighting, fighting everywhere. I feel so sorry for them because thousands are killed in this and they're made to have wars, they're encouraged to have wars and so many are killed stupidly. They have been completely butchered.

I asked a Russian, "Why do you have this Chechnya war?" He says that "We are a democratic country and in a democratic country how can you have a nation which is based on religion?" which is very reasonable and logical. But do you know in England there's only one religion. That is Church of England. They say that Catholic Church's eldest daughter is France. In Spain they have nothing but Catholic Church. Here you have nothing but Orthodox. Whatever good they have done is neutralized by this because those who don't follow their religion according to them, they are heathens.

If you want to know about the Muslims, go and ask the Jews. If you want to know about the Jews, so go and ask Christians. And if you want to know about Christians, better go to America and see what they are doing. Openly, Christians are extremely immoral people. Today I saw a little glimpse of the Russian film. It was worst than an American film. One girl, who was absolutely quite nude, was there just like an American girl, without any shame, without any morality. Did Christ preach immorality? Did He talk of prostitution? In the West even the housewives behave like prostitutes because I have seen it. They have no respect of their chastity. And very nicely all the junk from America is coming here because they can not sell it. And you are all buying that junk without thinking. And you are taking to all the immoral ways of the West. So how are you Christians?

Same about the Muslims. They talk of Islam, which was such a great, I should say, a religion which professed morality, which talked of morality. Mohammed-sahib even talked about Christ and His Mother's chastity, but if you see that Muslims, they are sometimes worse than Christians. Once I was traveling from Riyadh to London and I went off to sleep. When I got up all those people, women and men who were wearing all Arabic dresses and bouka went with Me in the plane. When I got up what I find, they were all wearing fashionable, new types of dresses, the women were wearing - absolutely shameful. And the men were wearing also horrible dresses like clowns. They were all drinking, smoking and doing disco dance in the plane. So I asked the air

hostess, who had covered her face because she was an air hostess, I said, "Did we go somewhere else in between in our travel?" She said, "No, no, no, no, nowhere." So I said, "What these people?" "They're the same?" "How are they changed?" They said, "You go and see them in London, you will know." They drink more than Scotsmen. We have been to many parties because of my husband's job and they use to call my husband Muslim because he did not drink. All the rest used to drink nicely.

Christianity has failed. Islam has failed, no doubt. By forcing, you cannot bring morality. This I could see. I met some Englishman. I said, "Why are you all the time looking at woman like this. Why?" They said, "We enjoy." But I said, "What about Christ?" They said, "We do this even in the church. Should we fix our eyes with something?" I said, "You can. There is a way. You are not Christians. You are not Muslims. You are not Jews. You are all hopelessly bad people." They said, "Then, Mother, what should we do?" "Are you seekers of truth?" I asked him, "Or you want to live with your fixed old ideas and also dwell upon something that 'we are Christians, saved, we are Islam, we are saved people, we are Jews, we are saved people.'?" Frankly, I will tell you, most of you will go to hell." They said, "Why?" "Because you are hypocrites." Reality is that you don't follow your religion. You just have a label here.

I've seen people fighting in the church, fighting in the mosque and fighting in the synagogues. Just imagine, from Abraham to Moses, Moses then to Christ, then to Mohammed-sahib, it's a regular step by step forward movement. Even the Sharia that Muslims are using doesn't belong to them, was not given by Koran, but it is in the Bible, in the Jeremiah that Moses gave it to Jews. And the Jews said, "No, no. We'll not have this one. It's too much." Then the Christians said, "Oh, we can't have." But the Muslims said, "All right, we'll have it." It's meant for Jews at the time Moses found them to be absolutely decadent. But does it help anyone? Now, if they believe in the abstract God, in the formless God, specially the Muslims, why should they fight for any country or any land? God is everywhere. It is necessary that in every countries, like Russia, anyone, you have to know you are Russians first. Those who will think they are Muslim first or Christian first, they will fight because they are political minded, they're not spiritual minded people. You have to be spiritual minded, otherwise you should say you don't believe in God. If you believe in God, then you have to be spiritual minded. I've seen much more perhaps anyone of you could have seen.

Now the quarrel is between the Western culture and the culture of fundamentalists. The fundamentalists are saying that you should take to very strict culture. They're forcing it. In Algeria thousands of people were killed because they were dressed up like Westerners. They're throwing bombs in Paris. All kinds of violence they take to, these fundamentalists. Mohammed-sahib has talked about rahim, rehamat - compassion and there is no equality at all among Islamic people. They ill treat their women. One woman goes on producing children, eight to ten children, and then they throw her away as talak. In India we have thousands and thousands of such women and children who are the poorest in our country. He said, that you can marry four women, but women should not become prostitutes. That was the time. So now, they are mostly prostitutes. How are they to live? They should starve in the name of Islam? And also kill their children?

What has Christianity done or Muslims or Jews, what have they done, what good. I know the people in charge of religion are working very hard to do their level best, but they must face the reality. They have not achieved anything that Christ asked for, Mohammed asked for or Moses asked for. On the contrary, because of their blindness, they have brought such a bad name to all these great founders of these great religions of one tree, spirituality.

As you know, these days Americans are the rulers because money has become the God, so their culture is the God's culture. They're exploiting your country, you people don't know, you don't understand. I saw advertisement of imported goods in your television. Are you mad? All your money you are spending on this junks here which are not sold anywhere in the West or in America. All your learned people are going to America to become dishwashers. There is no sense of patriotism and sacrifice. In my country, I must say very proudly that you can not get even a tie which is imported thanks to Gandhiji. He said, "Don't buy anything from abroad. You can buy hand-woven, hand-spun cloth, which is course, doesn't matter." My parents sacrificed everything for the country because they were patriotic. And I'm also patriotic and I want all of you to be patriotic. It's only possible through Sahaj Yog. Not by saying I'm Islam, I am Christian, no, no, no. You have to first say you are a Russian. You can follow any path you like, but first of all know what you want.

Another thing which is such a sinister, illegal thing which has been accepted, called as Swiss bank. Nobody says anything about

it. They accepted it. Three fourths of our country, my country, is locked up in Swiss bank and I don't know how much Russian mafia is there or any other mafia is there. Through your legal forces you must attack because they are illegal. This is the money was to go to the poor, to the sick, to the lepers. They have taken up all that money, these Swiss banks. When I addressed World Conference of Women, I said you all should attack Swiss bank. They have no legal right to exist. For example, I'll tell you in my country what happened. India was a country with great potential, but three hundred years very nicely the British came and stayed in our country without any visa. They looted us and then now the situation is such if one Indian wants to go to England they will thoroughly examine him. They took away all our gold, our diamonds, our silver, all the precious things we had they took away, just like a highway robbery. And they call themselves Christians, all right. Their label doesn't go out.

Now, before going they created problem between Muslims and Indians - not Hindus, because of Buddhists, Jainists, everybody. So the Muslims said we'll have our own land, as usual. They're very attached to land. Muslims are very attached. I don't know why. So they took Pakistan and Bangladesh. Bangladesh is the poorest country in the whole world, much worst than even Ukraine. Now they are smuggling themselves to come back. To India, they are somehow or another managing to come back and Chinese are giving them weapons to fight us. But Pakistan is much worse because the people from India who opted for Pakistan, they thought they'd become very rich and they will have big positions. And what happened to them that they were treated just like slaves. Indians are very cunning and clever. They found themselves near Karachi, which is the most important port. Now they are saying, "Give us this land to us because here we are the majority." In one interview this gentleman, who is the leader of those people, said that this Prime Minister is like Hitler and she's killing everyday fourteen to sixteen people to reduce the majority. So now that Muslims are fighting with Muslims. Saddam Hussein is fighting these rich Muslims. Kurds are fighting Turkish. Is this Islam? Is this the way to enshrine Mohammed-sahib? Because they have not found themselves, they don't know about God.

Sahaja Yoga is the only way by which you can get your Self Realization, self-knowledge. We have had people from all religions, from all races, from all the false gurus. And all of them have told us that Sahaja Yoga is the only way by which we got our peace. If you have no peace within, how can you give peace to others. People who have been given awards of peace are horrible, hot-tempered people. They never even smile, as if there is a revolver behind them. They are so tense. How can they give peace to anyone?

So the first we must achieve the peace within. This is my work for the last twenty-five years, not only that you get peace, but you get citizenship of the Kingdom of God.

Last time when I came to Russia there was a coup and I saw the Sahaja Yogis absolutely peaceful and I asked one, "Are you not worried about what's happening around?" They said, "Mother, we are in the Kingdom of God. Why should we worry. These governments will come and go, but we have entered into eternal life." You could see it from their faces. It was no hypocrisy.

Sahaja Yoga is the one that gives you the absolute knowledge, not relative knowledge. Relative knowledge is that "Because I am Christian, I am higher than Muslims." And "I'm Muslim so I'm higher than Christians." Like that you see, competitive. With some fixed idea because you are born a Muslim, you are born a Christian - it's a fixed idea in that. Hitler was the climax of that. He said that he is a superior race. A superior race. They killed children in the gas chamber and they enjoyed. How can they be superior race? Whom do we consider superior are the Saints who have compassion and love.

So we have those ideas stuck into our head and we have no freedom, no courage to get out of those ideas which limit us. Moreover, our human energies are limited. Mental energies are limited. As all of them have said, "If I say there's a power which is all-pervading, why should we not try to get it? Why should we think that we are Christians or Muslims or whatever it is? But why not we get that energy which is described by Mohammed-sahib, by Christ, by Moses?" What is the harm? If you can get something, why not have it. Also it is free. You don't have to pay. Actually, I don't need anything from you. I am sufficient in Myself. I also don't need Sahaja Yog. But why am I running everywhere? Because this love, this compassion within Me makes Me do all this because people are blind, they can't see. I don't need to have anymore churches, anymore mosques, anymore synagogues. No need in these buildings. But in the heart of the human beings is the Spirit. In the heart we have to create the peace. Now all this God has built [speaks aside] - built in this whole mechanism of Kundalini, God has made, not Me. Why has He made it? For the last breakthrough. It is your own Mother. She is going to do it. It's there. It's your own power. It's your own

Mother. You have a right to get this. You have every right to become one with that Divine Power, to tap it. We have this instrument. Supposing God has made us an instrument, but we don't want to connect it to the mains. Then what are you? What is your identity? Why are you born? Why are you born?

Now come to science. Science has its own limitations. Whatever they can discover is science. But can they say why human beings have come on this Earth? Can they say why evolution took place? Can they say what is the aim of human beings? They can not answer many, many questions. Say for doctors, you ask them who runs your heart? They'll say autonomous nervous system. Who is this auto? They have no answer. Now, in the body, there are acetylcholine and adrenaline, two chemicals. One augments, one relaxes. But in the body it acts arbitrary. Nobody knows why. The one which has to augment, contract, relaxes. Why? Can they explain? Now anything foreign goes in the body has to be thrown out immediately by the body. All right, but when the fetus is formed, it's not thrown out. It is kept, nourished, developed up to the right timing and then it is thrown away. Who does this discrimination? Can doctors answer this question? They can not say what is the purpose of our life. We can take any of these sciences which are everyday bringing out new hypothesis and new discoveries. There's a big competition between the scientists. There's a big fight going on and then what have they produced? Atom bomb, hydrogen bomb. Because science is amoral, there is no morality for scientists. They can become spies. They can become killers. They can be scientists also. They can be drunkards. They can be adulterers. Just like any priest, no difference. What's wrong with them? They are so highly praised. They have so many awards, this, that and here you find they are so low level in morality, because they do not respect themselves. They do not respect themselves because they do not know what they are. They do not know how great they are. That's the trouble with all the human beings. We don't know what we are. We are not this body, this mind. We are not this intelligence and emotions. We are not this ego and conditioning of religions or anything, but we are pure Spirit.

So now, I tell you exactly, become the Spirit, what happens. I don't think anybody should object to that because it is for your benevolence, it is for benevolence of your family, for the benevolence of your nation, for the benevolence of the whole world. So please listen to Me carefully. We have this power of Kundalini within us. It's a very ancient science from India. In the Koran also is written "Asas." In the Bible it is said that "I will appear before you like tongues of flames." Now the reality is that you must experience. You not blindly have faith in Me. We have had enough problems of blind faiths on and off. But experience, experiencing that this Kundalini rises and pierces through your fontanelle bone area. And the result, you get connected with this all-pervading power of Divine Love. It is no lecture. It is no sermon. This is the actualization of your baptism.

If you are wise, you will understand that we are not living in a very peaceful world. So first thing happens to you is that you become thoughtlessly aware. When we are thinking, we are thinking of the future or the past, but not of the present. Present is the reality. Past is finished. Future doesn't exist. But we can not be in the present, is a fact. So now, one thought rises, falls, another thought rises and falls and we are jumping on the cusp of these thoughts of the past and future. But when Kundalini rises, she elongates these thoughts and there is a space created in-between. That is the present, when you don't have a reflecting mind, you are absolutely at peace with yourself. You're aware, absolutely aware, but you are thoughtless. Jung has talked about it, Jung, little bit. I don't call him a full fledged Sahaja Yogi, but he did oppose this Freud, horrible fellow. All right, so you become absolutely peaceful and when you get connected with this all-pervading power, which is peace, absolute peace, no conflict. Bliss starts pouring into you and the peace spreads around. You make others peaceful. All ideas which are not truthful drop out. So you know one thing - that God is the source of peace. That's how you can spread peace. In Sahaja Yoga you'll find this peace among thousands and thousands sitting here. They may belong to any country, they may belong to any race, but, when they are together, they are like one ocean. It's not imagination because with this you become part and parcel of the whole because the drop becomes the ocean. They enjoy each other. They never fight because they are pure Spirit.

Another good thing happens to you is that your attention becomes enlightened. You might be all of you younger than Me, I don't know. I'm seventy-three now. I'll be seventy-four very soon. And most of the people at this age become senile.. [speaks aside]... because attention becomes like this. It's difficult to change them also. But your attention will become enlightened. In that enlightened attention, firstly, you see the totality of the whole. It is enlightened with love and compassion. You see the good points of others and try to help who need your help. I must tell you an experience of Mine that first time I came to Russia, I didn't know any Russian language either and who came to help Me? There were Germans, twenty-five of them. German Sahaja Yogis came here first time to help Me. Tears came into My eyes. I said, "How are you here?" They said, "Mother, Germans have killed

these Russians, so many Russians, we are duty bound to come here." See this kind of love, so genuine, is only possible when you become the Spirit. It's not talking, giving sermons and lectures.

Then second thing happens to your attention, that this enlightened attention gives you the right path, righteous path. Overnight, overnight, people have given up drugs, alcohol, all destructive things. In the West, idea is we must enjoy every moment of our life, but every enjoyment is self-destructive. With Sahaja Yog you enjoy without getting into destruction. You enjoy all the nature. You enjoy all the human beings. You enjoy all the innate religion - innate, again I say innate, not superficial. All this is available to you, is your own, which you have to have.

Now this attention is also powerful. Yesterday they told Me, "Mother, it will be cold, very cold in Leningrad." I told Sahaja Yogis, "You just pay attention, the sun will be there at your service." It was sunny yesterday. [speaks aside] So you can order it, all the nature to be at your lotus feet because now you have become one with this Divine Power. This Divine Power is the one which creates seasons, which creates everything. It has created you. It has created all of you - and you, whatever is good for you, it will do, not something bad. If you think that somebody should be killed, it won't work out. But after Realization, after becoming the Spirit, you don't think of bad things.

Then the another very important thing happens to you, that wherever you put your attention, you can even give Realization to people. Like one candle is enlightened, can enlighten many candles, thousands and thousands. I've not been to Africa and there are so many Sahaja Yogis in South Africa, in Cameroon, so many places. I've not been to Siberia. There have been so many who are in Siberia. It is spreading. Those who will be against it will be dropped out very soon. People will know that they're hypocrites. We don't have to worry about it. Automatically they will be found out. We should not think bad of anyone. We should not curse anybody. They don't kill anybody. Sahaja Yogis can not kill any one. I was told in Brazil that Sahaja Yogis have become extremely honest.

So then, after you start giving Realizations to others, you become another state is doubtless aware, where you have no doubts about Sahaj Yoga, about Me, about the workings of Sahaja Yoga - also doubts about yourself. That level, once you have to achieve. Many have achieved in your country. Among all the Western people or the white skinned people, Russians are the most sensitive to Spirituality. They are not like Americans. Americans, I find them quite stupid. I mean you can't understand them. They're very stupid.

I'll give you an example. There was the president of the Jungian Society. He was at least twenty years older than Me. I was about sixty years. So he said, "I told them about Jung, what mistake he had committed and they were very impressed." He came to Me, shaking with a stick. And he said, "I have a private problem." I said, "What is your problem?" He said, "I'm a Catholic and I had a keep. I could not marry her because I was a Catholic. I couldn't get a divorce." He said, "Catholics are allowed to have keeps, but they can't divorce." And he never told his wife who died. Now he wants to marry this lady. I said, "What is the age of your keep?" He said, "Only thirty-five."

I was shocked. I mean she was the age of his granddaughter. I said, "What do you want Me to do, sir?" He said, "You please put in her heart feeling for me that she should marry me." I said this eighty year fellow, shaking, asking Me of all the things, such a blessing. I told, "Sir, sorry I can't do this job for you." He was the president of the International Jungian Society. I mean such a stupid thing, you know. Any old man there wants to see Me, I said, "I'm sorry." Younger people are better because these old Johnnys, who still have stupid ideas in their head, want Me to do their stupid things. I tell you, if they had gone to Christ, He would have beaten them with hunters. If they had gone to Mohammed-sahib, He would have slapped them. It's impossible, these stupid people are trying to rule the whole world.

So you Russians are wise people. You have a great tradition. India has never invaded any country so far. Genghis Khan invaded us. Every type of invasion we had, every type of invasion, but in spirituality Indians know a lot. They know about Kundalini. They don't want material things. They want their moksha, their Self Realization. Of course, we also have some culprits, but everybody knows who is who. But I have great respect for Russians and very great love because they never even had heard the name of Kundalini. How did they accept it so fast? What was in them that it was seeking? What love, what understanding of this subtle

subject. Very few people in the world are like you.

Now, this is the last judgment and those who miss will miss in any case. Christ has said, "You'll be calling Me, 'Christ, Christ,' but I will not recognize you." So understand, you have to become the Spirit. As Christ has said that "You are to be born again." You may have faith in Me or not, doesn't matter. You must have faith in yourself to begin with. But, when you will grow spiritually, you will know better. I'll not tell you what I am. I will never tell you what I am. Christ was the Son of God. You may deny it, but He was. But when He said that they crucified Him, stupid people. I don't want to get crucified, so I will not tell you what I am, but I must be something, no doubt. It makes no difference to Me. Whatever I am, I am. But I'm not going to tell you. You have to rise in your Spirit and realize it and understand it. Why? Because you have to do good to others. With your ignorance, you will stop the progress of others. What a responsibility, what a beautiful responsibility you have.

And last of all, you enter into the Kingdom of God and then drown into the Ocean of Joy. Joy has not got a double coil like happiness or unhappiness. It is singular. You lose all your lust and greed and you become detached and see yourself. You don't have to become an ascetic. You don't have to go to Himalayas. You don't have to fast. It is something internal - nothing to change outside. I know there is going to be global transformation in the world. Even the database of your genes change. All kinds of people have come to Sahaja Yoga, have got transformation. So many people have been cured, have been cured of incurable diseases without paying anything, by their own powers, so easily Sahaj, spontaneous. Even the animals, if you give them these divine vibrations, even the crops and things grow ten times better. So, in this last judgment, a new race of great people is created. It is your own. It is your own power. Only to know how glorious you are, how great you are, absolutely free because you get that superior intelligence. In the light of Spirit, you know what is constructive for you. You know absolute knowledge.

So many things are in this small lecture, I can't tell you. Only thing I want to request all the people who are suppose to be in charge of religion, now they have brought people up to a point. Like different steps, they have crossed. For what? Why to have the religion? It is to ascend. They must ascend. The balance has to be established through religion. Like we have airplanes fixed in different, different shops, or you can call them - what is it called? - workshops, to get the balance because they have to fly. What's the use of just balancing without any flight. So you have to fly. All the freedom of the Spirit you don't have to say, "Don't do this, don't do that." Nothing of the kind. You are ready to fly. Now enjoy your full freedom.

In this little lecture, whatever it is, I tried to express My Heart. Everybody thinks it is a miracle the way Sahaja Yoga has worked in this country and how they have solved their problems, even material problems.

So may God bless you all.

What about asking the questions?

[speaks aside]

I'm also a communist.

[Question: "Are you the Holy Spirit?"]

Write it down and give it Me please.

[.Are you Holy Spirit...?]

Now, I've already told you that I'm not going to say anything about it. I've already told. Now, if I say, why should you believe - blind faith? After Realization you'll know everything. I don't want to get crucified.

[aside]

You see, let them discover, it's the point. You can not force anything. Only thing you have to be honest people.

[aside]

Thank you, thank you very much.

[aside]

There was one question, "What is the purpose of human life?" The purpose of human life is to enter into the Kingdom of God. Is to enjoy the bounties of God Almighty. The purpose is to become the Spirit so that there is complete peace, harmony and pure joy. That is the role of God also. This another question.

Mr. Roerich [a famous Russian painter who lived in India] went to, definitely he went to this gentleman to get some kind of a Buddhism. He was, himself, a very good man, but I don't know why he got allurements with this kind of a Buddhism. Is another kind of religion, which has not helped anyone. Buddha has talked about compassion, compassion and compassion. And the Japanese are the greatest Buddhists. So you can see what sense is it. Compassion - Japanese are only doing their business. Buddhism has not entered into their mind. Like any other religion, only after knowing yourself it will happen. We have horrible cults in Japan under the name of Buddha.

I went to Canada and there was one fellow who came in the orange dress and I asked him, "Why are you wearing this orange dress?" So he said that "This is the only dress left now to me. I was a very rich man. All other money, everything is gone to Mr. Dalai Lama." He's a great beggar and I was surprised that in the West people like if you beg money from them. In Boston they asked. "Many, how many Rolls Royces I had?" I said, "I have none. I only have one car that my husband has." So they said, "You are not in the business?" I said, "No." They said, "We don't care for you. Get out." That's American style. So this Dalai Lama has accumulated so much money. He has come in our country. No one likes him, but he is sitting on our heads. He's very fond of gold. He tells people, "You take sanyasa. You become ascetic. Give all your money to me", like all other false gurus.

Buddha has failed, Christ has failed, Mohammed-sahib has failed because people never understood them. They were too great for human mind. So the first thing I did was to study human beings for about forty-seven years of my age and I saw how complicated they were and then I found out this method of en masse Realization. There were many Sufis who got Realization. There were many Saints in India who got Realization, but very, very few. Also, among Christians, there were some who got Realization - Kahlil Gibran. But they were all tortured.

So we have to say now, to understand them also, you have to have your self knowledge. They're all making money in the name of these great founders of religion or they're spreading poison. In Mecca there were thousands and thousands of Muslims and there was one fellow from Sudan. He was black, absolutely jet black, and he was spreading poison in the name of Mohammed-sahib. I had somebody close to me who knew Arabic and I was shocked. And just after that, there was a stampede and thirty-two people, innocent people who had gone for Hajj, died in the stampede. You can't spread a poison in the name of divine people. It is sinful.

Also this gentleman, this painter and his wife, both suffered a lot from physical health.

["How can achieve good attention?"]

You don't have to do anything because whatever you will do, you'll do through your mental activity. Mental activity is linear. There's no truth in it. It goes up to a point, recoils back on it. But the power of Spirit spreads on all sides. [speaks aside] Now they're asking about attention. It's very simple, when the Kundalini rises, the attention which is spread out here goes up like this, up. It is brought in the centre. And, at this Sahasrara, it breaks. When it breaks, you see, this whole attention is filled with

enlightenment. You don't have to do anything, but you have to go on raising your Kundalini like this yourself. That's all. When you watch something, watch something without thinking. Can you watch Me without thinking? Now you can feel the all pervading power in your hands, you'll see that. This is the Namaz, but Muslims don't know anything. You will feel the cool breeze. This is the all pervading power and on your fingertips you will know about your centers and about the centers of others. All those who have felt cool breeze or hot breeze on their hands or out of their fontanelle bone area raise your hands. So, all of you have felt it. So simple because you are ready and because you're Russians. May God bless you.

Now we have centers here and we have doctors and we have people here who know how to cure you. You can go to these centers [tell them] and get cured and you can also cure others. One thing I've seen, Russians in a huge crowd of sixteen, eighteen thousand people, they told Me they got cured in the program. Only possible in Russia, not even in India. I respect you very much. I don't know of what metal you are made.

["There is a central charity Christian Orthodox fund, Shri Mataji. They want to cooperate with Sahaja Yoga.]

Oh, I'm very happy. Now Central Charity Christian Orthodox Fund wants to cooperate with Sahaja Yoga. Thank you very much. Thank you. That's what I said they are wise. They are very wise people in this country. They will not stand in the way where they see that people are helped. For no rhyme and reason they will object to Sahaja Yoga. Thank you very much. I would like to thank.

[aside]

Some Sahaja Yogini has written to Me. 'I'll go home and read the whole thing and I'll answer them.... answer them in the program, all right. It's a very big question.

["Shri Mataji, do you have a good opinion about Mikhail Gorbachev? What do you think about him now?]

It's all again political business. I don't want to say anything about Gorbachev. I think he fell into the trap of these Americans or something. I don't know what to say. I have all respect for him. But somehow he never wanted to meet Me. I tried. It's all right.

["What is the attitude to the husband?"]

The question is there about the women, they want to know my attitude towards the husband.

["Sorry, Shri Mataji, Moonies" - unclear]

What a question. My goodness. You please don't ask Me about devils.

["If each and every person could be a Sahaja Yogi?"]

The question is if each and every person could be a Sahaja Yogi. Yes, of course. But say he's an idiot. He's stupid. He has fixed ideas. What else - who's arrogant. You see if your one foot is in the mouth of the crocodile and put one foot in the boat, what should we do?

["Shri Mataji, please say how to tell about sects, about false gurus. How we Sahaja Yogis have to talk about sects?"]

Sahaja Yogis have to talk about how they should talk about the false gurus. You see those people who have been to false gurus are already suffering. They could be even quite mad. For example, I went to Chicago and there was one fellow of the Hare Rama Hare Krishna. He was the Chairman of Chicago Hare Rama Hare Krishna. It was very cold and he was wearing the dhoti you know this common in India, very thin. And he had shaved his hair and with a pony tail, a little bit like that coming out. I said, "Sir, I'm a Mother, why are you wearing this dhoti in this cold weather? It's very cold you know, I'm shivering." He said, "My guru has told me that if you wear a dhoti, you'll get moksha, nirvana." I said, "What? In My country eighty percent wear this thing, so they'd

be there already." He had shaved his hair.

I said, "Why did you shave your hair?" He said, "That my guru has told me that that's the station to get into the heaven." He was American, you see. I said, "There is Kabir, a great poet in India, said that by shaving your head if you can get your place in heavens, then what about the sheep that is shaved two times every year. Those sheep must be already there. Where will you have the place?" So he got very angry with Me. "You're talking against my guru." I said, "See, you need not be angry with Me. Do what you like, your guru has said, but tomorrow if you get sick with this dhoti don't come to Me." This "Hare Rama Hare Krishna" we say everyday in India. We don't say good morning like the English. We say, "Hare Ram," just like the Muslims say something, "Allah." So we say the same way. It's just a lip service. How can you go to heaven. He got angry but then he developed varicose veins. Next year he came to Me. So, to deal with them, you have to be careful. Firstly, they are slaves of their gurus. They have fixed ideas. Some of them just start shaking before Me. They fall in the ground. But most of them now are finished.

First thing they mesmerize. We have one in India who used to mesmerize and bring out Swiss watches to give to people. Lastly, there were very great people from India went to see him. There were four cameras. He could not mesmerize the camera. So the cameras clearly showed how he brought a necklace and passed it on. And also our rich people in India are so stupid - rich not the poor. They used to go to him to get diamonds, can you imagine. I mean all kinds of tricks he did. But he was exposed by newspapers now. They're all getting exposed by God's grace. All falsehood will get exposed. Firstly if you tell them that you don't have to pay any money to the guru, all the gurus will jump in the sea.

["Is it possible for people who are not realized to feel the vibrations in your presence?"]

You see those who are not realized can not feel any vibrations, even in My presence.

[Answering a written question:] Then she's saying that how is it that the people do not accept or recognize that it is You and only You who is the Holy Ghost? They are asking Me again and again the same question. But I must tell you about Russians. First time, when I came to Leningrad nobody had heard about Me. Nobody had seen Me. There were only some advertisements in the newspaper with My face. I also look like Russians sometimes and, you know, they saw only My face in the newspaper and when I went for the program the whole place was filled already, two thousand people and two thousand were waiting outside. I was surprised. I went inside and people got their Realization and when I came out they were still sitting. They said, "Mother, what about us?" I said, "All right, you come tomorrow. We'll sit outside in the open." It was very sunny and there were two thousand from outside and two thousand from inside and two thousand more, six thousand people. I was amazed. They all got their Realization. I said, "How did you come to My program?" They were not realized souls. They said, "Mother, Your face, it's absolutely evident. We know who You are." I was surprised. That's why I praise Russians very much. They are sensitive to truth. They are sensitive to spirituality. Maybe last lives they must have done lot of good things. I just don't know, but I find Russians extremely sensitive.

Another are Romanians, compared to all other Western countries. I'll tell you a joke. In Togliatti there was a joke that a Togliatti fellow asked an American, "How many Sahaj Yogis you have in America?" So he said, "Fifty-six." He said, "You have Fifty-six thousand. We have only twenty-one thousand in Togliatti." We had to hold the meeting in jungles near Volga River, because there were so many. Very sweet, very sweet, very sweet, I don't know how to express Myself for your love and understanding. Here I talked to scientists. There were two hundred fifty scientists sitting. They said, "Don't tell us about science. Tell us about God's science. We have had enough of science." Just think of it, such beautiful people like the flowers about to become the fruits. No credit for Me. I go to all the countries, sixty-five countries. Among all of them, you are so special. I don't know, when I leave you I feel somebody is wrenching My Heart. May God bless you.

["If there are chakras above Sahasrara?"]

There are chakras above Sahasrara, but first of all establish yourself. Gradually everything will work out.

["What is to be attitude to the members of the family who are not Sahaja Yogis?"]

My family members were not Sahaja Yogis to begin with. My husband used to say, "I know You are a Saint, but You can not transform others. You are moral, but You can't make others moral." Now he's changed. He said, "I've seen all this happening. You've made them into angels. I have to be honest that You have done the job." Even now, My daughters, My grandchildren, everyone in My family, husband's family, My mother's family, they believe in Sahaja Yoga. But I would say that I showed all compassion, love and patience. But I would say they are not great Sahaja Yogis like Russians, but they will be. Also it's better to keep them out because Sahaja Yogis make such a fuss out of them which will spoil their chances. They should come to Sahaja Yoga like ordinary people, otherwise it will be like nepotism I don't want that.

["Mother, please tell us how to overcome the daily suffering of how making enough money to pay for the food."]

Now she's asking how to make sufficient money to have the food. After coming to Sahaja Yoga, many people have solved their financial problems completely. How? First their attention becomes so good, that they can do many things which they could never do before and the blessings of the Divine start pouring on them. You have to have faith in yourself that you are Sahaja Yogis and you'll be amazed so many things will happen. Such coincidences that you'll be amazed at yourself.

I give you two examples of a miracle. There was a girl, young girl, who got frustrated because she didn't do well or something and she shot herself on the stomach on the left hand side and the bullet came out from here from the right arm. Also there was some blood, but she was quite conscious. So they took her to the hospital. Doctors were surprised. They x-rayed her, did everything and found that the bullet did not touch any nerve, any muscle, anything. Doctors said as if the bullet had a stroll around. Nobody could explain it. She came out of hospital second day.

Another miracle, recent, I mean recent one, there was a lady who's son was in America and who got into a horrible disease which is in her family at a very young age. Normally, they get it in the old age. She was working in the UN. She wrote to Me three letters praying that, "Mother, please cure my son. He's so young and he'll die within a month's time." And the fourth letter came from her, that he's all right, nothing is wrong with him. I didn't do anything - this All Pervading Power.

Another is another Sahaja Yogini in Turkey was thinking that her husband is not well employed in Turkey as a pilot and just out of the blue he got a job in Germany and now in America, a very big job. I don't do anything. I am the laziest person.

["What can save Russia?"]

I've already told you, you have to be patriotic. This is another revolution. You have to sacrifice and you have to understand not to waste your money on these Western nonsensical things. And Divine help will come to you. So many Sahaja Yogis who dare touch you, you're all protected by the Divine. What else?

["Shri Mataji, one of the symbols with Denmark is the elephant. Will Sahaja Yoga be established in Denmark?"]

If they're asking if Sahaja Yoga will go to Denmark because the symbol is the, what you call, the elephant. Sahaja Yoga in Denmark will move like elephant only, I think.

["Will there be other incarnations on the Earth?"]

They're asking about incarnations, will there be incarnations and all of that. Why do you worry about all these things. I can't tell you.

["I want to know about these big problems China"]

He wants to know about China? You shouldn't mind if I say that we couldn't start Sahaja Yoga there in that way because still

they're communists. But I'm sure the government of China will accept it very soon and then we can start Sahaja Yoga in a big way. Chinese are other very ancient people, very wise. Culturally, they are like Indians. They have morality in them. One thing I noticed, they were extremely hospitable, kind and gentle. You saw people there who were from Germany, from Africa, from America. They looked so gross. But Chinese, you know, they had arranged, through their students, the volunteers, very well trained girls and boys and so gentle. They were paid nothing. They are very patriotic people one has to learn from them. I wish Indians were like that. They are very dignified, very well mannered. Of course, if you insult them, they don't like. I must admit that Indians did that, insult them. And art, what art they have. Their government doesn't allow much to come inside China. They also don't care much for the Western culture. They dress up just like Chinese, most of them.

Moreover, they're very learned. They had two great philosophers, but the greatest was Lao Tze, who talked about Kundalini, Realization, everything. Confucius talked about humanity. So they believe in Confucius because it suits communism. In Hong Kong there are many Chinese and I asked them what will you do when the Hong Kong goes to the China, mainland China? They said, "We are Chinese and we'll be with mainland China. What does it matter? We're not going to run away." And do you know how they became rich? So many Chinese have gone abroad. And after this episode of killing the young students they were angry, but when it was explained that how can you suddenly give freedom to these young boys, students. One can do it gradually.

Otherwise, like Russia, there will be problem of mafia. They are very wise. So the Chinese who are abroad understood and the Chinese abroad send fifty to sixty percent of their income to their government. They are not attached to money. That's how they have become rich, very dedicated. Thousands and thousands of people are there, but the system that they have built, so beautiful that nobody will start playing. I was amazed that while working nobody drank anything, even a drop, so very alert. But when we were coming by that plane first class all the ladies and men were drinking vodka, vodka, bottles after bottles. I got a headache. Chinese are ashamed to do such a thing. Also they have told Me that the Chinese men marry Russian women and then give it up and call the Chinese women. I tell you, Chinese women are really very sweet. They don't compete with men. They are very sweet and they win over men with their sweetness. I also know they are very sensitive to spirituality. Even their prime minister asked Me about spirituality when I went with my husband. And I'm sure one day you'll find your brothers and sister very closely in China.

I hope I've been able to answer most of your questions. I thank the organizers of this conference from My Heart.

["Many questions about how to give up drinking Shri Mataji?"]

When you get your Self-Realization, in the light of Spirit, you give up everything which is destructive. How? I'll give an example. Supposing I'm very obstinate and I have a snake in my hand and there is darkness and you tell Me there is snake in your hand. I will say, "No, it's a rope." But when the light will come, immediately I will throw it away. In the same way, not only you give up drinking, that's not the only thing you do, but you give up everything that is bad for you. Because you also become very strong and free. Nothing can attack you, no habits. All drop out.

1995-0922, Arrival in Tolyatti

View [online](#).

22 September 1995

Arrival

Kurumoch International Airport, Samara (Russia)

Talk Language: English | Transcript (English) – Draft

[Note this transcript does not contain Russian translation]

Shri Mataji: Hello, How are you?

A lady with a microphone: Шри Матаджи, все сахаджа-йоги, все жители Тольятти рады приветствовать Вас на нашей Земле!

Bogdan: All the Togliatti people including sahaja yogis are so very happy to welcome You again, Shri Mataji.

Shri Mataji: Than you very much. Thank you !

Bogdan: Благодарим вас.

A lady with a microphone: Шри Матаджи, что бы Вы хотели сказать всем жителям Тольятти, всем сахаджа-йогам?

Bogdan: Shri Mataji what would you like to tell to all the people living in Togliatti and all the Sahaja Yogis?

Shri Mataji: Once you establish in Sahaja Yoga blessings of Divine will come on you. And all your problems will be solved.

Bogdan: Вы приняли Сахаджа Йогу и самореализацию, все благодати божественности придут к вам.

[correct translation: Когда вы утвердитесь в Сахаджа Йоге на Вас снизойдут божественные благословения и все ваши проблемы разрешатся]

A lady with a microphone: Thank You very much.

A lady with a microphone: Шри Матаджи Вы все можете и все знаете, скажите, когда Россия наша, наконец, стабилизируется в политическом и экономическом плане?

Bogdan: Shri Mataji You do everything and You know everything. Can you tell us when will Russia finally stabilize in economical and political field?

Shri Mataji: First stabilize in spirituality.

Bogdan: Сначала стабилизируйтесь в духовности.

Shri Mataji: And you should become patriotic.

Bogdan: И вы должны стать патриотами.

Shri Mataji: Don't buy anything from the West.

Bogdan: Ничего не покупайте с Запада.

Shri Mataji: Only buy things from your country.

Bogdan: Покупайте только то, что произведено здесь, в вашей стране.

Shri Mataji: Also one has to work hard.

Bogdan: Также вы должны работать творчески, созидательно.

[correct translation: Вам нужно тяжело трудиться]

Shri Mataji: And everything will be alright.

Bogdan: И все встанет на свои места.

A lady with a microphone: Спасибо. Thank you very much. Добро Пожаловать, Шри Матаджи !

Shri Mataji: Thank you. Thank you!

Bogdan: This is your welcome Shri Mataji.

Shri Mataji: Rays of sun touching it now.

Bogdan: Лучи солнца прикасаются к земле.

A lady with a microphone: Радуга. Радуга. Радуга появилась.

A lady with a microphone: Шри Матаджи, радуга появилась и солнце. У нас было очень туманно, была очень плохая погода, Шри Матаджи, вы привезли нам хорошую погоду и солнце.

Bogdan: Shri Mataji, the weather here was being foggy and murky but You have brought us sun Shri Mataji !

Shri Mataji: Also the same thing happened when we were in Moscow and Leningrad.

Bogdan: (Шри Матаджи смеется). Так произошло и в Москве, и в Ленинграде.

A lady with a microphone: Так всегда происходит.

Bogdan: It always happens this way Shri Mataji.

Shri Mataji: Alright

A lady with a microphone: Добро пожаловать, Шри Матаджи.

Shri Mataji: See the rain ! Hello. The rain is coming down to the Earth now.

Bogdan: Солнце прикасается.

Shri Mataji: So beautiful.

Шри Матаджи преподносится хлеб-соль. Мать отламывает и съедает кусочек.

Shri Mataji: Thank you very much. Spasibo !

Shri Mataji: Very happy to meet you all again.

Bogdan: Рада вас видеть снова.

[correct translation: Рада снова с вами встретиться]

Shri Mataji: And to see you again

Bogdan: И опять вас видеть

Shri Mataji: I hope you are doing well and happy in Sahaja Yoga

Bogdan: Надеюсь, что вы все здоровы и в радости в Сахаджа Йоге.

Shri Mataji: We go down, doctor?

Bogdan: Jai Shri Mataji

Shri Mataji: (taking off the garland) Bring them to collect the flowers.

Bogdan: Пожалуйста заберите цветы.

Shri Mataji: Let them sing one more song.

Bogdan: Еще одну песню пожалуйста!

Shri Mataji: Nice!

Shri Mataji: Thank you very much. Thank you!

Bogdan: Благодарю вас.

Bogdan: Shri Mataji see the seeds from Siberia, a lady from Siberia

A lady: Из сибирской тайги.

Bogdan: From the siberian Taiga, Shri Mataji

Shri Mataji: Pine pods.

A lady: Кедровые есть шишки.

Shri Mataji: Thank you very much !

A lady: Из сибирской Тайги. Thank you, Shri Mataji

Shri Mataji: Beautiful aren't these?

Shri Mataji: Hello (to a little boy) He keeps the protocol.

Bogdan: Он соблюдает протокол.

(laughter)

Shri Mataji: Thank you very much. What a welcome !!

Bogdan: Какое пожелание мне? какое приветствие? (what do you wish Me?)

[correct translation: Какое замечательное приветствие!]

People: Мы сахаджа йоги всего мира желаем Вам крепкого здоровья и долгих лет жизни! Джей Шри Матаджи!

[We sahaja yogis of the world wish you good health and long life! Jai Shri Mataji]

Спасибо Вам за все, что Вы нам сделали ! [Thank You for all that You have done for us]

Time lapse

Shri Mataji: They have already arrived?

Bogdan: Yes, Shri Mataji, faster than we. How did they do it?

Shri Mataji: Please, collect the flowers.

Bogdan: соберите цветы

1995-0923, Conference, TV interview

View [online](#).

23 September 1995

Interview

Tolyatti (Russia)

Talk Language: English | Transcript (English) – Draft

TV interview. Togliatti (Russia), 23 September 1995.

The Interviewer: Уважаемая Shri Mataji, скажите пожалуйста о цели своего сегодняшнего визита в Тольятти.

Translator: Much respected Shri Mataji, can You please tell us about the goal of your current visit to Togliatti?

Shri Mataji: I think Togliatti is... some very spiritual place

Translator (Vasiliev): Я думаю, что Тольятти - одно из самых важных духовных мест.

Shri Mataji: Because I found though it's an industrial town... people are very very spiritual

Vasiliev: Потому что, хотя и говорят, что это индустриальный город, но люди весьма весьма духовны в нём.

The Interviewer: Это очень приятно слышать, спасибо Вам большое за это.

Translator: We are very pleased to hear that Shri Mataji

Shri Mataji: Also in the whole of Russia.

Vasiliev: А также во всей России

Shri Mataji: May be the river Volga or whatever it is, these beautiful forests. People are here are very very... God-oriented

Vasiliev: Я не знаю из-за чего, может из-за реки Волги, возможно из-за этих прекрасных лесов, которые вас окружают, но люди здесь весьма весьма ориентированы на Бога.

Shri Mataji: they do not have fixed ideas about anything

Vasiliev: У них нет каких-то фиксированных идей в отношении религии.

Shri Mataji: It's easy to talk with them.

Vasiliev: С ними очень легко говорить.

Shri Mataji: There are (many) places, but Togliatti is very famous now in the whole world.

Vasiliev: Есть много мест, но Тольятти одно из самых известных сейчас во всём мире.

Shri Mataji: India is all right, because from ancient times people have been talking about spirituality.

Vasiliev: Конечно, Индия всем хорошо известна и там люди с древних времён говорили о духовности.

Shri Mataji: The goal of their life is to achieve liberation through self-realization.

Vasiliev: Целью жизни являлось получить свободу через получение самореализации.

Shri Mataji: But in this place, I am really surprised, because 70 years they did know anything about God.

Vasiliev: В отношении этого места Я просто удивлена, потому что в течение 70 лет они ничего не знали о Боге.

Shri Mataji: Only when you know yourself, you can know God.

Vasiliev: Только лишь познав себя, вы можете познать Бога.

Shri Mataji: Otherwise, it is just talk talk talk

Vasiliev: А иначе это просто разговоры..

Lady with a microphone: это был задан вопрос корреспондентом газеты "Тольятти сегодня".

Bogdan: This question was given by the newspaper "Togliatti today" Shri Mataji

Question to Shri Mataji: Shri Mataji, скажите, а будущее этих мест, будущее Тольятти...какое оно?

Bogdan: Can You tell us about the future of Togliatti, about the future of this place

Shri Mataji: It's great!

Vasiliev: Оно велико. Это будет великое будущее.

Shri Mataji: They will have a lot of creativity, they will create lots of things, financially they'll be better off, no doubt.

Vasiliev: Конечно же, они получат очень большое развитие творческих способностей, и в финансовом отношении их положение намного улучшится, без сомнений.

Shri Mataji: Also a children are so beautiful...like angels

Vasiliev: А также дети, они настолько прекрасны, они просто подобны ангелам.

Shri Mataji: It is... some sort of pilgrimage, one feels

Vasiliev: Это просто как паломничество, которое вы можете здесь наблюдать.

Shri Mataji: So it is not how many temples you build, mosques you build or churches you build

Vasiliev: Поэтому вопрос не в том, сколь много храмов, сколь много мечетей, сколь много церквей вы постройте.

Shri Mataji: How many human beings you build its the point

Vasiliev: Вопрос в том, как много людей вы постройте.

Shri Mataji: Because one thing that is coming up here is materialism

Vasiliev: Потому что то, что здесь сейчас проявляется широко - это материализм.

Shri Mataji: That to american style

Vasiliev: Это американский стиль.

Shri Mataji: Which is very dangerous...

Vasiliev: Который очень очень опасен.

Shri Mataji: You have to go to America to see what is happening to that country

Vasiliev: Вам нужно поехать в Америку и посмотреть что происходит там.

Shri Mataji: White skin people they do not produce children.

Vasiliev: Белокожие люди не могут больше рожать детей.

Shri Mataji: The mothers, the fathers, the relations, the whole society goes on killing children

Vasiliev: Матери, отцы, всё общество убивает детей.

Shri Mataji: They have no love for their children.

Vasiliev: У них нет любви к своим детям.

Shri Mataji: They have no respect for their own body.

Vasiliev: Они не уважают своё собственное тело.

Shri Mataji: Women try to become prostitutes.

Vasiliev: Женщины стараются быть проститутками.

Shri Mataji: They are married women but they expose their bodies and they do all kinds of dirty things.

Vasiliev: Они замужние женщины, но они выставляют на показ свои тела и делают всевозможные непристойные вещи.

Shri Mataji: They divorce their husband for a small thing very small things.

Vasiliev: Они разводятся со своими мужьями из-за совершенных пустяков.

Shri Mataji: And some women marry 8 times and they very much advertise sort of treated as heroines.

Vasiliev: А некоторые женщины выходят замуж восемь раз, и они ещё получают широкую огласку, рекламу, что они

великие героини.

Shri Mataji: The family is breaking down.

Vasiliev: Сейчас семья разрушается.

Shri Mataji: And they try to interfere with everyone.

Vasiliev: И они пытаются вмешиваться во всё.

Shri Mataji: I don't know perhaps russians have a very wrong idea about americans.

Vasiliev: Я не знаю, возможно, у русских очень неправильное представление об Америке.

Shri Mataji: They are the people who are suffering now.

Vasiliev: Это те люди, которые страдают сейчас.

Shri Mataji: With all kinds of diseases.

Vasiliev: От всевозможных болезней.

Shri Mataji: They say that about 65% of the white skins

Vasiliev: Говорят, что 65% белокожих американцев

Shri Mataji: will get incurable diseases

Vasiliev: получают неизлечимые болезни.

Shri Mataji: and also diseases that come from their lifestyle.

Vasiliev: А также те болезни, которые появляются из-за их стиля жизни.

Shri Mataji: There is no culture. American culture is absolutely a mad thing.

Vasiliev: У них нет культуры, Американская культура абсолютно безумная вещь.

Shri Mataji: Their music is such that it bombards your brain and you develop problems.

Vasiliev: Их музыка такая, что буквально бомбардирует ваш мозг, и из-за этого у вас развиваются проблемы.

Shri Mataji: There is nothing to learn from them.

Vasiliev: У них нечему учиться.

Shri Mataji: You are a great old country have a great history.

Vasiliev: Вы - великая древняя страна, которая имеет великую историю.

Shri Mataji: While this is a new country trying to be bumptious.

Vasiliev: Хотя, эта новая страна пытается быть напыщенной.

Shri Mataji: The wisdom you people have they do not have. They are very immature.

Vasiliev: Той мудрости, которой обладаете вы, у них нет. Они очень не зрелые.

Shri Mataji: They are very stupid.

Vasiliev: Они очень глупые.

Shri Mataji: And also well spoilt by horrible writers like Freud.

Vasiliev: Так же они были испорчены ужасными людьми, такими как Фрейд.

Shri Mataji: They believe that every moment of their life is to be enjoyed.

Vasiliev: Они верят, что каждый момент жизни они должны наслаждаться.

Shri Mataji: And this enjoyment is self destructive

Vasiliev: и это саморазрушающее наслаждение.

Shri Mataji: It goes on destroying

Vasiliev: Это разрушает их.

Shri Mataji: I do not know when will they understand that the role in life is not to waste it.

Vasiliev: Я не знаю когда они поймут, что нельзя попусту растрачивать свою роль в жизни.

Shri Mataji: And they are very much impressed by false gurus.

Vasiliev: И они под очень большим впечатлением от лжегуру.

Shri Mataji: All the false gurus have made money there

Vasiliev: Все лжегуру делают там деньги.

Shri Mataji: And now they are thrown away most of them.

Vasiliev: И сейчас большинство из них выбрасываются оттуда.

Shri Mataji: Because they lack wisdom.

Vasiliev: Потому что у них отсутствует мудрость.

Shri Mataji: These gurus wanted to make money.

Vasiliev: Эти гуру хотят делать деньги, и они идут туда.

Shri Mataji: So they went there.

Vasiliev: Потому что, всё таки, американцы очень глупые.

Shri Mataji: Because also americans were very stupid.

Vasiliev: Конечно, сейчас уже пришло время воскрешения.

Shri Mataji: Of course the time has come for the resurrection.

Vasiliev: Это последний суд.

Shri Mataji: This is the last judgement.

Vasiliev: Поэтому вы должны решить,

Shri Mataji: This is how you have to decide.

Vasiliev: Хотите вы идти в ад, или вы хотите идти в рай.

Shri Mataji: Where you want to go to Heaven or to hell.

Vasiliev: И я вижу, что люди в Тольятти исключительно мудрые и невинные.

Shri Mataji: And I find Togliatti people extremely innocent and extremely wise.

Vasiliev: И Я нахожу, что тольяттинские люди исключительно мудрые и исключительно чувствительные.[невинные и мудрые]

Shri Mataji: Also very deep.

Vasiliev: А также очень глубокие.

Question: Шри Матаджи, Вы очень много делаете для сближения религий. По созданию Вселенской религии. Сейчас даже Папа римский хочет объединить религии. В каком состоянии сейчас находится эта Ваша работа? И какие взаимоотношения Сахаджа Йогов с другими религиями?

Bogdan: Shri Mataji, at this point in time you are doing quite a lot to bring the religions together, to create a universal religion. The Pope of Rome is trying to do similar. What is your feeling and what are You trying to do to bring all the religions together?

Shri Mataji: You see they all believe in exclusive religions.

Vasiliev: Понимаете, все верят в исключительные религии.

Shri Mataji: They think Christianity is exclusive, Islam is exclusive, Judaism is exclusive.

Vasiliev: Они верят, что христианство исключительно, ислам исключительный, иудаизм исключительный.

Shri Mataji: But they are not at all.

Vasiliev: Но они не являются таковыми.

Shri Mataji: Because Moses wrote about Abraham, Christ told about Moses and Moumatsa wrote about Christ and his Mother.

Vasiliev: Потому что Моисей писал об Аврааме, Христос писал о Моисее и Мохаммед Сахед писал о Христе.

Shri Mataji: But in all those religions it is written that the time is going to come for you resurrection.

Vasiliev: Но во всех религиях написано, что придёт время вашего воскрешения.

Shri Mataji: And at the time when the resurrection takes place then you will understand that all these religions are the flowers on the same tree of spirituality.

Vasiliev: Также говорится, что когда придёт время воскрешения, то вы все осознаете, что все религии являются просто цветами на этом древе духовности.

Shri Mataji: We do not theorise We don't put it as mental aspect.

Vasiliev: Мы это не теоретизируем, не пытаемся превратить в какие то умственные построения.

Shri Mataji: But we show it as a reality.

Vasiliev: Но мы показываем это как реальность.

Shri Mataji: That all these great incarnations came on this Earth to establish balance.

Vasiliev: Что все эти великие инкарнации приходили на Землю чтобы установить равновесие.

Shri Mataji: But balance to ascend.

Vasiliev: ..Равновесие для того, чтобы восходить.

Shri Mataji: Mentally you can not unite.

Vasiliev: Ментально вы не можете объединить их.

Shri Mataji: You have to go beyond the mind.

Vasiliev: Вы должны выйти за пределы разума.

Shri Mataji: And feel this all-pervading power which is described in all the scriptures.

Vasiliev: И почувствовать эту все проникающую силу, которая описана во всех писаниях.

Shri Mataji: This talk is not going to help.

Vasiliev: И простой разговор здесь не поможет.

Shri Mataji: There should be an actualisation.

Vasiliev: Это должно произойти на самом деле.

Shri Mataji: Of the experience.

Vasiliev: В рамках опыта.

Shri Mataji: In your heart.

Vasiliev: В вашем сердце.

Shri Mataji: So that you know it as the truth.

Vasiliev: Так, чтобы вы знали, что это истина.

Shri Mataji: But not just a sermon, lecture or the theory

Vasiliev: Но не просто, что это какая-то теория, проповедь или лекция.

Shri Mataji: Nobody will unite together

Vasiliev: Никто не объединит их вместе.

Shri Mataji: Because nowadays religion is not spirit-oriented

Vasiliev: Потому что в наши дни религия не ориентирована на духовность.

Shri Mataji: It is either money-oriented or power-oriented

Vasiliev: Она ориентирована либо на деньги, либо на власть.

Shri Mataji: How can they leave their old domain?

Vasiliev: Как они могут оставить своё собственное царство..

Bogdan: Shri Mataji You were just talking about balance Russian finds itself to be western and eastern country you just talked about America let's say with some disenchantment. Which way should Russian lean? To the east or to the west?

Вопрос:Шри Матаджи, Россия находится между Западом и Востоком, Вы только что говорили о разрушительности Америки. Каким путём идти России? Западным или восточным?

Shri Mataji: According to russian culture.

Vasiliev: В соответствии с российской культурой.

Shri Mataji: You have very good culture.

Vasiliev: У вас очень хорошая культура.

Shri Mataji: I saw today some children doing some dance

Vasiliev: Я видела сегодня как ваши дети танцевали и пели.

Shri Mataji: But sahaja culture is the one that comes autonomously spontaneously and creates complete morality within you.

Vasiliev: Но сахадж культура возникает абсолютно спонтанно и создаёт мораль внутри вас.

Shri Mataji: What we need is pure morality.

Vasiliev: Что нам нужно, так это чистая нравственность.

Shri Mataji: Honesty

Vasiliev: Честность.

Shri Mataji: Patriotism

Vasiliev: Патриотизм.

Shri Mataji: All this comes to you once you become the spirit

Vasiliev: Всё это приходит к вам как только вы становитесь духом.

Shri Mataji: Then we have now Sahaja Yoga in 65 nations

Vasiliev: Сейчас Сахаджа Йога есть в 65 странах.

Shri Mataji: They all are together never fight never quarrel. Nothing.

Vasiliev: Они сейчас вместе, никогда не дерутся, никогда не спорят. Ничего такого.

Shri Mataji: There are many who have come to Togliatti even from America

Vasiliev: Многие сейчас приехали в Тольятти, даже из Америки.

Shri Mataji: From England

Vasiliev: Из Англии.

Shri Mataji: From Italy

Vasiliev: Из Италии.

Shri Mataji: From all over

Vasiliev: Отовсюду.

Shri Mataji: To visit this pilgrimage

Vasiliev: Чтобы участвовать в этом паломничестве.

Bogdan: Shri Mataji this may not be correct and protocolish question but this is the reality in this world at present. How what is your feelings and opinion about the sect Om Senrike? This japanese...

Вопрос: Возможно, это несколько не корректный вопрос. Но это присутствует сегодня в реальной жизни. Каково Ваше отношение к секте Аум Сенрикё?

Shri Mataji: Horrible

Vasiliev: Это ужасно!

Shri Mataji: You see anybody who says that this world is going to be destroyed is false

Vasiliev: Понимаете, любой, кто говорит, что этот мир будет разрушен, лжец.

Shri Mataji: Anybody who teached violence in the name of God is nonsense

Vasiliev: Любой призыв к насилию во имя Бога - нонсенс.

Shri Mataji: Religion should bring peace and joy

Vasiliev: Религия должна нести мир и радость.

Shri Mataji: Horrible these people are and there were many like this before also

Vasiliev: Это ужасные люди, было много подобных ранее.

Shri Mataji: Absolutely falsehood

Vasiliev: Абсолютно лживые.

Shri Mataji: But it is. Now is the time for Truth to manifest

Vasiliev: Но сейчас настало время, когда истина должна проявиться.

Shri Mataji: So they all get exposed

Vasiliev: Поэтому они все разоблачаются.

Shri Mataji: Not only this cult there are many others.. stupid

Vasiliev: Не только этот культ, есть много других, очень глупых.

Shri Mataji: Even from India

Vasiliev: Даже в Индии.

Shri Mataji: One of them Hari-Rama Hari-Krishna

Vasiliev: Одни из них: Харе Рама, Харе Кришна.

Shri Mataji: I went to Chicago and the leader of this sect was there. He came and saw Me.

Vasiliev: Как-то Я была в Чикаго, и лидер этой секты пришёл встретиться со Мной

Shri Mataji: It was very cold and he was wearing a very thin dhoti, you know, of cotton

Vasiliev: Было очень холодно, а он пришёл в очень тонком дхоти.

Shri Mataji: So I said why are you wearing this dhoti in this cold?

Vasiliev: И Я спросила: "Почему вы носите это дхоти в такой холод?"

Shri Mataji: As a Mother I am concerned

Vasiliev: Как Мать я проявляю заботу.

Shri Mataji: He said my guru told me that if you wear dhoti then you will get your moksha or nirvana

Vasiliev: Он сказал: "Мой гуру сказал мне, что если ты будешь носить дхоти, ты получишь мокшу, или нирвану.

Shri Mataji: I said in my country 80% of people wear dhoti. Are they going to get their Nirvana?

Vasiliev: Я сказала: "В Моей стране 80% людей носят дхоти, они что - все достигли нирваны?"

Shri Mataji: And his head was shaved with a little ponytail behind.

Vasiliev: И его голова была выбрита, и только маленьких хвостик торчал сзади.

Video interrupts..

1995-0923, What is the Real Religion? (poor sound)

View [online](#).

23 September 1995

What Is The Real Religion?

Public Program

Tolyatti (Russia)

Talk Language: English | Transcript (English) – Draft

[1:10]

I bow to all the seekers of truth.

I'm sorry, the program in reality was not this month. Normally, we come there in August. Doesn't matter. You people are already so well off in Sahaja Yoga, that I don't know what else to tell more. You know about Kundalini and you know what is Self-realisation is. But today, the way they asked Me questions, I think I should explain one or two things.

First thing is that Christ came on this earth, and he established the Christian religion. He came to balance the people and to tell them that they have to know themselves. The first that was done, was to talk about balance and morality. Balance through morality was preached, but they could not achieve it. Unless and until you know yourself, the religion will come outwardly.

One may call oneself a Christian and do all sorts of bad things. So, one can call oneself a Muslim and can do everything that is wrong. But with Self-knowledge, religion becomes innate. It becomes part and parcel of you. You become really religious, you become righteous. You do not do anything wrong. This happening was important to happen.

So, I've come here to fulfil the work of the Lord Jesus Christ. If he had completed his work, he would not have said that, "I'll send you the Holy Ghost".

Then, the same about Islam. Muhammad Sahib said two things. First is that, unless and until you know yourself, you cannot know about God. The second thing he said that the last Imam, the 12 Imam, who is called Muhammad al-Mahdi [from translation]. Mahdi means in 3 languages differently. In Persian language, it means, "the one who will guide humanity to lead a proper life". The second one means, "the primordial energy".

[A wasp disturbs Shri Mataji]

Shri Mataji: It's a kind of a –

Rustom: Shri Mataji, [Hindi].

Sahaja Yogi: Go!

Shri Mataji: All right.

The second one, of course, which is innate, was the primordial energy. That is, in Sanskrit, we call it Adi Shakti. And the third one, the third meaning in Arabic language is [unclear, Arwa salem?] mean the primordial Mother. So, if Muhammad Sahib was the last, why did he say so?

Then there was Buddha. And Buddha said that, "There will be Maitreya", who is the future Buddha, that is three Ma. Mahakali, Mahasarasvati, Mahalakshmi. They all talked about this, about the resurrection time, about the Last Judgment. So, this is the time. How can I be in any way, against Christ or against anyone else? They are all like flowers on the tree of spirituality. But people plucked the flowers, and are now fighting with dead flowers. So, in Sahaja Yoga, the arrangements have been made to become. [A wasp disturbs Shri Mataji] To become really a Christian, really a Muslim, really a Buddhist.

But in Hindu religion, they know all about it. You don't have to explain anything to them. They already know, because it was predicted so well and clearly. What surprises Me, that in Tolyatti, there are so many Sahaja Yogis! I am very proud of you. In the

whole world, apart from India, there is no place for Sahaja Yoga as here in Tolyatti. It is -
[Applause]

something, one cannot believe in. Because how far is this Tolyatti from India? But how the seed of spirituality prospers here so well.

Then another point is about this cult in Japan, what they did. They are just our opposite! Because they said that the whole world will be destroyed, and so we should destroy the world.

I can't understand Japanese being that stupid! Perhaps, they were all mesmerized. We have to give them the benefit of doubts. How many people they killed! It is all anti-God activities.

We are here to show what is the real religion, what is the reality. I know that you have understood. So, don't be upset if people talk like that, because you know what you have achieved.

I have to go now to Kiev, where there are many people who are waiting [unsure]. I would say that it will hardly take more than five minutes to feel your vibrations. You just put your hands towards Me.

Now, put your right hand like this, and put down your head. And see for yourself, if there is a cool breeze comes from your fontanel bone area. This is the actualisation of your baptism. Actualisation. It might be hot, so you have to forgive yourself and you have to forgive others.

Now, please put your left hand towards Me and now see with your right hand.

I know you have problems. But within one year, your problems should be solved. But you must meditate and pray.

Now all those who have felt really a cool or hot flow breeze on their hands, centre of their palms, on their nails, or we can say the fingertips, or out of the fontanel bone area, please raise both your hands.

I bow to you. I'm getting breeze from you. [Shri Mataji laughs]

Such beautiful people you are. I'll miss you very much.

If you have problems- [Applause]

If you have problems, please write to Me. But ask someone to write it in English, because I don't know Russian. I'm trying to learn it.

Thank you very much.

[Applause]

All right. [End of Shri Mataji's speech at around 17:45 minutes]

[Unclear conversation between Shri Mataji and a Sahaja Yogi]

[The Russian physician takes the mike for a conference]

[Gross translation of some parts of these 15 minutes: Dear brothers and sisters we live in unusual times very difficult not only for our fatherland but also for the whole world. The origin is the same both are Slavs and Serbs and Croats native people but there was a period when some were occupied by the Austrians and gave Catholicism. Others were occupied by the Turks and gave Islam to others. Serbs remained Orthodox Christians like our Mother Shri Mataji.

This circumstance led to the urgent solution of the issue it is necessary to unite all religions. God is one and religions are different and I do not want to offend anyone, but there is a religion that takes the best from another religion. For Muslims, we are all non-Muslims infidels and should be removed from life. See how incomprehensible, how bad is a religion calling for peace through war with other nationalities! For this purpose, Petrovskaya Academy of Arts and Sciences and Shri Mataji is an honorary member of the Petrovskaya Academy of Sciences.

I emphasize for beginners the only woman in the world the only honorary member. For this purpose, we had two international conferences last year in September and this year after a year and 5 days, we have the second conference already. And here is

depicted Shri Mataji and the most influential spiritual figure of Russia in his authority of love for the fatherland Vladyka Metropolitan John Metropolitan of St. Petersburg. This means the entire large region and not only Petersburg looks for the solution of this main problem of peace and war....

What Shri Mataji brings to our country, is very important., I will tell you frankly, there was a question about banning Sahaja Yoga from our country of all directions... but the Metropolitan with a big heart, said India is a friendly country for us and we should not spoil relations on the basis of our differences...]

[Shri Mataji leaves the place.]

Shri Mataji: Spasibo [Thank you]

[The Yuvas sing bhajans together on the spot]

1995-0924, Airport conversation, departure for Ukraine

View [online](#).

24 September 1995

Departure

Tolyatti (Russia)

Talk Language: English | Transcript (English) – Draft

[Shri Mataji speaks in Hindi to Yogi Mahajan]

Shri Mataji: Somebody should help him now, he's alone.

Dr Bogdan: He is, we have to wait there's a special man who's just come for the purpose of this flight and then I'll take the baggage, Shri Mataji. An official has just come for the purpose.

Shri Mataji: For us?

Dr Bogdan: Yes. So, we have still much time, Shri Mataji. We have an hour and 20 minutes.

Yogi Mahajan: An hour?

Dr Bogdan: An hour and 20 minutes, yes. We got it quite fast still. Still an hour and 20 minutes, Shri Mataji.

There is a house, a stadium of sport, Shri Mataji, which is close. They have a closed stadium with probably 5,000 seating, Shri Mataji, in Samara.

Shri Mataji: That's a good one. All right, next time, we should come here in August if there is a .

Dr Bogdan: She is asking whether you would also like to come into Tatariya, that's Sasha's sister, whether you would like to visit Tatariya.

Shri Mataji: How far it is?

Dr Bogdan: It's 500 km, Shri Mataji.

Shri Mataji: To go by train or by plane?

Dr Bogdan: They say there is an international airport there and planes go there also.

Shri Mataji: All right.

Dr Bogdan: From Moscow to Tolyatti.

Shri Mataji: How many here are from Tatar?

Dr Bogdan: Yes, Tatarstan, this is this is where- these were the- it was the Kazan Tatar Shri Mataji. Its special name Tattar is called Kazan Tatar. It is in the border with Bulgaria.

Shri Mataji: The nearest country

Dr Bogdan: Yes, Shri Mataji.

Shri Mataji: Mongolia.

Dr Bogdan: Yes, he came now, it's further east, Shri Mataji, but the golden horde lived in these area, Shri Mataji.

Shri Mataji: Who?

Dr Bogdan: The golden horde, the swarm, the golden swarm lived in this area, Shri Mataji.

Shri Mataji: Who was?

Dr Bogdan: The ancestors of the Genghis Khan. They came and settled in the steppes here. And then they attacked Europe from this area.

Shri Mataji: So, now they have to tell the Muslims that we had the leader of the, all the Shias in France. And all religions [unclear] to God. Another thing is, they have said that when the 12th Imam will come, you'll feel the cool breeze in this spot, this part [in the palm].

Last [Imam].

So, you have to tell them now that, "We have met the Imam, the last Imam".

[Applause].

And to Christian, the Holy Ghost has come now.

[Cut in the video].

[Hindi]

Shri Mataji: I want to give it to doctor.

Dr Bogdan: Alexandra thank you.

Shri Mataji: If so many are coming.

Dr Bogdan: Now 35 are coming, Shri Mataji. The rest have just come to see you.

Shri Mataji: All right. Now should we go?

Dr Bogdan: Yes, Shri Mataji.

Shri Mataji: I want to give it to doctor.

Dr Bogdan: Alexandra thank you.

Shri Mataji: If so many are coming.

Dr Bogdan: Now 35 are coming, Shri Mataji. The rest have just come to see you.

Shri Mataji: All right. Now should we go?

Dr Bogdan: Yes, Shri Mataji.

Shri Mataji: It stopped raining, I think.

Alga: Tickets, I have. Tickets.

Dr Bogdan: Tickets you have. All right.

Shri Mataji: May God bless you all. [Unclear], you must meditate.

[End of video]

1995-0924, Arrival in Ukraine and Talk

View [online](#).

24 September 1995

Arrival

Boryspil International Airport, Boryspil (Ukraine)

Talk Language: English | Transcript (English) – Draft

Talk on arrival in Kyiv, Borispol Airport, Kyiv, Ukraine, Sept. 24, 1995

I really don't know how to thank you for this surprise. [Applause]

It's very kind. All and your children have come down here.

I have a very great concern for Ukraine. [Applause and laughter]

While coming in the plane, I was looking at your beautiful land near the river Dnieper. Aside: It's good now.

And I felt such a good land you have here and I also know that once upon a time, this was a very rich country where the wheat and all this produce were supplied to whole of Europe. So I was asking about, "What has happened to this country? It was very reach country just before separation. So they said that this land is now doesn't belong to anybody and the government does all the [unclear] and agriculture.

In the- in My country also, we had same problem that land produce was very little, because few people were doing only for themselves. But then they formed cooperatives and gave the land to people for cooperatives and it was called as the 'Green Revolution'. And thus our problem was solved, our problem of food, everything. So, if Sahaja Yogis can ask for no war anymore, so they can help their government to solve the problem. Because Ukrainian Sahaja Yogis are very deep and are very good people. We had one problem because of this Chernobyl problem. But it seems you people look very much now all right and healthy. [Shri Mataji smiles] [Applause and laughter].

With Sahaja Yoga, all these problems which are minor can be easily solved. But one thing is that you must work in unison as one person, as part and parcel of one Human being. And also try to understand how you can solve the problems. He's just told me that you don't have oil [inaudible] – doesn't matter. You are such great artists and you are producing beautiful things out of your hands. And do you know in the West they don't know now anymore how to do handmade things. So, you can really sell all that out and can really solve your problems. There are so many things you can think of because you are now Realized souls. Because there is a help of the Divine as well as you yourselves become very alert.

I found, in Russia, that Americans are taking over. They have brought all their dirty culture to Russia and people are taking to it. If you go to America, you will know that they are really living in Hell because they believe in a joy at every minute. But what they are doing is nothing but self-destruction. Their music, their everything shows that they are extremely frustrated. With all the money they have, they are committing suicides. The mothers kill their children, the father kills the wife. It goes on those like this: killing. So, you should keep to your own culture and this horrible culture should not be allowed to come. Most of the women are nothing but they are like prostitutes. All children are drug addicts. Or alcoholic, the men are. They are not normal people. So, Sahaja Yogis have to produce our Sahaj culture, which brings peace, which brings joy and is based on innate morality.

I think this awakening is coming now to people in Russia. I've been there for a conference and in the conference, the subject was 'Health, Morality and Peace'. So, these are very important points to make a nation solid. Not money, that comes automatically. So I told them that, "Don't buy anything that comes from abroad". Nothing imported we bought.

You'll be amazed in India, you can't buy even a pin from abroad. There's no shop like that. Our Mahatma Gandhi told that, "Don't get anything from abroad". And so we have come up. Three hundred years, these British ruled us. They take away our gold, they take away our all-precious stones, everything. But now, India has come up by becoming Indians, that means by becoming

patriotic, that will really give your children a very nice time.

I wish I could come for more time here. But somehow, I'll go back. I wish that I am not running from place to place.

May God bless you all.

1995-0925, Within you is already placed the great instrument by our Creator

View [online](#).

25 September 1995

Within You Is Already Placed The Great Instrument By Our Creator

Public Program

October Palace, Kyiv (Ukraine)

Talk Language: English | Transcript (English) – VERIFIED

Public Program, October Palace, Kyiv, Ukraine, Sept. 25, 1995

I bow to all the seekers of truth. We have to know at the very outset that Truth is what it is. You can not change it, you can not describe it, you can not transform it. Whatever I'm going to tell you tonight you should not take it for granted. Blind faith has harmed us the most. So it is important that you should keep your minds open like scientist. And then what I'm telling you should be treated like a hypothesis. If it is proved then as honest people you have to accept it. Because it is for your benevolence, it is for the benevolence of your family, benevolence of your city, your country and for the benevolence of the whole world.

At this juncture when we are facing problems all over the world it is important to understand why do we have problems. The problems are there because we do not know the absolute Truth. You don't know about your physical, emotional, mental being. And it is said that if you don't know yourself, you can not know God or Divinity. We say, "This is my hand, this is my head, my...", but who is this "My"? So what is the truth? – That you are not this body, you are not this mind, you are not this emotions, you are not this intelligence. You are not this ego or your conditionings. But you are the pure Spirit. For example if I am born in a Christian family or a Hindu family or a Muslim family, immediately I accept the conditionings. Without understanding what good it has done to the world or to yourself. And thus we start living in a hanging condition.

So the second Truth is that there is the All Pervading Power of Divine Love, which does all the living work. You see here such beautiful flowers. It's a miracle. We never know how it comes out of one seed, one bulb of these beautiful flowers. We take all these for granted. If you ask a doctor, "Who runs your heart?", he will say, "It's an autonomous nervous system". But who is this "Auto"? Who looks after us? This is what one has to understand that there is a superior Power beyond us, which does all these things.

I find the people of Russia and Ukraine too much impressed by the Americans. I just don't understand because compare to you Americans are just stupid people. They have no wisdom. Compare to you they don't understand life. To them every moment must be spent in enjoyment. And every enjoyment they discover is self-destructive. It has destroyed their body with horrible diseases. It has destroyed their mind with perversion and schizophrenia. It has destroyed the whole society, the family, everything by their own idea of this enjoyment. You people living here must be thinking that the whole country is paved with gold. It is such a violent country that every individual is a Mafia. When I go to America I've to take out all these ornaments, which I supposed to wear from My family. Their music is maddening. There was one fellow who was really mad while singing, mad. That was no music but it was just like a shouting noise. And then he used to take out the whole of his trot out as if. Itself the singing was horrifying. And he called his group as 'Nirvana', meaning the liberation, ultimate spiritual liberation. And ultimately though he used to drink, smoke, take drugs, ultimately committed suicide. I think is important you must see some of them and know about what sort of a country it is.

So God has given you this wisdom. Because you have been ancient people. Do you know about your ancient history? I was so surprised to read about it. You have a great relationship with Indians. They say the Ukraine name came from a king called Kuru. He was the forefather of Pandavas and Kauravas in India. Also it was said that Shri Rama came here and built this place – Kyiv. Before the Christian religion came in there were such beautiful faiths in this Kundalini.

(Shri Mataji speaks aside) Is it now Kundalini? They have put it there. All right.

All right. In the... I studied the paintings and the museum pieces where it is absolutely shown this Kundalini there, see now. They've shown the Primordial Mother and Her Kundalini they have shown in the paintings. And the lowest Chakra that is the called Mooladhara that has got like a swastika frame. Is all there in the paintings. Everything, all these Chakras, everything there. And you don't know what were your forefathers. They were all very spiritual. This spirituality has given such fertile land to you. I was amazed the way in this country spirituality was thriving at that time. Now I know why you people and Russians are so sensitive to spirituality. Is in your blood. You can't help it. You will be never satisfied with something artificial. For the time maybe impressed by America. But you will realize its stupidity. And you'll come back to your original culture. I was amazed how these people in those days. They called themselves Aryans and also they came to India and so many from India came here. For a normal Indian the goal of life is to get Self-Realization. As also Christ has said that, "Know thy Self" and also Mohammed Sahib has said, "The one who does not know himself is not a complete person and he can not know about Divinity". With all these sayings and understanding one knows the goal of his life. And from ancient times, three thousand before Christ in this country people knew their goal. Not drinking, not other dirty things they do in America. Only the false people can impress them. They only understand money. How can a spiritual person be money oriented? Those who are money oriented can not be near God. But as a blessing of God all kind of prosperities come. You don't have to run after prosperity, the prosperity runs after you.

So within you (Shri Mataji asks the interpreter, "Somebody has told them about Kundalini?" He answers, "Yes, yes, Shri Mataji"). So within you is already placed this great instrument by our Creator. All of you have this within you. This is your own Mother. Everybody has an individual Mother. It's like a tape recorder of your past and your aspirations. She knows everything about you. And She's anxious to give you your second birth. This is all your own. Now we have become humane beings in the evolutionary process, which is the living process. And now there's going to be one more break through by which this Kundalini rises like a primula in the seed and passes through you fontanel bone area, becomes one with the All Pervading Power of Divine Love. Just like this instrument (Shri Mataji indicates to the microphone), if it is not connected to the mains, has no meaning, we have no meaning. We have no personality. We go on drifting from here to there. When this happens then you are connected with this All Pervading Power and this Power starts flowing through you on your fingertips. So you can feel the Absolute Truth on your fingertips because you know what Chakras are in trouble. Also you know about others because you get connected with this All Pervading Power, you develop a new dimension called as 'collective consciousness'. With this new awareness you can know the centers of others. All your problems are there because your centers are in jeopardy. Through this awakening of the Kundalini there have been thousands and thousands of cures of incurable diseases. If you remember first time when I came here there were so many people sick of Chernobyl this thing. And with the Kundalini awakening they got cured. All their problems solved. None of them died. They must be some people sitting here. That's the minimum. There are four doctors in India who have got now MD in Sahaja Yoga. In Russia there are about I think two hundred doctors were following Sahaja Yoga and curing people for no money at all. So money is not so important.

The second thing that happens to you that you become mentally absolutely peaceful. Like our thoughts rise and fall, rise and fall and they come to us from our past and from the future. And our mind is jumping on the cusp of the thoughts. If I say, "Now, come to your present", you can not. But when this Kundalini rises she separates the thoughts and elongates them and you become thoughtlessly aware. You are aware but you are thoughtless. That is the present. Thus your memory becomes just photogenic. Now for example this carpet is not Mine, is very beautiful. Normally I would think how much to pay, how much to buy. If it is Mine also I would think it should not get spoiled. But when I see in thoughtless awareness all the joy that is putting to it to make it starts pouring on Me as soothing current. In the present if you want you can think and if you don't want you don't think. You become absolutely peaceful. And then you start emitting peace to others. Wherever you go you can create peace. Not by giving awards people have peace. On the contrary I've seen this people are very hot tempered. They have Peace Award, but you can't talk to them, they jump on you. So one has to understand that there is a space within us for peace, which not only makes you peaceful but makes others also peaceful.

The third thing that happens to you that your attention becomes enlightened. Christ has said, "Thou shalt not have adulterous eyes". But your attention becomes moral, becomes. I don't have to say, "Don't do this, don't do that". Only in the light of Spirit you yourself become absolutely moral. We can say, like angels. So this is within you, which works out. I've seen some criminals

becoming angels because the data base of their genes change also. It is so fantastic! But you are fantastic you are glorious. Only thing you have to get connected.

Now one has to know that this All Pervading Power of Divine Love is the Ocean of compassion and love. It is the Ocean of knowledge. All the real knowledge you know, not from the books, not from the words, but the real knowledge about Reality. It is the Ocean of so many miracles and so many blessings. But above all it is the Ocean of forgiveness. Whatever wrong you might have done, whatever mistakes you might have committed, all are forgiven by this Divine Power of Love. Truth is love, love is peace, and all of them are one. You become the master of it. You don't dominate others, don't torture others, but you love. And this love is without any lust or greed. Above all this Ocean of Love is the Ocean of Joy. You become joyous. Joy is not like happiness or unhappiness. It is singular. You enjoy yourself, you enjoy the nature, you enjoy everything. It is such a remarkable thing that is going to happen. We can say now there is a global transformation. So there will be no wars, no arguments, no discussions. Because everybody will know the same truth. No fixed ideas, it is just Reality.

I was so impressed by your forefathers who have done so much already for spirituality. And I'm sure you all have a special right to become one with this Divine Power. It's like you put a seed in the Mother Earth and it sprouts by itself. And your forefathers believed in the Mother Earth as the Primordial made of the Primordial Mother, She has made it. Imagine they have Kundalini depicted. How many people in the world knew about Kundalini except for Indians? But surprisingly the Colombians also, the ancient Colombians knew about Kundalini. That was their faith. They might have seen it, they might have felt it. So you have such blessings of your forefathers. It's going to work out, I know all of you are going to get your Self-Realization tonight. Only thing you must have faith in yourself. You should not feel guilty about anything. You don't have to confess anything to Me, you don't have to change your dress or change your hair style, nothing of the kind. It is not superficial, it is within. But you must have full self-confidence in you. You must know that you are going to get it and that you have to forgive yourself. If you have committed some mistakes, finished. What's the use of feeling guilty?

Another thing is – you have to forgive everyone from your heart. Only thing is that as the Mother Earth has the power to germinate, the seed has built-in power to get germinated, you also get your Realization in the sense the awakening of the Kundalini. But you must look after your Self-Realization. We have some very good Sahaja Yogis here who can guide you how to meditate only for ten minutes in the evening. But you should not leave it in the middle (Shri Mataji laughs). It would be like the parable of Christ that some seeds cast to germinated and were thrown in the marsh, you see, that's will be something like that. If you respect yourself then this Self-knowledge should grow. It's for free, you can not pay for Divine love. Many people don't understand how much do we pay to this Mother Earth for this flowers? Because this is your own, your own right to have your Self-Realization. So time is there, we have to have our experience of Self-Realization. And we have to feel this All Pervading Power for the first time.

So I would request you, all of you, first of all to have full self-confidence. Then to forgive yourself and to forgive others. Now you might say (Shri Mataji speaks to the interpreter, "Tell him afterwards, all right?"), you, you might say that is difficult to forgive. But just think logically whether you forgive or don't forgive what do you do? So you don't do anything. But you torture yourself for nothing at all. All your life you torture yourself like that. But at this moment is very important that there is a center what we call the optic chiasma in the brain where is this center. And this center is like this constricted. It won't open unless and until you forgive everyone. So how will the Kundalini come up? Now when you don't forgive and feel guilty this center catches here on the left very badly. Physically also you might develop a disease called as angina for the heart. Also spondylitis and lethargic organs. So please forgive yourself. At this moment is very important that this center should open and this center should open so the Kundalini will rise.

You go beyond the mind into Reality. When we have the power of our mind we just moves in a linear way. And it then recoils because no truth in it and harms you. Can harm the society like Freud. He had some funny ideas, he has harmed Americans completely, like Hitler. So many of them. But if it is the light of the Spirit it moves in all the sides. It penetrates into all subtle things and never recoils. So you have to develop your spiritual awareness.

When I come I know there are thousands and thousands, but when I go away that doesn't mean you should not grow. So when I

come there is a kind of a periodic sort of understanding. But it's a living process, you have to look after it and you have to grow into it.

Once you achieved the second state, which we call as doubtless awareness, you will know how great you are, what powers you have. I've seen people becoming great scientist, great artist and great musicians through Sahaja Yoga. Even the children become very-very intelligent, alert and obedient and moral. Overnight I've seen people giving up drugs, alcoholism, all these destructive things. Now I am seventy-three years of age Myself and I'm traveling every third day and I don't feel tired. Because humane energy is limited. But if he gets this Divine energy then what does it matter? So to make it flow into you, you must grow into it. This is My request as a Mother.

So it will take hardly about five-ten minutes for you to feel your Realization through this All Pervading Power. I would request you not to disturb at that time. If you want you can go away before we start it so that people are not disturbed. One thing, I can not force it on you because I respect your freedom. And in your freedom you have to ask for it. You must have pure desire to have it. Because this Kundalini is the power of pure desire. So I'll wait for one minute, if somebody wants to leave, can leave.

(Shri Mataji speaks to the interpreter, "No one. Great people".) All right (Shri Mataji laughs).

All right. (Shri Mataji speaks to the interpreter, "Might just get it like that. All right.")

First I'll try a very short method (Shri Mataji laughs), which has worked in Russia. All right. Now please put your hands like this towards Me. Don't close your eyes. Now please put your left hand towards Me like this and now bend your head and now see for yourself if there's a cool or a hot breeze coming out of your fontanel bone area. (Shri Mataji blows 7 times in the microphone.)

Now, please now put your right hand towards Me. Now again bend your head and please see with your left hand if you are feeling cool or a hot breeze coming out of your fontanel bone area. It is hot because you have not forgiven yourself and you have not forgiven others.

Now, take the left hand now. All of you must do, please do. Now bend your head again and put your right hand and see if there's a cool or hot breeze coming out of your own head. Sometimes it comes nearer the head, sometimes little away. But don't touch your head. Above the head, above.

Now, please now put both your hands towards Me like that and watch Me without thinking.

Now, please put both your hands towards the sky like this and ask a question, one of them in your heart. Put up your head and say, "Mother, is this the cool breeze of the Holy Ghost?" Ask three times in your heart. Otherwise you can ask, "Mother, is this the All Pervading Power of Divine Love?" Again three times. Or else you can ask, "Mother, is this the Parama Chaitanya?" Again three times in your heart.

Now bring down your hands. All those who have felt cool breeze or hot breeze on their fingertips or on their palm or out of their fontanel bone area, have to raise their hands.

(Shri Mataji laughs) See? Quite all. May God bless you all. See, this is the first time you are feeling this breeze. I told you that this is a country of very spiritual people. This is a proof. All of you have felt it. But I again request you that please try to continue to grow till I come next year.

Another simple thing you can see these are Ukrainian people singing so well Hindi songs, Marathi songs, Sanskrit songs. If you don't see them you will think they are Indians singing it. (Shri Mataji laughs.) It's very difficult. But how they have managed that I don't know. So let them sing one song I would like also to hear. Which one – "Anadi Nirguni"? 'Jogawa'? You'll sing 'Jogawa'? Ah, this is the song written in the sixteen century by a saint in India in Maharashtra, My state, in a Marathi language. He is saying, "Oh, Mother, give me this Yoga, this union with the Divine". And then he says, "I will give up all that is bad, all that is wrong, I'll do

everything but give me this Yoga". And all the people in the villages sing this, they don't know what it is. It is now the other way out. You don't have to give up anything. You don't have to go to Himalayas. Here, sitting here, you can get your Yoga, your union with the Divine.

(Yogis are singing the song.)

May God bless you all. Please respect your Self-Realization, respect yourself. All My love. I'll come next year again to meet you all. Ah, if you have any problem you can write to Me through the leaders here. Thank you.

1995-0928, Conversation with a Russian Muslim

View [online](#).

28 September 1995

Visit

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Conversation in Moscow (Russia), September 28th, 1995

1995-0928 Conversation with a Russian yogi from Muslim background, Moscow, Russia

During this meeting, Bogdan plays the role of the interpreter between Shri Mataji and the Russian yogi.

Shri Mataji: So, can they marry twice, the Muslims, two times? Under law? In India, they can. You see, we have a Muslim law. And then if you say three times “Talâq, talâq, talâq”, you can give divorce, with so many children to provide. And they are kept on the streets.

So, you see, if the children of such families are there, you have to tell them about the common points. But they see the links, after. They are to be told how the mother is to be respected, how the women are to be respected, because they are your mothers, they are your sisters, they are your daughters. So, naturally, they will start changing. If you put these nice ideas into their head in childhood, tomorrow they will revolt their parents, revolt.

Bogdan: Shri Mataji, is there enough time left to make all these types of changes?

Shri Mataji: Very much time. You see, now what has happened is, – you tell him –, that how a Sputnik works, he knows that. You see: first, one container has all the containers. It goes up to a point, and the first one explodes, and there is acceleration. So, the second one then explodes. Then ultimately, it goes into space. So, in our development, we had first physical explosion, then emotional explosion, and then mental explosion. Now the last. So, you are there, at the dawn.

What is he saying?

Bogdan: He says, yes, he is ready to run. He says, all the vibrations in him know that.

Shri Mataji: Hum?

Bogdan: His organism is telling him what you’re saying is the Truth.

Sahaja Yogini: It’s the Truth.

Shri Mataji: And this is the time. So fast! Now, see, Sahaja Yoga is spreading like that.

I came to Russia first in what year?

Bogdan: 89; 88 for the...

Shri Mataji: No, 89. From 89 till today [Shri Mataji makes a gesture meaning that it has spread]. Say, in such a short time, in a foreign country. This is a foreign country, in a way, for Me. I even don’t know the language. Also, I don’t know much of history, except for Lenin. You see, it has just spread like that. The time is there.

Bogdan: We all walk under one God, Shri Mataji.

Shri Mataji: That's it! That's it.

Bogdan: And there are no, there are no boundaries, Shri Mataji.

Shri Mataji: There's no more.

Bogdan: The language is not a barrier, Shri Mataji.

Shri Mataji: Russian people have to do it. It has worked out very well, more than in America. It's a time and a place. And these children... so many great children are born in this country. Because it's a better country to be born in. Even in my country I must say; but you know that in India the white skin people have minus growth.

Bogdan: It is called the demographic crisis.

Shri Mataji: Ah! Everywhere! Why, why? Because they don't know want to be born. They'll be born in Russia, they'll be born in India, Romania, Bulgaria, Yugoslavia.

Bogdan: And then in Ukraine, Shri Mataji?

Shri Mataji: Also. Russia and Ukraine, I consider as one country. For me, they are not two countries, no.

Bogdan: What he is asking about, Shri Mataji, is about the time. He worries about the time because now there are many rumours and many signs from different people that the time of the populous is here, the time of catastrophe you might say, when everything is supposed to be whether ruined or go further, Shri Mataji.

Shri Mataji: Both ways. You see, if the goodness will come up and if people don't accept it, it will destroy all that is negative.

Bogdan: He is asking: people who are now guided towards spirituality and are lifted up, they will be left and the others will be destroyed or what, Shri Mataji? He is asking...

Shri Mataji laughs.

Shri Mataji: Actually, I don't know what to do because in the hell also, there is not much room.

Laughter

Shri Mataji: They will be hanging the lean boys. Don't worry about this. They don't deserve to be in the Kingdom of God. They are dishonest; they have no compassion, no love, violent. And even if they are criminals, they can change, but if they don't want to change... Then Mr. Chirac, now. Where are we going to put him?

(Laughter)

But in politics, they don't understand what Truth is, that in politics you don't have to earn money. Not at all, because if you earn money your reputation goes down; but you have to earn value. That's why; like Abraham Lincoln, Mahatma Gandhi, all of them. You see, I'll give him the book about Lal Bahadur Shastri, another fellow, who died here in Tashkent. My husband was his official secretary. You see, he was a realised soul; he lived there in Tashkent, where he died. So, I forced my husband [UNCLEAR/to meet

him?] to write this book. You see, my husband has worked so hard, he was ultimately secretary-general of this UN agency. He was selected by 138 countries. He has so many awards. But now he says only after writing this book he's got fame. Files after files, out of nowhere. So I will give him the book.

Aleksander Garoshka: Spassiba.

Shri Mataji: A very good book.

Aleksander Garoshka: Spassiba.

Shri Mataji: Very nice meeting! What is his name?

Bogdan: Aleksander Garoshka.

Shri Mataji: Garoshka, it's the name. First name?

Bogdan: Aleksander.

Shri Mataji: Aleksander. So, all Aleksanders are great! He came to India and married an Indian lady.

Bogdan: History is nice. He likes history, Shri Mataji.

Shri Mataji: And then, when he saw the Indians as they were, he came back and he said "I can't live here".

Bogdan (translating a question asked by the yogini): Shri Mataji, he is a little worried about the fact: is the rising Kundalini dangerous?

Shri Mataji: [UNCLEAR: Not a whit]

Bogdan: There are writings; he reads a book [UNCLEAR: The Secrets...].

Shri Mataji: Ah, I know, I know! You see, why [UNCLEAR: did he write this headache]? Because he didn't want you to get the Truth. This fellow Gopi Krishna, his private life was so dirty. And he's just said better to say against the Kundalini, so that people don't take to Truth and they can have money.

It is your Mother, your own Mother, individual Mother, and She has to give you your second birth. And She knows everything about you; it's like a tape-recorder. How can She harm him? When you were born, your mother took all the labour pains upon herself. How can She harm you?

They don't know anything, they don't know anything; they are horrible, horrible.

Bogdan: But he read this from some Indian authors, books by Indian authors.

Shri Mataji: Gopi Krishna! So many! They are all... you can call them criminals. And they are very bad in character.

I show you...

(Shri Mataji takes a leaflet from the table)

This is the Mooladhara, – this one is different, you see – which is at the base.

Now, this is responsible for all our excretions, inclusive of sex. The Kundalini crosses all the six centres; and this centre is kept not in the process. And here is the Kundalini, in the sacrum; and the Greeks knew about it, as they called it sacred bone. Now, you see what happens, this is the path of Kundalini. When they try to raise the Kundalini from the sexual parts, then this, which is Shri Ganesha, is Innocence, then He gets angry and He passes heat all over.

So, one should know that in the awakening of Kundalini, you should not disturb this. Actually, when Kundalini rises, all your excretions stop, every time. Sometimes, we have programs for nine hours, and I don't go to the bathroom, and no people go, none of them; because you see this stops all activity. Because it is Innocence. Christ has said: "you have to be like children to enter in the Kingdom of God". Very innocent.

They use sex. That's why. The wrong way. It is insulting your Mother. And Her chastity.

He (Shri Ganesh) looks after the chastity of these parts.

(Shri Mataji leafs through the leaflet) You see it is very interesting what they have done here; very [UNCLEAR]. But ultimately, you see, this (Mooladhara chakra) becomes this (Agnya chakra).

I said that Christ – because Ganesha has never incarnated; He is the Eternal child –... so now, Shri Ganesha incarnates as Christ, Innocence. Everything can be proved. I told them that this chakra is made of carbon. It has four valencies. This carbon atom, I asked them to take photography. There were a lot of scientists. If you see this atom from the right side, you see a Swastika; if you see it from left to right, it is Omkara; if you see it from down upwards then you see Alpha and Omega. Christ said I'm the Alpha and Omega. The proof is here. But another proof...

(Shri Mataji asks another yogi the name of a scientist)

Yogi: Doctor Khan.

Shri Mataji: Doctor Khan. We brought a scientist here who had told them that all these centres have their peethas here (Shri Mataji touches Her own Sahasrara). (Then, addressing Bogdan): So, you tell him what happens now.

Bogdan (this part is translated from Russian/21:16-22:50): It was surprising when the scientists from Novosibirsk (Russian city in Siberia) measured the increase of theta waves during meditation. They did an encephalogram, after they scanned. The scientist asked to put attention on this chakra (Bogdan points to the Vishuddhi chakra), and the biggest change occurred at this point (Bogdan points to the peetha of the Vishuddhi chakra on the head). And then here (Bogdan shows the Nabhi and its right and left peethas on the head). Mother told us about it 10 years ago. When the attention was on the heart chakra, the biggest change occurred here in the centre of the fontanelle area. Now we've got a proof of what Mother told us a long time ago, 10-15 years ago, by Russian scientists.

Aleksander Garoshka: Does the heart chakra open Sahasrara?

Bogdan: Yes, yes.

Shri Mataji: Sahasrara, yes. That's the peetha (putting Her hand on Sahasrara). That's the peetha.

Bogdan: It's like a master chakra [UNCLEAR] 10-15 years ago. (Addressing to Shri Mataji) Jay Shri Mataji!

Shri Mataji: This I told you how they found out.

Bogdan: We had our diagrams and schemas and now there is a scientific proof of this.

Aleksander Garoshka: Scientific proof.

Bogdan: This is very interesting.

Shri Mataji (showing a book): This is the book for the children I read. (Showing a picture inside the book) There are all here. So, I want to give you...

Bogdan (translating): Your smile is very similar to a child's smile, Shri Mataji!

Shri Mataji: Now, what I'm saying is that I want to give you this book and you can see just the essence.

(Aleksander Garoshka gives a pen to Shri Mataji who writes a dedication before handing the book to him)

Aleksander Garoshka: Spassiba bolchoïé.

Shri Mataji: This is the school. (Giving back the pen) Thank you.

Aleksander Garoshka: Spassiba bolchoïé.

Shri Mataji: What did he say?

Bogdan (translating): Thank you very very much, Mother.

He says that the Himalayas, they are not a simple thing, Shri Mataji.

Shri Mataji: No, no, they are not. They are the Sahasrara.

Bogdan: For a very long time, he was organizing in tourism. He was a guide, with a sack on, and just guided for camping, tourists, and led them to nature. And with children he walked and tramped through about every hill area in the Soviet Union. He went to the Pamir Hills, in the Soviet side, which is quite near to The Himalayas, still in the Soviet Union. But he hasn't come yet to The Himalayas.

Shri Mataji: You will come and also I will buy land for all of you on another side, near the lake you see.

Yogi (Mahajan) has another job.

Yogi Mahajan (laughing): Shri Mataji...

Aleksander Garoshka: Spassiba bolchoïé.

Bogdan: He was very very glad to meet you Shri Mataji; thank you very much.

Shri Mataji: Thank you. May God bless you.

Bogdan: He feels that he has learnt very much from Your talk, Shri Mataji.

Shri Mataji: And we'll send him some more books to read.

Aleksander Garoshka: Spassiba.

Shri Mataji: Because he understands English.

Bogdan: A little bit, Shri Mataji, he said.

Shri Mataji: No, quite a lot.

(Shri Mataji gives a card to Aleksander)

Aleksander Garoshka: Spassiba.

Shri Mataji (addressing the yogini): Where is his card?

(Aleksander gives his card to Shri Mataji)

Shri Mataji: All right. (Addressing the yogini) So should we ask him to [UNCLEAR].

(Shaking hands with Aleksander): Very nice to meet you; very nice, very nice! And I wish you all the best for the development of children.

Aleksander Garoshka: Spassiba.

Bogdan (translating): And Russia, Shri Mataji.

Shri Mataji: Russia and children; also Russia, of course, of course.

Aleksander Garoshka: Spassiba.

Shri Mataji: Thank you, thank you. He is a patriot. May God bless you. Thank you very much, thank you.

1995-0930, Evening Program, Eve of Navaratri Puja

View [online](#).

30 September 1995

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

She is from Calcutta, Bengali didi. Her name is Amita Dutt, I saw her dancing & something very celestial, I would say such a dancing of Kathak I have never seen so beautiful and the theme of 'The Mother ' has been brought forth with such depth ness and understanding with the intricacies of expression that I was amazed at this lady. She is a very well educated lady, comes from a very good family and also has a very nice husband. All this is there but she has dedicated her life to dancing and the expression in Art. Very remarkable ...A gentleman accompanies her, is SaptShri Roy ...Whom I have not seen before dancing but I mean I might have seen in the group that she had.

So We are going to enjoy a very beautiful dancing - A life story we can say of the advent of the Goddess Mahakali. I don't know how far she is going to go. But this shows great dedication, and creativity of this lady the way she has used Kathak for expression of a very beautiful theme. To be able to understand it you should not bother much about the intricacies & allow your heart to flow and I am sure you will understand her because She is very very vibrant at the same time She is extremely expressive, and you don't need any language to understand it. I was so surprised for her talent and everything. I requested her if she could come to Cabella but I think this place is too cold also. But still, I am sure she will do her best to express her art to you. As we will know from this how difficult it is to get into Indian arts, Whether it is Music, Dancing, Drama anything. It's very intricate & needs complete dedication. And some other Indians are blessed to know about it and to learn it & to express and manifest. Such dancing when I saw about the English also have imbibed it and they are also doing so well. I was really surprised. The drama of the UK people was really very enchanting and I am happy now. They have become so vocal about it. (They are not just keeping the very quiet type of a drama that sometimes bores you .)

All the time it is very enjoyable and all of us enjoyed very well. And the more surprising thing that I know is somebody lives in Scotland and somebody lives in Britain and how they got all of them together to do this is really remarkable. I don't know how they managed it. It is very creditable to have such a collective manifestation. They did so well.

My congratulations to them. And also it's a very deep thinking deep understanding of the work of the Goddess. And they brought it out very Beautifully one by one. I am really amazed. And very happy about them. May God bless them. And thank you all.

1995-1001, 7th Day of Navaratri: You have to project and you don't have to reflect

View [online](#).

1 October 1995

You Have To Project And You Don't Have To Reflect

Navaratri Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Navaratri Puja. Cabella Ligure (Italy), 1 October 1995.

Yesterday you have seen how Durga used to protect all the seekers - sadhakas, and how she killed the people who have been troubling, torturing, killing the seekers of truth. Her whole advent was to protect them from all these evil forces. In those days that was the most important work. So that's how the sadhakas came up to these modern times and now they are seekers of truth or they have found the truth. All these different passages have taught the sadhakas what is the use of their lives. They were frantically first trying to find the truth, frantically and they went into different, difficult places. They thought by going into some lonely places they'll be able to settle their minds in peace and they'll be able to find the truth.

Also they sacrificed many things - their wealth, which was bothering them, their families, they thought were standing in the way of their search. All this went on, and there are still some people who believe that by becoming an ascetic one can find the truth. Buddha did the same, Mahavira did the same, their life was nothing but a great tapasia. Their tapasias are helping us today, in such a way that we now have got such a blessing that our personalities, as they are, can receive self-realization, for which people struggled and struggled.

In such a way, that if you read that how they were suffering you might be really amazed - how they went through all this suffering and all this tapasia - just with the goal to get their self-realization. It is an ordeal, even to read about them and to know about them. And while they were seeking, also there were so many people who tried to trouble them, who tried to torture them, who tried to kill them and the people surrounding them didn't know what they were doing, they used to ridicule them, laugh at them, make fun of them.

With all this, what we learn is that we have got our self-realization very easily - without any torture, without any ordeal, without any sufferings, fasting, nothing. That's not true - because you are the same people who have done all this before - and that's why you are here, it is your matter of right to have your self-realization. It's no way, is to say that - "without anything, we got it". Because, it is life after life you have been seekers. Whatever path you followed, whatever religion you followed, whatever faiths you followed, it was a torture for you and this torture is today now fruitful, that today you are self-realized people. But in anyway, we see that human beings, if they get something rather easily, they don't understand the value of how they got it. Now, to get this easily, actually you must know it's not just because you were nothing - you were something great, you were great saints who went to the Himalayas - you did all kinds of ordeals and fasting and so many of you were killed and butchered in the name of God.

So today, whatever you have got, whatever realization you have got - it's not just something you should think that - "it is only Mother's grace that we have got it" - it's your own great personality which has achieved it. Otherwise it would have been impossible for me to give you realization. Whatever the work the Deities have done, they have brought you to this level of human existence, protecting you, but now naturally, just this is the last step which you have crossed and you have achieved this self-realization and so many of you have achieved great heights. This power within us, the Kundalini, which has connected you to this all-pervading power, has been struggling, has been guiding you, has been all the time looking after you, protecting you, so that you should achieve your goal in this Kali Yuga. It was said that only during Kali Yuga this will happen, and those people who are seeking God in the mountains and in the valleys will find it. But they will be normal people, people who will have households and living like normal people in the society. They won't be some sort of sadhus or saints, but people who are married, who have

children, all such people who are leading a very normal life, will receive their realization. It is already said, it is already predicted by '(Brughuni ?)'. So it's all been already set, I think all been planned. But in this, a credit goes of course to you people, that you have recognized what is the truth. As you know there are so many false people going about, they are doing all kinds of tricks, they are trying all kinds of methods to entice people. Despite that, you have recognized me. This recognition is something very remarkable and I'm myself surprised how, like lost children finding their Mother, come back to Her in the same way all of you are here. But in this, we should not think that we have got it easily or we have got it without any difficulties, because this can create a little problem that we will not go further with the same speed, with the same dedication as we have been doing before. So, whatever you think is easy, was not easy at all - it is Sahaja - it is, what you can say, spontaneous. But now it is for you the time, is really to understand that, this time is so important - we have to save the whole world. That you have to project yourself, as I said last time, and to find out ways and methods how you can do these things.

In Russia, I must tell you, I had a very good experience of a very highly developed soul who is a very well known scientist. He is one of the biggest scientists of Russia and he's indulging also into spirituality. He told people that, "I'm indulging into spirituality, I would like to see Mother". I said "alright, I would love to see him". So when he came, he looked at me and he said "I know Mother, that you are the incarnation of God in these modern times". I was quite surprised for a scientist to say that, but his eyes were so pure and so full of devotion and humility. Then he says that "I want to do something, if you help me". I said "What do you want to do?". He said "I cannot measure your power, I cannot". He had an instrument by which you could measure your power. I can't also measure the power of your photographs. He said - (He told me a number which I couldn't understand - it was something - 700 raised to power, some sort of a billion into a billiard, like that). I said, "Now what's this number is, I don't know?". So, he told me, that this is what your photograph is. So, I said "Alright, now what do you want me to do? I told him, "You can take this photograph, if you think it is so powerful". So he took the photograph with such respect and this thing - at least 4 or 5 times he bowed to me. I said, "what do you want to do about it?". He said that, "I want to put it on a satellite" (now see the projection part - satellite). "Then what will you do?". "And I'm going to put electromagnetic force behind it, so the power that is in this one will penetrate into things, because electromagnet can penetrate, with that these vibrations will also penetrate. So, I will go on to the satellite and from there I'll project this and I'll see the global problems. Then wherever I will project this, the problems will be solved. I'll try to first of all, make the land fertile with this". One photograph of mine - can you imagine? - see his projection. I was amazed, you see - look at this man - what he has been thinking all the time. He said "This is not difficult, it's not difficult". I said how? So he showed me with a spring - you know, something that was like a spring. He put it on water which I had vibrated and the spring started jumping. And then he showed with his machine that the whole thing was moving so fast, you see Mother, just see the water that you have vibrated, how great it is. I said "This is, I had never heard that you can transform this power into something which will work out on material things". He said, "This power can work out on anything, it is this power which has created everything. So, it will work out in everything". I was so surprised. And he said "I have been just waiting to meet you and this I'm going to start - I've got a lot of work to be done and he told his friend "Now, let's go, we have a lot of work to be done". If I want to do all this in the lifetime of Mother, She should see what we have to do. I was amazed from where this fellow has dropped all these things.

Such an experience of a scientist, in the West no scientist will even look at me. Nobody will think that they can do something about these vibrations. But you see he has already developed a method by which he can measure the vibrations, you see. I don't know, I didn't ask him any further questions because I thought it's too much in it and let him do what he likes. And you see, I find that in Russia, people are very highly placed and they have very many ideas, but spirituality is the main thing and morality. There was another gentleman, I would say he was hardly about 32 years of age. Very much sparkling, he came. I asked him "What do you want me to do?". He said "No, you have done too much for us, now we will do for you". I said "What do you want to do?". He said "I'm in charge here of spirituality". Can you imagine? We have no such government where there is a subject like spirituality that somebody is in charge of spirituality. This is Russia. I said "You are in charge of spirituality? "Yes, and I have to deal with students from a very young age to the college and can you tell me Mother, at what age the children are more receptive of spirituality? I said "There is no hard and fast rule about it. But as children they, very small children, because they are so innocent, it works out. So he asked me, "How do we put spirituality into them". I said, "You can raise their Kundalini, you can tie their Kundalini up and they will become really people with such attention that you will be amazed at that". He said, "I am gathering all the people of all the faiths and I am going to tell them that it is only Sahaja Yoga which is the right path". Can you imagine? Such a wonderful person, hardly 32 years of age. I mean one better than the other, I thought. One really better than the other. Then he

asked me the schemes, "What should we do for patriotism?" What should we do for this? He was so much alert and he said "Through spirituality, how can we improve their lives? - of the students" Now he's in charge of all the students of Russia and he is also a member of the parliament. He said, "there are another 8 or 9 members who are also in the same committee and they want spirituality too". I was amazed, I mean, what a country is this Russia, how could they have such people? Then the third one came. He was also a member of parliament, very dynamic - at first he was the right hand man of Jeltzin but then he gave him up. He said "He's not moral, I don't want to have anything to do with a person who is not moral". "So now what are you doing?". He said "Now we are thinking of getting elected by some, another party, it's name is "My Motherland". It's a very good idea. So in that we'll not have fixed ideas, like, it is a democracy or a, you can call it communism, or this, but whatever suits my motherland, that will be done, it is very practical. It is a most practical thing, that whatever will be good for my motherland, that will be, nothing else. I said "really, this is very practical and he may one day replace this Jeltzin and all that - very dynamic, very nice. Just now he was a little bit, I must say, a bit depressed, because he said they are stupid people over here, and this and that. But then he got very hopeful, I said, "we will help you all out and all that". But such a truthful man. And he said, "the basis of human life is morality. If you have no morality then all the rest is nonsense". He studied in England and he said also in America for quite some time and the other fellow also did it. And they said, "in America, he got fed up absolutely, and we don't want to go back there.

So the wisdom of these people really was very striking to me. Now, another third thing, which I discovered, is even much more deeper than this. When I went to Ukraine, I saw some very nice paintings done with a very aboriginal sort of colours. So they said "Mother, this we had before the Christians came here". They showed me a magazine in which there was a photograph of the Primordial Mother and they called it "Aditi", that's Sanskrit, we too call it "Aditi". Can you imagine? Then they said, "this culture existed before the Christian aggression came in", and there were paintings there of Mooladhara Chakra in different ways, and also of Agnya Chakra, and the way they were talking about all this, even in the magazine, I was really surprised. They said that "all this was published, we have books on this, but because of the church it was all said it's all nonsense, there's nothing like this. But the best part I saw was, the picture of the "Aditi" and there was a Kundalini in her stomach, or stomach (ulopa?) and was shown going upward like that. I said "look at this culture these people had". Then they said, "We had relations with India, and they were Arians and we were also Arians and we used to meet them". So I thought, Machindranath and all these people had gone to the north of India, they might have come to this Ukraine. And they said that, I mean the whole thing was traced to, Ukraine name came from "kuru" and all kinds of things were traced in Sanskrit, all this, I was amazed. What a culture they had, in what culture they lived. It's something you know, unbelievable. While in India, there are many people who don't know what is Kundalini, if you tell them Kundalini, they think Kundalini is horoscope, especially in the north, they have no idea of Kundalini. But here are the people who have really had lived in a culture for thousands of years and they said this was before Christ, 3000 years, can you imagine, before Christ 3000. So, we too had civilizations in India like, (Harapan?) and all that of that time. But they said that India is the source of spirituality. That magazine, I was amazed at it and the way it was done, and the Mooladhara and the Agnya Chakra and all that, so well. Maybe they must have seen it, they might not have got realization but they talked about realization and also achieving selfhood, this was so many years back. But then they said the Christian religion came and they told us it's all nonsense, have nothing to do with it. As they told me also in Greece, that they had Athena, and the Primordial Mother and all that, but they said no Mother, nothing, better stop it. So it was all cancelled and nobody looked at it. But can you imagine, that so many years back it existed in that Ukraine, such a beautiful culture of spirituality.

The first time I went to Ukraine, we had people there, there was the Chernobyl, you know that there was a big explosion and they were all - like somebody had his fingers cut out or they were attached to each other, or somebody had boils all over the body, somebody's nose was turned like that - horrible looking - like lepers they were, all of them, those who came to the program. But then this time, more than this were the people there in Ukraine, I must tell you, much more than here, the whole hall was full, the three tiers were full, the passages were full, and still the people outside were standing. They said, we were the ones who suffered from this, and now look at us, we are completely cured. You won't believe I never touched anyone, I was there only once, they came to my program and they got cured. So this sensitivity that they had. I used to wonder why these Russians and Ukrainians are so sensitive to spirituality. Then I realized that these people who have got spirituality is ancient, from ancient times they were practising this. Now we had Machindranath, Guraknath, all these people, but nobody practiced Kundalini awakening to this extent that it was in every village they used to make the paintings about Mooladhara about this Agnya Chakra very clearly. And in the Agnya Chakra was Yin and Yang of the Chinese, can you imagine. After discovering that, I really felt that in the world there must be lots of people like that. Now, in Colombia I have seen also they have the same Kundalini and the Kumba and everything, I

think that's even more than 3 or 4,000 years back before Christ.

So, what we find that we had all this knowledge in all these countries and it's still, that knowledge is still, working in the minds of the people, very very introspective and also they know a lot about the (Sun?). It is this kind of sensitivity comes only when basically in the roots of that country you have exposure to spirituality. It is a kind of a miraculous revelation one could see there, how they knew everything about Kundalini, about the Primordial Mother, about this happening, about spirituality and what happens to a person when he becomes a realized soul. The speciality I saw about them they are extremely humble people. To them, I'm really, I don't know, how they bow to me, sometimes I just can't imagine how these people have such sense of spirituality and such peace. When they had this coup, I asked them, "aren't you worried?" This coup is here and I don't know what will happen to your country, aren't you worried? He said, "Mother, why should we worry? After all, we are in the Kingdom of God. We are not living in Russia, we are living in the Kingdom of God, so why should we worry?" I'm meeting such nice people there, such sensitive people to spirituality. They have thrown away practically all the false gurus, all the false gurus. And for me they showed such a respect, and such care. They had this Conference only for me.

So now, why I am telling you all this, that now you all have got your realization, you have now felt your spirit and you have entered into the Kingdom of God, no doubt. But now you must understand that this power that you have, what it does to you. What it creates in you. The most important thing is by this power you become thoughtlessly aware, that is you come in the present. To achieve the present is an impossible task. So, once you are in thoughtless awareness, what happens, that no thoughts bombard your mind, wherever you may be, you may be in America, you may be in any place, you are not bombarded by thoughts. So, what does that mean? Into very simple language, we can say, it means that you do not reflect. You do not have a reflecting mind. Now this is the basic problem of Sahaja Yogis of today, which one should try to conquer. That you do not reflect, that's the only way you can achieve your (steadiness?). For example, I've seen some people, for nothing at all they'll just start laughing, nothing at all. They see somebody, immediately they will react - this was nice but not so good, they start giving their opinions, especially in the west, about everything. Everybody seems to be very knowledgeable and start telling, what is the best, what is not the best, what is not good, and once they start saying something like that, the mind becomes reflective. If the mind is not reflective, then you have thoughtless awareness. Watch anything - just to watch, just to witness, you should not reflect, if you are using your mental power then this power subsides. This is a very common defect with people, because I think you people are more intelligent, they would think maybe, I think you are well educated, might be - I don't know, whatever you think. But this reflecting mind is a very dangerous thing for spirituality, you will never grow and then with a reflecting mind you will have different emotions, with something you reflect on somebody. Now, if it is your son or daughter or something, you'll get identified with it. Identification with someone is artificial it is not in reality. But because of this mind, reflects, it identifies. Now, many identifications, you have dropped out, for example, you're bias about religion, about races, about maybe nationalities, you have dropped out. But still I would say, the reflecting mind still acts. And this is the greatest hurdle for the progress of Sahaja Yogis of today. I've been thinking why is it the reflecting mind, is so active in the Sahaja Yogis of today? If you could stop reflecting, immediately you establish yourself in the ocean of peace. You watch something, you just watch, there is no ripple of thought in your mind. Then you become extremely creative, you become extremely dynamic, you become extremely compassionate. You have no fear, some people think, if you are compassionate, you see this man might (latch?) with you, you have no fear. All what you have to enjoy, you can only enjoy when you do not reflect. That means that you leave everything to the Divine. You are not in charge. You don't see that you have to be reflecting on something. This is the greatest power you have got - is not to reflect. Not to look at somebody with that kind of thing. I have seen this is still there, lingering perhaps I never told you about it, maybe one of the reasons, I don't say that it is only your fault, but maybe mine because I couldn't find what was exactly wrong, that is, that reflection that you have about others. Now I told you, have introspection. For introspection, also it can be reflection. But that at least gives you an idea as to where you are. But with that, psychologically you can become extremely depressed and condemn yourself, then you may not understand yourself as a personality but, and you will go on sort of losing your vibrations, losing your power, because you are not in control of yourself.

So introspection also, if it brings about depression and demeaning of your personality, best is not to introspect also. Because all these mental activities, I have seen, create problems. But, in a state where you are thoughtlessly aware, introspection comes to you automatically. You see it automatically, you understand it automatically. You do not think about it, it just comes to you. The whole picture comes to you and you are at peace with yourself. You are never in turmoil, never in trouble, then you don't get

angry, then you do not argue, then you do not discuss, but you become as if dropped into the ocean of awareness and you don't have to worry as to solve something - when you are reflecting, then you find that this power works. Now it becomes very contradictory to say that you have to project and you don't have to reflect. Now, when we reflect we absorb, when we reflect on something, we absorb that thing. And mostly our attention goes to the defects of others. This person is no good, that is not good, her hair is not alright, her sari is not alright - this that and all nonsense. So what are we doing, we are absorbing all the bad things also. Now when you start admiration of something, then what happens that you may not get the bad things but at least you are on a better line. But still the admiration in thoughtless awareness is really very deep. I saw this in the eyes of this great scientist, absolutely he was just one with me and his eyes were like an ocean of peace. He was just looking at me, and for quite some time, and then he came to his thoughts and he told me that this is what we can do with your photograph. So the depth in you will only come when you do not reflect. But it is very common with human beings, especially in the west, this carpet is no good, that is no good, this smell is coming, that is there, always trying to judge others, judge other things. It isn't important, what is so important, if you are sitting in the garden of heavens, what does it matter? Where you are sitting, what you are doing?

This sets in, this reflection sets in, waves of thoughts in our mind. I have already once described by drawing. How the energy that falls on the right side goes to the left side and that which falls on the left side goes to the right - crosses over because of the two types of cells we have. Then out of this energy that goes to the right, the energy that goes to the left, it is sucked in partly into the sympathetic. Now, whatever is left out is the one that reflects. That is the way it goes on reflecting. Now, if you can suck in all that energy and put it on our sympathetic then all our energies will be 1,000 fold, much more. You will not be tired, you will not be unhappy, you will be able to stand lots of nonsense, but we'll not call it a nonsense, we'll not think it's a bad thing, so it has no effect on us. This quality we have to develop.

I would say, with this, today's special celebration of Navaratri. Like yesterday you saw Shri Durga's nine forms, also. In that, one is Kushmanda, is one of the forms, that you absorb all the filth in yourself, in your stomach. But the Devi does that, not you. What the Devi can do, you should not do, that's her job, that She is supposed to do this, not you. What you have to do is to only be in silence so that you absorb whatever will increase that silence, will increase your depth. The Devi will look after all the rest of the things, she'll look after all the filth, all the anger, all the temper, all the everything that's going on in this world. She will absorb all that, but what you have to do is to just enjoy everything that is pure. Enjoyment is only possible when you are beyond your mind, with your mind you can never enjoy, it is like a big load. It will not act, it will not help. Enjoyment comes when you are in complete silence, in a rippleless lake, the reflection of all the joy that is created on the shores of that lake are completely reflected, they are not deflected, if they were repulsed it would have been a different image altogether, and would have been something nowhere near the image of reality.

So one must have a mind which is kept lower than reality. In the reality actually it is nothing but peace and joy. Now a mother's desire is always that her children should have nothing but peace and joy, no sufferings, no starvation, no ordeals, nothing - they must just enjoy. Now those days are gone, but even to enjoy this, even to live in that complete peaceful state, you have to be non-reflective. Now you watch yourself, you will be amazed how much reflecting you have. When Devi is doing all the job for you, when Paramachaitanya, I don't know how many things it is doing, is trying to fill up the whole atmosphere with this activity. What is your activity should be to stop your mental activity. You'll be amazed in that state only you will grow. With that growth only, you will become like this scientist. How the contradiction now is that when you have your depth you can project your depth, not your mind. Sometimes when I say project, people think it is the projection of the mind, no. You have to project that depth, that reality that is within you for that, you don't have to think, you don't have to plan, it will just work, but you will be the instrument for that projection. It is nothing subtle, it is very simple to understand. Like, when I am talking on this instrument, alright, now if this instrument is absolutely alright, there is no problem in it, it will be peaceful. But if this is full of ideas and thoughts like our brain is, whatever I'm saying will not be the same that will be broadcasted. In the same way, when our mind is full of turmoil and arguments and what you can say, comments or we can also say, the reflection. Then what happens is that this mind gets into like a whirlpool of disturbances and it cannot project itself fully because it is disturbed, it is not a normal thing. So now you'll understand, there's no contradiction. You can only project yourself, when you are absolutely peaceful, and this is what we have to learn.

This is Navaratri's great days are here and that you should know that, it starts actually in the western world from the 21st, in the

equinox, after the equinox in September. There are two Navaratri's we have, you see, one starts now and one starts after the second equinox. Now, in this equinox, Mother Mary's birthday is there, and that's why people celebrate her birthday, they don't know why she was born on the equinox, you see, for the balance. Then you see, because nothing was explained, about the lives of these great incarnations people used them the way they like because they have seen miracles with them so they do not try to understand why this equinox is there and why this is celebrated.

Now I was told in Iran, this is the time they have the New Year, that means the Moslems observe this as a New Year, so, when Navaratri starts its the New Year. That means it's the twelfth month for them and so many things are suggestive of that, that why should it be twelve months, why should the goddess be born at 12 o'clock, all this has a special meaning and which you can find out, but only possible when you are not reflecting. This is what is the state in which you are really in connection with the all-pervading power, otherwise you are not there, you are not one with that state, to be one with that state you have to be absolutely silent within yourself. For the Goddess, she is silent, if there's a fight on, she is silent, because she's so confident, she knows about her powers, she know's Mahishasura or any asura cannot trouble her, cannot touch her, she know's what are their powers are and she knows all her powers. So she doesn't have to be disturbed by anything, she's not disturbed. Because she's really the personification of this peace state where she is so powerful, she doesn't have to know about her powers, she doesn't have to ask the powers to act, they just work, automatically. This is a state in which you will be amazed so many things happen, unknowingly. Without your doing anything, and that is what we call as coincidences, but actually it is not coincidences, it is the state in which we are in thoughtless awareness and then the paramachaitanya is related to us, absolutely related, we are there, and that works out everything for us.

So, in Sahaja Yoga, this time as you know about the Goddess, what She has done, so much work for years together, now you all have become realized souls and you must understand that complete confidence in yourself, complete understanding about yourself, never to have any fear, never to have any thoughts which can bombard your mind, at that state you are the most powerful person. I hope for this Navaratri you will realize what work the Goddess has done for you, how much she's worked hard, how much she has fought, she has been fighting with these horrible devils and rakshashas. And sometimes, I feel now these devils are within us, they are not outside - and that comes to us because we reflect too much on things.

If you talk to any one of the western people, you are amazed as if all the media they have on their heads. They know about each and every person, what they did, what was this, what was that. But he is not worried, he doesn't think how he can improve it, how you can work it out. At this state of thoughtless awareness you encompass the whole universe and at that state this power works wherever the problem may be. So we have to understand our value, that we have this power within ourselves and this is to be respected and to give credit to the Goddess because She's done so much work for us that She should not feel that it's now they got realization just for a song and they are not bothered, they don't know how to develop it. She will not be in anyway hurt but her work, what she has done, we have to see, we have to understand and we have to have a feeling that somehow as we now have got our enlightenment we should try to be people as complete instruments of that power - that's only possible when you don't have your own ideas, your own interferences. A complete instrument, just like as I said, this instrument has to be perfectly alright, otherwise it cannot work. Thank you very much.

1995-1008, Devi Shakti Puja: America and Ego

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8 October 1995

America And Ego

Devi Puja

Camp Vacamas NJ, New Jersey (United States)

Talk Language: English | Transcript (English) – VERIFIED

Devi Shakti Puja, "America and Ego". New York (USA), 8 October 1995.

I am so very happy to see so many Sahaja Yogis are here now in America. And the program we have had the other day showed us clearly that Sahaja Yoga is getting very popular and the way people got their realization in five minutes also showed that now we have touched that area of seekers who are honest and who are of a very high level in spirituality. You are the ones who are the first Sahaja Yogis we should say or the foundation of the Sahaja Yoga in America and thus we have to understand our own responsibility. As it is Vishuddhi Chakra is responsible for the whole world. But the people in Vishuddhi Chakra have to be like Ganas, they have to be very responsible, extremely, much more than any other country in the whole world. And the problem is somehow I found, I don't know about the future, that, that sense of responsibility yet not felt among Sahaja Yogis that they are responsible for the whole world; not only for America or only for New York or only for Yonkers. Sitting down here you are responsible for the whole world. If you understand this that the main quality of Vishuddhi Chakra is responsibility, I always say, "It's on my shoulder. I take it on my shoulder", meaning what? That I take the responsibility, but this sense of responsibility has to come to you very clearly.

I felt America is so far away but if they could come and see in Russia how the Russians are behaving towards Sahaja Yoga they'll be amazed. I've been coming to America since so many years. Perhaps we should say this is the first country I visited. But here the sense of responsibility for Sahaja Yoga has not grown. While in a country like Russia and Eastern blocks I've been only four years there hardly and you should see it how they feel responsible. Now in Russia, Sahaja Yoga has spread upto Siberia. Now in Siberia they don't live for themselves only or for their Ashram. There they have got a place called Novosibirsk, which is mostly inhabited by scientists because so many scientists were thrown away by Czars and later on by the communists and were exiled into that place. Now these people sitting there tried to find out what is spirituality? How do we get to spirituality? What is the way we can be our spiritual being? No quarrel, no fights, no stupid things that people do, no domination, no ego. I was there only about a week back I should say, more than a week and last day before going, there came a scientist. His eyes really were just like ocean, were absolutely beautiful and he was supposed to be one of the greatest scientist of Russia having a very big job of his own and he didn't talk about too much to others. He just wanted to see me. When he came he just took my hand and kissed it, bowed to me. I saw in his eyes ocean of spirituality, ocean. He must have been about thirty-five or forty years of age. Can't say his age because he was so much shining and bright and he told me, "I know everything about Mother".

I said, "What do you know?"

"That you are the incarnation of God on this Earth to save us".

"How did you find out?"

He said, "I have made a machine by which I can measure energy fields, of course I can't measure your energy field. But I took a small photograph of your and measured the energy field and I found it was seven hundred raised to power some millions and then raised to power some billions". That's why I don't understand his calculation. Just imagine, and he created the whole idea of his proposed experiments for which he had come to take permission from Me.

He said, "You just touch this glass Mother, just touch it". And he had brought a machine. I touched the glass and machine went

on revolving like that. I was myself surprised.

He said, "Just touching the glass it's happening". He had a machine with him, a little machine he said. "This is portable", he said.

So I said, "What is the permission you want?"

He said, "I want to use your photograph on a Satellite and from the Satellite I want to project your photograph through electromagnetic force and wherever in the Global region it will be put, you will see it will change. It will change people, it will change all flora, fauna and also ecological problems will be solved. Will you give me permission for that".

I said, "Of course why not?"

The level of scientist in that country is so great, here I don't think we can get hold of any scientist because their ego is keeping them hanging in the air. The another thing, which I was surprised, that in Novosibirsk, where a Yogi told them that Mother has told us that in our brain there are 'peethas' of these charkas. They were so much surprised they said, "We can verify, we have machines to verify". So they called Dr. Khan and when Dr. Khan went there, he was amazed, they had a machine. So he said, "Now let us put attention to Shri Mataji". The whole brain became reddish. Then "Let us put attention to heart"; here it became a red spot. Then to Mooladhara, was here. Then to Nabhi, on both the places; then to Vishuddhi. It was proved. What I have said they have proved it. And so many Americans are trying to get them to this country. They say, "We don't want to come. We don't want to do any more Science, we want to do Meta-science, spirituality". There are two hundred and fifty scientists in Novosibirsk where I could not go because we had a puja.

Now see the difference, here I come there's quarrels between husband – wife; then it's a father – mother. All such petty nonsensical things are going on. So your own brothers and sisters in another country are doing so much of experimentation, spreading of Sahaja Yoga. Imagine how will I go to Siberia, out of question. But from Siberia I don't know how many thousands came. They are all well-educated, very well equipped, extremely well behaved. In their style, in their behavior you see that there is such a lot of spirituality already built in. When I went to Ukraine; Ukraine is a place where they had this, you know, Chernobyl problem. First time when I had gone there were people, who had come to my program. They had their fingers joint like this, noses turned like this, all kinds of things. And the legs and feet were in a very funny way. With all that, they came to the program and this time that hall was so full there were at least ten times more people than we are here, maybe more and outside were standing, they couldn't get in, they are sitting in the passages. They were three tier, on the ground and three more. Everything filled to a inch and I was amazed at their spirituality. Everyone got realization in five minutes. What a level of people, what a level. But then I found out that in Ukraine they already had the knowledge of Kundalini and of the Primordial Mother. They call Her 'Aditi', in India also we call Her 'Aditi' and they used to make paintings of her. Then they had paintings made of Agnya Chakra, of Mooladhara, very clear. In those days before Christ, three thousand years before Christ. So basically in them from where, somewhere, this knowledge had come.

You are very advanced people here, supposed to. You are very well equipped and people think Americans are the top for everything. But look at these people from Ukraine and from Russia. They were worshiping the Primordial Mother three thousand before Christ and when Christianity came, they suppressed it. All clearly written down and when people wrote about it also, these Christians there, they were called as orthodox Christian, they tried to kill them, arrest them. Despite all those problems they stuck on and I was surprised that even today there are books and magazines about it. So I was thinking somebody like Macchindranath who went all over the world, must have gone with his disciples Gorakhnath, because they were Nath Panthis, they knew about Kundalini and all. But actually they have shown the 'Aditi', the Mother with the Kundalini in a stomach. Can you imagine? All these things were done long time back and that's why basically they are very spiritual people. Firstly they are very introspective and very spiritual and all the time they are asking "Mother are we going to be all right? Are we all right? Have we really taken our ascent?" Like that those questions, which were absolutely different from what you see in the West. In whatever field they are; if he is a doctor he'll try to find something. A dentist, they'll try to find something, related to Sahaja Yoga and they say, "There are so many coincidences that you cannot explain. How this has worked out, how?" So I said, "What did you do?" He said, "We just desire that we should now try to propagate Sahaja Yoga and to analyze it and put, put it on such a concrete way

that nobody can doubt it. No Scientist can doubt it". So we are at that level to see somebody so much higher and then we have also understanding how we can rise upto that point? How we have to work it out?

Now the pettiness with which we suffer can come in many categories but is nothing but stupidity. One of them is that, this idea of leadership; which is greatest stupidity you could ever think of. I am just befooling you by saying "You are a leader. You are a leader". Nothing it's just a myth, you don't believe me in that. If I call you the leader, you must know that Mother is trying to test you and others also those who are trying this power game of becoming leaders, nothing at the back. There is no one who you can really say is the leader of Sahaja Yoga except that I had to have some people to communicate so we call them leaders. It doesn't mean that if they become leaders, they go to heaven; they will get a right royal reception, nothing like that. All will be going in the same manner. See this is all created by Maya. Now people are striving to become leader, and I really feel like laughing. Those who will try are climbing a mountain, which doesn't exist. Where are you climbing? Where are you going? It doesn't exist. There's no mountain, it's all straightforward road. So this is also a sign of complete stupidity. Are we to say that all the stupids are born in this country? Are we to feel that all stupidity has trickled down to this country through Hudson River? Are we to believe that all intelligence has vanished into ego?

Once you realize it is stupidity, it's best to stand before the mirror and make fun of yourself. Also I've noticed with all the writers of Russia, they've been very introspective. Even a hero will think ten times "Why I am loving this lady? Why I am doing this?" Even the woman if she's in love she'll think, "Why am I doing that? Should I do it or not? It's proper or not? Is it something in my head that is making me do it?" You see, absolutely clearly they go on introspecting themselves. Even now I find the Russians are like that. So we have to now start a new tradition. In that tradition, we have to introspect. Introspect yourself. This another way is you shouldn't try to see the defects of others but to see what's wrong with you? Where do you fail? Why do you fail? Why you cannot propagate Sahaja Yoga? What is the reason to it? What has failed you? Because it's only possible when you think you are responsible, not leader but responsible.

This is the country where we've had greatest fights for leadership and all leaders have now jumped into river Hudson. So this kind of stupid ideas should be given up and we should introspect to see how much stupid we are. I had started believing that the special blessing of Maya is on Americans that they are all stupid. I used to really, I used to think, I must confess, in a beginning. Then I met you all and I realized it's not that bad. Because I met so many important people, Ambassadors, this and that and all that, in England. I used to wonder what's wrong with them. They used to behave like young boys of twenty years you see. In Hindi we call it 'gadha pachchsi', means at twenty-five you are a donkey. And the way they used to pass jokes and I say they have no dignity, nothing; such high positions they are having what do they talk about? And they would stand out by that you know? They said, "Ah we're very smart" you know? They would wink at everyone, they would do all kinds of nonsensical thing which normally a twenty year boy might do anywhere once in a while. But they were all like that. They thought they were very young and they would walk you see with very great smartness you see like young boys. To them it should be very fast and like you see a bowler is about to bowl or some sort of a thing. It was really unbelievable that these people occupy such high position in the government. How could they be so irresponsible?

But when I met you all then I really felt that no no there are many good people also. This comparison you can today also see between you and these people. They'll argue for anything. They'll talk about anything like for Freud they were fighting. Freud's told us something very new. So I've written in my book, so I said, "All right you have eaten all kinds of food before but you have not eaten the table. What about eating the table?" So everything absurd, everything vulgar, everything low level were justified. I don't blame him. All these stupid people were born here and they wrote books. They were the ones who were Generals. They were in-charge. I mean I can't understand. You see this fellow Nought. You can one minute you look at him and you will know he's a lunatic and they gave him so much time so much explanation; I mean I can't understand. And the idea about spirituality is like somebody comes and tells you something absurd. It's new, it's new, so do it. Now they say that you shave your head; all right, they shave their head. They'll say no "you grow your hair" and they'll grow. As if they have no personality of their own. They don't think much about themselves. They have no respect of themselves. Even in those parties they used to tell me "Ah have you been to this Guru?" I said, "No I am sorry, I've not" Nowadays its bargain better do it. Level of understanding of spirituality was also so low of these people who were so highly placed and I was really I was amazed how could they do such things with such big position.

There was one fellow who was quite highly placed he used to always look out for me, whenever there was a party. So C.P. said, "Why does he look out for you?" I said you know he wants to eat a lot and here the food they serve in England is not sufficient for him. So he sit next to me so he can share all my food you see. That's why he always there. I eat very little. So, so much interest in food. Then when I was not there he would go and sit with C.P. because He knew the secret He used to pass His food to him. So much interest in food and himself was in a such a big position and what was he boasting about? That I come on a bicycle on a half pant to office. So I said, "Why do you go on a half pant?"

"It's better, for a bicycle"

"Why do you come in a bicycle?"

"It better for health"

"But after all you are such a big officer. If you are going to your office you should go on a motorcar. You have such a big car and then this bicycle you can do it in some sports club or something".

Out of proportion, where are you going? What work you have to do? Why don't you understand? And he's the one who used to eat like a glutton I tell you. He was thin like this. Absolutely thin like this. So I concluded must be worms in his stomach or whatever it is. I used have pity for him because always very hungry.

Now, the attention if it is on food, attention if it is on money, attention if it is on so called power of leadership and all that know that it will make you stupid. Anybody who boasts, "I am the leader of this". All right, all right, very good! You've known one like him you see? That what you have to react because if you say that I am the leader of this and this, itself shows that you are a stupid fool, isn't it? Because if you know it's stupidity, all this Mother is making a fool out of us, why should you say, "I am the greatest fool?" Why should you yourself boast of yourself? Even any boasting is a sign of a stupid fool you know? Or a mad lunatic person.

Once our Prime Minister went to one lunatic asylum and he met one who was sane to talk to. So he asked him, "Who are you?"

He said, "I am Jawaharlal Nehru"

He said, "Who is Jawaharlal Nehru?"

He said, "I am the one who was the, who is the Prime Minister of India"

"Aahh! You'll be all right. I used to say the same. You stay here for five-six months you'll be all right".

So all such bombastic talking those people who do, you should just know I am telling you certified lunatics or certified fools. And once this goes, this stupidity into your head you will be no more a Sahaja Yogi, no more. Whole spirituality will come out and you'll be left high and dry. Anyone who boasts like that is worse but even if you think like that is no good, not on a proper lines. So because of this ego you don't understand your responsibility.

When you argue also I've seen people "But I am the leader of this, I am the leader". I start looking at them how can they live together. How can they be collective, which is the quality of Vishuddhi Chakra? I just saw these trees, see how many they are? Of different varieties, different qualities, of different nature; absolutely different, how they are living together? They all share the same sunlight, they don't quarrel. The tree doesn't say, "I must fall onto another one somehow because he thinks[UNCLEAR]". One thing is I cannot tell this trees that you are the leader. Only I can befool human beings. This is the main thing is – please be careful. Don't be befooled by what I tell you, All right. As far as, because if I see somebody stupid I do pamper his ego so that it

bursts forever and he gets rid of his nonsensical ego. But that's not my job; point is that I want you to be like Russians. They don't have any ego, nothing. They don't have any problem. It's so easy to deal with them because they know what I am and they know what they are. You cannot befool them, no. Anyone, anyone whether he is the biggest scientist or the highest ranking official or the highest personality, in any field, you cannot befool. They are so humble.

And the Chinese, the same. You have to learn a lot from Chinese also. They are so sensitive to spirituality, so beautiful they are, so humble. You cannot tell them that you've done something good work or anything. They say, "No, so much to be done still. It's all right you are saying it in your goodness but we know our weaknesses". But in America everything is fixed and also your ego is fixed like that or so and a slightest blow you bloat up and become so much one that no trace of that drop should be there. I am no more an individual, I am the ocean and this collectivity has to grow in this country not in Russia. Everything is growing like a cancer you know. Supposing the nose starts coming out from here and the mouth starts out coming out from here what will happen? This country had to have this capacity. This country had to do this while it's done by Russia. I don't even know their language. What you find here only the false gurus are accepted and in Sahaja Yoga people do not know how to respect their self-realization. So busy with their ego, so much impressed by themselves. The whole atmosphere is such a competition, perfection. It's a big professional achievement even in Sahaja Yoga.

Sahaja Yoga is not a profession because profession means individuality of a drop. This is a collective work, means what? Sahaja Yoga is a surrender. It's not a profession, it's a surrender. You are a very intelligent people but I think, little more than normal. So all of you start thinking on your own sometimes and bring problem. But the difference of problem of Russia and this place is so much; somebody told me, "Mother you must come and live here, will be good idea". I will I don't mind but every third step if you meet somebody who is immoral, fifth step who is a stupid fool and the seventh foot/ feet you find a person who is about to give you a big lecture on spirituality, so what to do? Now you cannot be one of them, I must assure you. You are not one of them; but sometimes the atmosphere is so much full of speed and so much full of this ego that you do develop this ego business very fast. So quick you know and whenever I see that I get real fright; what's going to happen to America? It's not your country; it's not the country of your government. It's the country of collectivity, collective personality.

So now the other day we had so many people who got their realization in five minutes time. That means they are seekers. They are great seekers, they are frustrated, they got it without any problem. But to make them understand Sahaja Yoga, to make them absolutely, can say, a ocean out of the drops, all that, which is the most important thing you have to do. You have to see that you make Americans understand and realize what is the greatness of their personality? Why are they on this Earth of spirituality and of collectivity? Why? Why you were born here, for what purpose? You must evaluate. It's not so. They'll get attached to, identification is too much, they get attached to their children so much; if not, then they will get attached to so called their power. Then they get attached to their house, then they get attached to their grounds, then to the stones; I don't know what they get attached to.

You have to be that great, for that complete detachment has to be brought in your life. That is the most important thing. This a kind of an identity with this, this, and this and this is not going to make you grow and if you don't grow, Sahaja Yoga won't grow. It will keep a very, very low level profile. To get that high level profile you have to do one thing is to surrender your ego. The greatest problem of America is 'Mr. Ego'. This ego must be controlled. I will tell you it's very simple everyday if you use the way we have to clear out our ego, everyday, everyday. You can get rid of it because the whole speed, atmosphere, competition; all is to pamper your ego. I have even seen some advertisement talking about ego you see. "This cigarette if you smoke your ego will be pampered". Can you imagine? And people buy that kind of a nonsense, because they think it's great to know our ego will be pampered, as if their ego is not already pampered. So this ego business comes to people because there's no introspection. When there is no introspection you see one develops this ego. I am something great. Now say sitting down here if you start say, "I am great, I am great, I am great". Do you become great? You cannot.

There's a story about a frog you must have heard who was in a well and he used to think no end of himself. "I am everything, I am this, I am that". Somebody told him that have you seen a cow? He said, "What is cow?"

"It's very big animal compared to you".

"I can also become big. Why not I will" and starts growing, growing till he burst out.

So this is what it is we have to understand that this ego business is the real, real, real problem of America.

So now you have to surrender. Now surrender to whom? It's like this that if you say you are seekers, I mean you are seekers of everything. You are seekers of money, seekers of power, seekers of this, seekers of that. But if you are seekers of truth then just face yourself and know yourself and know the truth that you cannot be, you cannot be a person of any value if you have this artificial ego on your head like a big balloon, never. This ego has to be brought down absolutely and all of you should try to bring it down by doing some sort of a special method of searching within yourself. You have to, I don't know how to detach yourself and see for yourself is rather a difficult thing because ego is very satisfied. This is the biggest problem. Ego gives great satisfaction and with that ego you see you react and reaction has become like a sort of a might or a fright. React; "I don't like it, I don't like that, I don't like that" Who are you? If somebody say, "I don't like you", finished. First of all you should say, "I don't like myself". Let's start like that. Why? Because all my life is centered round this, I am doing this, I am doing that stupidity, another stupidity; how can I like myself? I am the Spirit. Then you will start growing because this conditioning keeps you down. But somebody asked me, "Who is interested in growing Mother?" I said, "Why? They're not?" They are not Sahaja Yogis, finished. So there's going to be a great ship coming down to take all the Sahaja Yogis to enter into the kingdom of God. So why, why should we introspect? You have to grow. Even the stage is not there that is confirmed that you'll enter into the kingdom of God. You have to give up this stupid idea of ego. But what should replace it? What will replace it? Is love and compassion. That two people can use it with the ego like I tell somebody now this fellow is not all right. "But Mother you know he is, I love him". If you love him better correct it. If you really love, have courage to tell him that this is wrong with you. If you are continuing with this love story, then you must correct that person. And all these complicated you know such complicated things there are with this ego that you just don't know how to solve the problem sometimes if somebody comes to you with that ego. So first is to introspect and find out why am I egoistical? What have I done?

You'll surprised, I don't know what is ego is. I really, I've just seen some things, but to be very frank I don't know what people are egoistic of. Like sometimes you start saying My 'Jai'. I also says 'Jai'. I don't think it's me you are saying 'Jai'. Just say – all right they are saying Jai, like that I say Jai, because I don't know why you say Jai. I don't know why? What have I done? Why are you praising me I just don't understand? If somebody says "Thank you very much Mother". I don't understand why they are thanking for what? What have I done? See this ego is the one that records everything that this is what it is. I am such and I am such and I am such, all falsehood. But if you don't have such a record in your head you cannot feel ego. If somebody says, "You are very good looking", immediately the balloon starts. Why is he saying? May be he wants some money, maybe he wants to use you for some purpose, may be he's praising because he knows you are a stupid fool. So why accept such a remark as something great you know. And in this way we lose ourselves completely. Let us have a command of ourselves. Do we know ourselves? I know I am that, I know I am born like that, I know all these things are there, so what? I mean I didn't achieve anything, you at least achieved. I never achieved anything; I was just like that. So, why to be conscious of it? That I am this, I am; I am nothing. Because whatever I am, I am. Now supposing this wood says "Oh I am wood", so what? You are wood after all. As simple as that, as simple as that. So, see this complications of your mind should be reduced otherwise your attention will never improve and what will happen is that you'll not grow. And the dwarfs, you know? We'll have all the dwarfs here.

I want to show to Russians that you are quite capable of growing and you are quite capable of looking after your country. Your own President, his wife all of them are funny people. Try to talk nonsense sometimes, absolute, can't understand. What business they have got to talk about other countries when their own country is suffering so? There's no introspection, there's no understanding what's wrong with your own country and you start talking about other countries 'this is wrong with them that is wrong with them'. So in this atmosphere where you find a whole lot of people have this problem of ego, you can only supercede them, only shine out, you can only save them by absolutely getting rid of your ego, absolutely, hundred percent; in every way. You'll see you'll feel much lighter. Imagine you are hanging in the air, you don't know where you are going to land? How can you feel secured?

As they say 'stand on your legs'. It's like that; stand on your leg. So now Sahaja Yoga is progressing very well, very fast everywhere in the whole world. They gave Me a Doctorate, they did this, they are trying their level best now to give Me a Nobel Prize also. Because only the Nobel Prize can put these egoistical people all right. So they are working very hard to get Me a Nobel Prize. All that is to show that people will never accept me unless and until I have some sort of a brand on my head. But is important, in this world one has to have some sort of a brand if he have to survive, everything. So, for you also it is important that you have to have the brand of Sahaja Yogi. But in Sahaja Yoga if you have the brand doesn't work out. You have to have in reality that power of Yoga within you. You can do a lot I know because you stand on land of Shri Krishna and His power. Don't need anything else, need; don't need any machinery, nothing. But only realize your responsibility, what we are doing for Sahaja Yoga, for our self? How are we behaving? What is our style? How are we spreading Sahaja Yoga? Please try. If you can really introspect you'll find that you'll feel that we haven't done much for Sahaja Yoga that we could've done. Busy with yourself, with your own activities. But unless and until you do for Sahaja Yoga something you have no meaning at all, you have no identity. If you can develop this beautiful reflective nature by which you just reflect about yourself and not about others, you'll be amazed, how much will change.

Even a simple meditation people don't do. You get them an Ashram; there they fight. Do what you like ends up into something funny. I didn't want to talk to you about something unpleasant all the time. It's not a very good idea. But I feel that you should now awaken to the fact what is your responsibility as Americans? Very important, extremely important. And once you realize that you can do so many things because you have got the Power. You have the Divine Power. But you must awaken and shed off this horrible thing called ego, which makes you a monkey.

I've seen this is the only problem you have. There's not much conditioning. But this ego is the only problem. You don't respect anyone, you don't respect this Motherland, you don't respect even your self-realization. So this point today we have to know that we are, we cannot afford to have this ego anymore on our heads. We just are not going to have it. We are going to humble down and we are going to seek to things through our humility. Once you see these things work out you'll be the most important persons for even the Divine to deliver the goods.

May God bless you.

As it is we have now, I am awaiting lots of Americans will become and what will convince them of you is your humility and your good manners; very important. If these two things they see in you they will change. I am sure they will change. Not to be aggressive with them.

1995-1010, Experiencing the Divine in Every Moment

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Experiencing The Divine In Every Moment

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Please be seated, all of you. Please be seated. I bow to all the seekers of truth. At the very outset, we have to know that truth is what it is. You cannot change it, you cannot describe it, and you cannot pay for it. The truth is that at this human awareness, we do not know the truth, the absolute truth, we only know the relative truth, because if you had known the absolute truth, there would have been no arguments, no fights and no wars. Because we don't know that the truth has to be achieved. You have to feel it on your central nervous system, which we call in Sanskrit language, a "bodh", from where the word "Buddha" has come, enlightenment. It means you should feel it on your central nervous system, that means in your evolutionary process, you have to rise to that state where you can feel the all-pervading Power of divine love. So the truth is that there is a power which is doing all the living work. We are not aware of it, we have never felt it. But we don't think, see the beautiful flowers you have here, it's a miracle how these beautiful flowers have come out of Mother Earth at different times, with different sizes, with different fragrance and shapes. Who has done this job? We never think. Now, if you ask a doctor, 'who runs your heart'? He will say, it is 'autonomous nervous system'. Now, who is this 'auto'? If you have an automobile, there has to be a driver. Now, who is that? That is the Spirit within us, in our heart.

So there are two things we have to understand. First thing is that, you are not this body, this mind, these emotions, this ego, but you are the pure Spirit. Because, we say 'this is my hand, this is my body, these are my emotions, this is my intelligence', but who is the owner of that mind? When we say 'this is my house, means, I am the owner'. So who is the owner of that house? That is the Spirit, that is the Self. So whatever I am telling you today, you should not accept Me blind-folded, please, we have had lots of trouble with these blind faiths, you see. You have to know that whatever I am telling you today, if it proves and if you feel this all-pervading Power on your finger-tips, on your central nervous system, then you have to believe in it. Because that is the last breakthrough of your evolution, and through that you become an enlightened personality. That is an experience, as I said, you cannot pay for it. Now the trouble is, with America, I had little different experiences, I don't know why. So when I came, the Boston people asked Me, I mean, the television, 'have you got a Rolls-Royce?' I said, 'no, I have only one car which is owned by my husband'. 'So you are not in the business?' I said, 'no, there is no business', they said, 'we are not interested'. You cannot market God, you cannot do marketing, and you cannot make money out of it. As soon as I said this, they said, 'you'd better go back, you will have no response in this country'. I just couldn't understand, what sort of a mentality is this, that we can sell God, that we can sell divine love. Can we sell love, by any chance?

For nine years I didn't come to this country, I am sorry to say, I couldn't understand this mentality, that there is something so noble that is brought down to this level, of marketing. As it is we have to understand that America is a very important country as far as spirituality is concerned, and there have been many seekers. When I came there were thousands and thousands of seekers in this country, but absolutely lost. There was one sixteen year-old gentleman who came as a guru here, he earned lot of money out of you, settled down very nicely and then he became a Yankee, as they say, and married an American lady. He was wise enough to give up all this nonsense in time, so that he could not be exposed. And so many like that came here, even now, we have so many people of that kind, I am amazed how you people accept all this nonsense, with all the intelligence you have. It is beyond Me. I am a Mother and I have to tell you the truth. All these gimmicks are of no use and are not going to take you anywhere as far as your evolution is concerned. The other day I went to Washington, a year back, and there were so many who came down to say, 'my goodness, we lost all our money, sold our house, our children are out of schools'. I said 'why, what happened, why this crisis?' They said 'there is one gentleman who said you can control the minds of the people'. I said 'really, what did he do?' They called somebody from the audience and he said, and see here, he has a pendulum in his hand and I can manage that he can start moving the pendulum. He really started moving the pendulum. He was so impressed by him, this that,

so much impressed by him, that we surrendered to him, he says we don't know what happened, he might have mesmerised us, we gave up all our belongings, everything and now we are just like ascetic sanyasis. My goodness. I asked them, 'what is the valuation you have for your own life? Have you come on this earth to move pendulums? What is this? Is it American wisdom or what? To move pendulums you have sold out your houses, taken out your children from schools? I just can't understand. And they said 'yes of course, we were very wrong. But it's like this now, they were wrong, all right, finished, then another people are coming, then they'll be wrong, now they are finished, going on and on in this country. Another one I met who told me that he came to America without visa and told that he has come without visa in his meditation here. And they believed. How could they believe such a nonsense? He said, 'they did, because I said I came here flying in the air', and he was the principal of a flying academy in Scotland, of TM. So they used to say, that you can fly up to three feet and transcend the gravity. What is the need to do that? I don't know! To be very frank, while I was coming there was such a jam on the road, I was delayed, and if these people start flying at three feet, what will happen to all of us? Such stupid things they told you, and you believed them? With all your perfection, with all your progress. All of them, all such stupid people came here and really I don't know how they stupefied you. One after another. And they are called gurus, I don't know what they are called. I don't know how we have lost our wisdom. Of course, you have other types also, like Evangelists, once we saw. I don't know if David has told you, we were in Hawaii, I don't know, after the programme, I said 'let's see some television', and there comes one Evangelist, with a hundred pound note he shows, and he says 'if you give this hundred pound note to God' ...means him, of course, 'then all your problems will be solved'. Then he gives a story that there was a lady, she had collected a hundred dollars for, I am sorry, hundred dollars, not pounds, for her grocery, and she gave it to God. So the grocery came on her doorstep, without paying anything, and then it started pouring from the top of the house. Such a blatant nonsense, and everybody was listening to it. I said, 'I can't manage these Americans, really, it's impossible'. How could they believe all this nonsense. How can you tell them the truth then?

Truth has nothing to do with all these nonsensical things. Truth is your ascent into a higher state of awareness where you can feel this all-pervading Power and you get this yoga, called the union, with this all-pervading Power. 'Saha' means 'with', 'ja' means born. Born with you is the right to get this union, this yoga. As human beings all of you have a right to get it. Especially the seekers of truth. So many seekers of truth. They took to drugs, I don't know, all kinds of things poor things have done. And when I came here I found most of them are lost. It's a very sad story of America, I cannot explain why it has happened.

So now today let us face the reality and let us know that it's a happening within us which takes place. He has already told you about the triangular bone in which lies this Kundalini power. Of course, also there are people who have written books after books saying that it's very dangerous to get the awakening of the Kundalini. This is another way to frighten people, because they don't know how to do it, or maybe they don't want that you should achieve your higher self. There is nothing like that, I assure you, She is your Mother, She is your individual Mother, she knows everything about you and she is anxious to give you your Second Birth. When you were born, your mother went through all the labour problem, she suffered, did she give you trouble? She is the Mother of all the Mothers, how can She give you trouble? How can She torture? This is what one has to understand that this Kundalini is our individual Mother, is the Power that is kept there for our ascent, just like, just like the primule of a seed which sprouts by itself because it is a living process. If you put a seed in the Mother Earth, it sprouts, spontaneously it happens because the seed has a built-in capacity to sprout and the Mother Earth has a capacity to germinate. This is absolutely your own, no obligation, you can't pay for it, I have told you. It's your own which has to work out, just like a spontaneous, spontaneous awakening of a seed which sprouts, in the same way this Kundalini rises and gives you your Self-Realisation. Now there are many who say 'we are twice-born'. I mean, just make a label on your head and 'twice born'. They are just the same, there is no difference between a person who is twice-born and one who is not. What is the difference? But if you are twice-born in the real sense of the word, it is like an egg becoming the bird. In Sanskrit language we call it 'vijaha', born twice. Like the bird is called 'vija' and also an enlightened person is called as 'vija'. So just by saying you are something, you don't become. Becoming is different. So when this Kundalini rises, She does so many things, that in this lecture I may not be able to tell you all that. The first thing that happens to you is that you start feeling this all-pervading Power on your finger-tips. And these finger-tips are indicating your centres. All these centres you can feel it on your finger-tips. In English language, it is regarded as something very great, to know something on your finger-tips. Not only that you know your centres, but you know the centres of others. Because what happens to you is that your personality develops a dimension by which you become collectively conscious. It is not just talk, lectures, but it happens, that you become collectively conscious, you become. Becoming is the part. And once you are collectively conscious, then who is the other? It's like a drop becomes the ocean. You can feel everyone on your finger-tips, even if he is dead. Even if he

is far away. Anybody you want to feel, you can feel it on your finger-tips and know what centre is wrong. Then you change your language, you talk in the language of centres. If you have to describe somebody, you will say 'that gentleman who had this centre, another gentleman who had this centre'.

Now when this Kundalini rises, She passes through six centres, when She passes through six centres, She pierces through the last one which we call as 'Brahmarandra', which is actually the actualisation of baptism. You feel the cool breeze coming out of your own head. You feel the cool breeze of the Holy Ghost on your finger-tips. Then what is the transformation? I am talking of global transformation. This is working out in now, 65 countries, least in America, I am sorry to say, least in America, while in 65 countries, in thousands it is working out because the time has come for global transformation. So what happens, that as this Kundalini rises, She passes through these centres which are responsible for our physical, mental and emotional and spiritual being. So physically, most of your incurable diseases get absolutely cured. In India, we have three doctors who have got, now, MD for doing research on incurable diseases. With the help of Sahaja Yoga, they have proved that it can cure all these diseases. So many diseases can be cured by your own power, you don't have to go to the doctors. Diagnosis is done on your finger-tips. You don't have to spend money, waste money and bother yourself. It is something that you won't believe, because it is so fantastic. But you are fantastic. For example, this instrument, if it is not connected to the mains it has no meaning, it has no identity. Once you connect it to the mains only, it starts working. But with this Kundalini, because She connects to this all-pervading Power of Divine Love, which is the ocean of love, ocean of knowledge, absolute, is the ocean of bliss, and the ocean of peace, you get connected with that. It's the most important thing today is to get connected to that Power. There is no chance of you getting any diseases after that.

I hope they have told you, I am seventy-three years of age and every day I am travelling. Seventy-three years. And I don't feel tired, I have so much energy flowing into Me. [Shri Mataji coughs] Your pollution in this country is too much I think! And with all this, curing your diseases by yourselves. Now this country is so much in danger in getting all kinds of diseases, you know that. People are even afraid to take water, they will think twice. 'What is it, what is it made of? From where it comes?' It's a panic condition here. Nobody feels safe. Now all this gets absolutely connected. If I tell you how you won't believe Me, but it happens, that your genes have data, you know, a database. It changes completely. People who have been criminals have become saintly. People who have been on the verge of death have been cured. I am not just telling you a story, you don't have to pay Me for anything. It's a fact that it happens. Those people who have been really lunatic also have been cured, even those who have AIDS have been cured. But these AIDS people are so aggressive, it is difficult to handle them. There are six of them are all right. The rest of them are so aggressive they won't listen to Me. Very difficult people, I don't know what happens to them, some sort of a mind which thinks that the whole world is wrong with them. But otherwise all kinds of diseases have been cured with Sahaja Yoga without paying a single pi, without going into any tortures of your diagnosis. Now, what else happens to you, that you become absolutely peaceful. We talk of peace, people get awards, this, that, I have seen people who have got awards in peace. Some of them are so hot-tempered that if you have to approach them, you better take a barge-pole, otherwise I don't know what they will do to you. There is one lady in India, I know her very well. Supposed to be a lady spreading peace. I don't know how she could spread peace when she is so hot-tempered. Then another thing is that all the time we are thinking, thinking of the future or thinking of the past. And our mind is all the time jumping on the cusp of these thoughts. We are never in the present, never. When Kundalini rises, She elongates those thoughts and there is a space in between, that is the present, and you become thoughtlessly aware. Jung has talked about it. That you become thoughtlessly aware, means you do not reflect. You do not reflect. You do not reflect. You just absorb. Like I see a beautiful carpet here, and supposing I look at it from this angle, that I have to sell this carpet, so I must insure it, I must do this, I must do that. And all my mind is on it, in a way that just how to do that, where to get it. If it is mine I will have more headache, but supposing I am in thoughtless awareness, then I look at it without any reflection, and what happens, that I go beyond mind, and the artist who has put his love, his joy, starts pouring into Me, like soothing beautiful colour, it happens. That's how you become peaceful. And once human beings become peaceful we can achieve global peace. After all, all the ideas of war and all that have come to our minds. If our mind gets absolutely peaceful then this peaceful mind also generates peace around. Those who are close to such a person also feel that peace, and with that peace, what happens, that a person is absolutely one with reality because he is in the present and all his integration of his mind, of his thoughts, of his attention absolutely achieve perfection. Because this attention also gets enlightened. The Spirit, the light of the Spirit comes into the attention. So this enlightened attention, it gives you a photogenic memory, to begin with.

And secondly, in every way you achieve perfection. I can tell you so many scientists, so many artists, so many poets have achieved fame through Sahaja Yoga. Is a fact. Because the creativity also becomes so great, of another world, not ordinary, like selling some chocolates, but of another world, and very beautiful. All these things are within you and it starts expressing through the light of the spirit. You give up all that is destructive. Another idea Americans have, not only Americans I think, most of the Europeans also have the same idea, that every moment must be enjoyment and fun, for fun they might do anything. I heard recently they are cutting their eyebrows in between, I don't know what's the fun one can get out of it! And all these enjoyments if you see, are self-destructive. They are not constructive, they are self-destructive. When they get to this kind of enjoyment they don't know where they are going, what they are up to. But as soon as you have the light of the Spirit you see what is destructive and what is constructive. What is detrimental and what is going to save you. And you take to that very clearly and you have the power to take to it. So I have seen people overnight, I promise you I am not telling you lies! I don't want to tell any lies to you. Overnight people have given up drugs. Overnight! There is no need to have military or anything, only the Kundalini awakening. They have given up alcoholism, so many things like that they have given up. Surprising how it has happened that once they have achieved their self-hood, how they know their self-knowledge and how they know what is good for them. It is very important at this juncture that we should be aware about it, that these things are not going to give us any joy. But you jump in the ocean of joy. Joy is not like happiness and unhappiness. It is singular, it is just joy. You become joyous. It's like, I think, when you are in the water there are waves which you see and you are frightened. But if you get into a boat you like to see those waves, you enjoy them. But supposing you know how to swim you can jump back and save so many people.

This is the purpose and identity of your life that you become the citizens of the Kingdom of God and become joyous people forming a new race of people who are beyond worries, who are beyond torturing others, who are so kind and nice and so compassionate. We, as I told you, we have 65 nations, from where people come to India, when we have a seminar there. I have never seen them quarrelling, fighting, nothing, just they enjoy each other's company. Pure enjoyment without lust and greed. Can you imagine, such a beautiful race is being formed. I don't know how far Americans will come into it. I have been coming every year now, but see now, so many are dropping off. I have never seen this happening in Russia or anywhere. So callous, so indifferent to oneself. All is happening, everything they see, they don't want to have a solution. It's like some people who are uprooted, that they do not feel that they must grow and they must get out of all these problems that they have been facing. The enlightened person gets the power to raise the Kundalini of others, give them realisation. Like one candle which is enlightened can enlighten many lights, that's how Sahaja Yoga has spread, but there should be people also, the candles which are willing to be enlightened. If there are people who are not bothered about it and run after stupid things, how can you manage? But it's very much there in these modern times, it's already described as the Last Judgement. You judge yourself. By going to wrong people, or to right people, wrong path or right path. Mohammed Sahib even has said that at the time of Kyama [check], means resurrection time which is today, 'your hands will speak' and give witness against you, because they will tell you what chakras you are catching, just imagine, he said that very clearly. I don't know what Muslims are doing. There's not one better than the other. These religions are not at all spirit-orientated, they have no soul, they are money-oriented or power-oriented. And fighting with each other in the name of God. But by this happening, you innately become righteous, innately. I don't have to tell you 'don't do this and don't do that', you innately become that, you become virtuous and you enjoy your virtues. As far as the innocence is concerned, innocence is never lost. You will be amazed, it's such an eternal quality. Only sometimes by our mistakes, we cover it up, like we cover the sun with some clouds but actually innocence is always there and when you get your realisation you become very innocent. So innocent and so beautiful. On your face it shows. You drop your age very much. Start looking much younger. Nowadays I am told that in America there is a big craze that one should look younger. But thinking like that you will become older, definitely! By worrying about it, it will be much worse. But by this happening you will look much younger, not look, but you feel, you feel much younger, you enjoy your life. It's a thing that is meant for all of us. You have been seekers in your last lives. You have already said that these people who will be seekers in the Himalayas or in some hills and dales will be born at this time as householders, ordinary people and they will get their realisation. It is already predicted by Brouboumouni [unclear] in India. He said it and it is happening, it is working out.

For us now it is important to know what is the value of our life. Why are we on this earth? Science cannot answer, science cannot answer why are you on this earth. But Sahaja Yoga can. And once you become that, then it's a very, very different personality you develop. You have confidence, you become dynamic, at the same time you are full of compassion and love. There is nothing that

you can pay for it, no, no, it is invaluable. Moreover it is your own right to have it because you are seekers of truth. Once you get this others will see you, your life, your whole achievements and will take to it.

I am happy today to see so many of you in Los Angeles and I am sure you will also not neglect your Self-Realisation. You will also grow into big trees and will enlighten many people. It's what you have to do. That's why you are on this Earth. That is the identity you have. Not by cutting your hair or standing on your heads, no, you are glorious, you don't know your glory. You don't know how you are made, you have no idea at all, you are fantastic. Like I would say, a television, if you take in a remote corner of a place where there is no electricity, nothing, they have never seen a television, and tell, 'but see this one, will show you some films or something.' They said, 'Ah, now, this is too much, how can this box do that? You also think we are boxes, no respect for ourselves?' We are not. Once you put this television to the mains then you will know what fantastic thing it is, but what fantastic thing you are you don't know! Once you know your powers and once you know your glory you respect yourself, you grow into it and such a race is growing all over the world, all over the world it is growing and I wish it also grows in Los Angeles. New York is better, I must say. Maybe Hollywood, I don't know why, I don't know why, maybe Los Angeles means it's the angels, looking out for the angels here, because the name is very beautiful. This is the country of angels, and there must be, I am sure about it. I hope you achieve that state of enlightenment, that is what you are seeking, but for that, I must say you have to be serious, idiots cannot get realisation, stupid people cannot get realisation, also the people who are arrogant, they cannot. You have to be humble and you must have pure desire, because this Kundalini is the power of pure desire. You will be so relaxed all your life and you will see things so clearly. Above all you will see so many miraculous things happening to you and later on you will realise it is all planned, it's all working out. First you will think it is coincidence but then you will see how these things are working out and how we are helped all the time because you become angels. May God bless you.

It will take hardly ten minutes for you to get your realisation, but I would request please, at that time, please don't disturb the audience and don't try to get out and get up. If you want to go, please go. Because one thing I must confess, that I respect your freedom, and I cannot force Self-Realisation on you. You have to ask for it. So please, those who want to leave can leave the hall, but those who want should just feel that they want to have Self-Realisation. Moreover, you should have full confidence, full confidence, don't think that 'how can I get it?' Moreover, the idea of, 'I have committed so many sins', nonsensical ideas like that, are there. At this moment, you are not a sinner. At this moment you are a seeker of truth. You are no more guilty of anything. Don't feel guilty, I request you don't feel guilty because whatever mistakes you might have committed you should have faced them that time. What's the use of carrying it with you? And do you know what happens when you feel guilty? This centre on the left catches, here. And when this centre catches you might get spondylitis, or you might get angina which is a heart trouble, you might get all your organs very lethargic as well. So not to feel guilty. See this idea of feeling guilty is a very common thing in the West, I don't know, it's a fashion and they say, 'I am guilty of this, I am guilty of that'. If you are guilty, you would be in jail! Then how are you sitting here?! So, don't think that you have to feel guilty about anything, nothing. No confessions in Sahaja Yoga, no confessions, nothing, past is past, is finished.

So you have to forgive yourself. In the same way you have to forgive others. Many people tell Me, 'it is very difficult to forgive'. Whether you forgive or don't forgive what do you do? What do you do? Nothing. Whether you forgive or don't forgive, you don't do anything, both ways. But when you don't forgive then you play into wrong hands and torture yourself. So, what you have to do is to forgive everyone in general. Don't even think about them, it's a headache. Just you have to say 'I forgive everyone', just like that. I tell you it works, it works. Try just to say 'I forgive everyone' in your heart. Everyone, in general. First of all I have told you that I respect your freedom and that you should have full confidence that you will get realisation tonight. That is very important. You should not be diffident about it, please. You all are seekers and you have a right to get your enlightenment, I assure you that. Third condition is even easier, that you have to take out your shoes. While I am telling you, because in England that first time I told them 'please take out your shoes' half of them walked out! Can you explain this? I don't know, why they walked out, after all no one was going to steal their shoes! All right, so just take out your shoes because this Mother Earth helps us a lot. [Shri Mataji speaks in Hindi]

She has already told you about the two Nadis, the left and right. Now the left one is responsible for our desire, mundane desire. The mundane desire is such that it is never fulfilled. As you know, the law of economics is such that wants in general are not satiable, today we want a house and a car and this and that. But there is one desire which is pure desire within us, that is this

Kundalini. Once this Kundalini awakens She gives us complete satisfaction, you see a flower, you feel satisfied. You see anything, you feel satisfied. You become a great admirer of all that is joyous, even if you see a ridiculous thing, you see a ridiculous thing, enjoy it as ridiculous, sense of humour, everything, just flowers. So, what we have to do is to have the left hand like this, towards Me, which is suggesting that you want to have your Self-Realisation, just like that, simple, we will show you. Very simple, nothing to be done, extraordinary. You don't have to go to Himalayas, you don't have to stand on your heads, relax. And sit comfortably, only your feet should be away from each other because they represent your two powers, one is the desire, another is the action. So with our left hand we express our desire to have our Self-Realisation. With the right hand we have to nourish our centres, but I will try a quick one today, let's have instant Sahaja Yoga.

You will be amazed, in New York I just felt I thought we could try what we have done in Russia and it worked, you know. So maybe let's try that first, I am sure it will work. Now, put your left hand towards Me, right hand on the heart. Now in the heart resides the Spirit, now put both the hands towards Me, just like that. Now, put down your head little bit and put your right hand on top of the fontanel bone area which was a soft bone in your childhood. Just when you are ready. And now try to feel if there is any cool or a hot breeze coming out of your head. If you have not forgiven yourself or if you have not forgiven others, then it would be hot, so try to forgive. Forgive yourself and forgive others. Now just see for yourself. There is a hot or a cool breeze-like thing, what we call vibrations, are coming out of your own fontanel bone area. Now don't doubt it, some people get it very close and some people get it very far. You can move your hand and see for yourself. Now just bend your head, bend your head and don't touch it, just keep it away. All right, now please put your right hand towards Me. Now again bend your head and see with your left hand if there is a cool or a hot breeze like vibrations, coming from your fontanel bone area. Now once more, please put your left hand towards Me and see for yourself if there is again, with the right hand you can see if there is cool or hot breeze like vibrations coming out of your fontanel bone area. Now try to move your hand and see for yourself, clearly. Please bend your head. Please see it clearly, so now don't doubt, please don't doubt yourself. It is coming out of your head, see for yourself. Now, please put both your hands towards the sky, like this and ask one of these three questions, one only, three times. First is, you can call me Mother or Shri Mataji. 'Mother, is this the cool breeze of the Holy Ghost?' First question. Ask three times, or you can ask, 'Mother, is this the all-pervading Power of Divine Love? Ask three times. Or you can ask 'Mother, is this the Paramchaitanya?' Ask any one of these questions three times. If you are a Muslim you can say 'Is this the Ruh?' Ask anyone of these questions three times. Now put down your hands. Please put your hands again towards Me and don't think. Just don't think. Keep your eyes open. There is no mesmerism, just see that you are feeling a cool or a hot breeze on your finger-tips or on your palm or maybe out of your fontanel bone area. All those who are feeling please raise both your hands. [Shri Mataji speaks in Hindi]

I bow to you. Now I know where the angels are! All of you practically, you have felt it, I am surprised. It will work out, it is very surprising, isn't it! Now, for the first time you are feeling this cool breeze, feel it. Now put your hands like that, straight. Don't doubt, you shouldn't doubt. Watch Me without thinking. Let's see. Keep your eyes open. Watch Me without thinking. May God bless you! You got it! May God bless you. May God bless you. May God bless you.

Now the mantra is, you enjoy yourself! It's going to be there, you have to remember the parable of Christ, that some seeds got sprouted and fell in the marsh. You have been sprouted, you have to grow into it, and you have to become enlightened personalities, you have to grow. For that we have very good centres here. It's not like mine is an introductory lecture and then you carry your purses there, nothing of the kind. You don't have to pay anything, only little time you have to give. They will also tell you if there is a little problem, you have to clear it out. They have very good Sahaja Yogis here, I tell you, wonderful people. Very wonderful people who are concerned about Americans, who want that they should spread very fast here. So to solve the problem, we can say for the benevolence of yourself, of your family, of your city, and for the benevolence of the whole world, is important that you should grow into Sahaja Yoga. May God bless you.

See, I tell you! In five minutes they got it. If you want to contact Me, if you have any questions, you can write and they will send it over to Me. They will also answer your questions, there is no hard and fast rule, no disciplining, nothing. And they will tell you what you have to do, every evening about five minutes of meditation, that's all. It is very simple and you yourself will know how you are growing. You will know everything. You will know everything, because it is your knowledge, it is your Self.

[Shri Mataji speaks in Hindi] They can sing one song if they want. I have not heard them singing yet.

It is very simple. [Shri Mataji speaks in Hindi]

[Yogi gives information about follow-up programmes]

Eyes are sparkling.

You felt it? All right. You will know everything about it. You have got, what problem? Oh my goodness, it can be cured in no time. Can you come and stand here? Here is a candle. Now put both the hands towards Me, like this. How old are they? How many years you have had? Nearer the light. All right.

[Some yogis sing a song while other yogis work on new people]

Centres are opening out? It's quite old, that's why it's calcified. Cold water you should not use, warm water. So you come along, it's all right, we will have a look. We will see that, see his hands are opening out.

[Yogis sing a bhajan]

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11 October 1995

Truth Is To Be Known On Your Central Nervous System

Public Program

Vancouver (Canada)

Talk Language: English | Transcript (English) – Draft

Please be seated. That would be better! You can come forward here, if you have no place!

I bow to all the seekers of Truth!

At the very outset, we have to know that Truth is what it is. You cannot change it. You cannot transform it, and even if I describe it to you, you cannot achieve it.

Truth is to be known on your Central Nervous System. That can only be achieved through our ascent, through our breakthrough into a new awareness. In this human awareness we cannot feel the Truth.

As you know in Sanskrit the word 'Bodha'. 'Bodha' means enlightenment. Also from this, the word 'Buddha' has come, the one who is enlightened. But 'Bodha' actually means to feel it in our Central Nervous System.

Whatever we have achieved in our evolution, whatever, we can feel it in our Central Nervous System. For example, for an animal it's not necessary, that it should go through a very clean road, it can go through any place, but for a human being, he has developed a sense of cleanliness. There are many things we have achieved much more than animals are. So, we should be all very complete, fulfilled, satisfied but we are not. What is the reason? Because still we have to ascend a little higher than what we are.

Now whatever I am going to tell you, I would request you not to take it for granted, because it is coming from me or anyone. We have had enough trouble with this blind faith. So only thing is, if it works out, whatever I say is proved, then you accept it, because it is for your own benevolence, for the benevolence of your family, for the benevolence of your society, benevolence of your country and for the benevolence of the whole world.

What I am talking about is the global transformation of human beings. Without that nothing could be achieved, which would be of real help to the whole society.

So the first truth is that you are not this body, this mind, these emotions, this intelligence, this ego and your conditionings but you are the pure Spirit. You are the pure Spirit. You have to become the Spirit. Once you become the Spirit, when you achieve that selfhood, then only you will know what is reality. Before that is all a mental projection. The mind flows in all directions, and then you find that it is moving in a linear manner. It goes up to a point, and then it falls back and comes back on you, boomerangs we should say. That's why all our enterprises, all our research, everything comes back to us, and we are shocked how it has happened.

Here I am now talking to you about Science. Science has its own limitations. It is also a moral. When people started talking about Atoms, they did not know that it would create an Atomic Bomb or Hydrogen Bomb, but ultimately it ended up into that, which is today responsible for destroying us.

When we talk of peace, we do not realize that peace is only possible, if human beings become peaceful. It's not through some organizations, or some artificial methods we can create peace, or by bombing others. It won't be. It's the source we should go to.

It's the mind of people from where the violence starts. I have met many people who have had awards for peace, but they are so hot tempered, that if you have to meet them you better take a barge pole. I don't know how they got these awards. It's really difficult to understand.

So, one has to realize that the source of violence is yourself, within yourself. It starts in your mind and then it grows collective, collective and then the whole nation can become violent. Now you are facing all kinds of violences. Individual violences, social violences, religious violences, this and that and that, because we are not peaceful.

Now, how do we become peaceful? Is a very important thing we should understand. As I say, you must have been told (Shri Mataji speaks to someone on her right, speaks in Hindi- haven't kept any photo of kundalini? and then turns to her left and then speaks) haan! I am sorry! I want to tell you that within us lies a power called as 'Kundalini'. 'Kundal' in Sanskrit means coils, and she is the power of feminine nature. She is the reflection of the Primordial Mother. Now, you may say that there is no description of the Primordial Mother in the Bible, or in the Quran or anything. May not have been! But there has been this power existing and we can prove it, that this power is reflected within us as this Kundalini, which is the power of pure desire. It exists!

Now, there are many who have written books after books, that this Kundalini is a very dangerous thing. It's not at all, because it is your mother. Your mother who is anxious to give you your second birth. When you got your birth, who suffered you or your Mother? Your mother suffered for you.

In the same way, this Kundalini is your own individual mother. She knows everything about you. She knows about your past, she knows about your aspirations. She knows everything about you, and she is anxious to give you your second birth. This Kundalini lies in the triangular bone, which is called as "Sacrum", that means the Greeks knew, that this is a sacred bone. Why did they call it Sacrum Bone?

I have discovered, when I went to Ukraine this time, that three thousand B.C. they believed in the Primordial Mother. Not only they believed in the centers that are there, they drew them, made beautiful paintings with the exact number of petals that these centers have. This is three thousand B.C. and they called the Primordial Mother as 'Aditi', which we also in Sanskrit called.

So, one has to realize that even in the religions, they have tried to somehow or other to mislead. For example, they never mentioned the word Primordial Mother. It was Trinity, Christ the son, and the Father and the third was the Holy Ghost. You have the father and the son, and what about the Mother? That is how people tried to put down Motherhood, the woman.

Same in the Quran. You see, the trouble is, Mohammad Saheb never wrote the Quran, nor did Christ write the Bible. It was done by people, perhaps who never respected women. Especially, Quran was written forty years later, after the death of Mohammad Saheb. Same with Christ. We can say Paul. Paul is the gentleman who wrote the Bible. I don't trust him much (reactions from audience, laughter and some applause too- Shri Mataji smiles and continues) because he was epileptic. He was epileptic. That's the biggest problem. If somebody is epileptic, means that person is possessed. In Sahaja Yoga, we can prove it to you he is possessed, and this possessed man wrote, or I should say, edited the Bible, fought with all of them, or I don't know they say he was a hater of women.

Thus the position of women in all these religions became so unsecured, very unsecured. I find in the West, women are very insecure. They have to go on pleasing the husband. They have to dress up like this. All these descriptions when I read, I said why bother so much about the husbands? I can't understand, but now I know the root cause, that here is a society where the women always have to dance to please the man, and look after that he doesn't run away with another woman.

This is something I just don't understand, because there are lots of truths in the Bible, and one of them is, "Thou shalt not have adulterous eyes." To that extent, to that subtle extent Christ went, and said that your eyes should not have any adultery, in your eyes! Now tell me, do you find such people anywhere? (Sound of laughter of an audience)

So, the whole system was built on some very wrong presumptions, that always doubt the women and doubt the men, and the

whole relationship was based on some sort of a big doubt.

The less said the better about the Muslims, where they believe that women should be put half way into Mother Earth, and should be beaten with stones and should be killed. I mean, imagine such cruel things! Even in modern times they are doing it. That shows that it's not religion! It's not! It's not the one which respects women, does not respect human beings as human beings.

Nobody has a right to kill anybody. If you cannot create even a little ant, why should you kill anyone? But this principle is absolutely avoided, and they think they have every right to kill, because they think they are very very honorable and moral people.

For that, the life of Christ is so open, that when Marie Magdalini was beaten up with stones, just imagine! Same thing, Christ stood up against all the people who were trying to beat her, throw stones at her. He had nothing to do with Marie Magdalini. He was very different. He was a saint. She was not a saint, but still he said, "Anybody who has not committed any sin, can throw stones at her." This is to be understood, how he respected women, that they should not be stoned like this. But it's going on, you see, every day. These things are going on, and then we think there is no God, because those people who profess religion are so funny.

In England there was a priest. I was myself born in a Christian family, and I was surprised where is Christ and where are Christians, because (Shri Mataji laughs slightly) there was a case. Nowadays, lots of cases against priests, but this one was very unique, because the priest was found to be adulterous. So, they questioned, how could he be a priest? So the priest said, "What can I do? My genes, my genes are all like that! What can I do? I can't help it!" Now, everything goes on to genes, you see! But still I would say, why should he be a priest, if his genes are that bad? He should not be a priest! So, if you see in this way towards a religion, you start feeling there is no God, there is no morality. There is no sense being religious. That's also absolutely not true, because without knowing whether there is God or not, it's very unscientific to say, there is no God! It's very unscientific to accept such a situation!

So is there a way out to know whether there is God or not? Is there a way to know why we are on this Earth? All this is very important, and for which our Creator has placed this Kundalini in the triangular bone, which you all have. It is your own right to have your self realization. This Kundalini is your own, just like a primule in the seed! When you put a seed in the Mother Earth, (it) sprouts by itself 'sahaj' spontaneously. In the same way, this Kundalini rises and pierces through your fontanelle bone area.

Now, you must know that human energy is limited. That has to be accepted. There is nothing wrong in it to accept that position. So, we have to have some additional energy. Now, where do we get it from? Which is the source? For example, Mother Earth gives energy to plants, flowers, trees. What about us? If we embed ourselves in Mother Earth, can we get any energy out of it? No, we cannot!

But the second truth is, that there is a All Pervading Divine Power of Love, which does all the living work. For example, you see beautiful flowers here and we take them for granted, but it's a miracle. It's a miracle that these flowers grow in their own different varieties spontaneously. Who does that job? Who changes this weather? When I came to Vancouver, I just requested the gentleman, "Please take me round the garden of Vancouver", because Autumn is ON! Such a beautiful Autumn! It's so joy giving! Who makes Autumn? Who? What is the energy that does all this work?

So, I have to tell you, that there is an energy which is all pervading, which is doing all the living work. If you ask the doctor, 'Who runs your heart?' He will say, 'This is an Autonomous Nervous System.' So, you ask him, who is this 'Auto'? If there is an automobile there has to be some Auto. Now, you give the name autonomous but who is this Auto? And this Auto, we have to know is our Self, our Spirit!

Now, to know it, we don't have to do anything. It is born with us. 'Sah' means with, 'J' means born. It's born with you, the right to become united, Yoga with this all Pervading Power. This is spiritual awakening, and also this is spiritual union with this all Pervading Power of Divine Love.

But when it happens, so many things happen. First of all, your genes change! This is the biggest thing that happens, that your genes change, means your database changes completely. When that happens, so many things happen to you. One of them is that your health improves, because the centers through which this Kundalini passes, they are responsible for your physical, mental, emotional and spiritual being. So, when she passes through those centers, she nourishes them, she integrates them and she puts them right! That is how, database changes, but also your health improves.

You will be amazed to know, there are four doctors in Delhi, who have got MD for curing people through Sahaja Yoga. But you see in the West, the doctors are very much united against anything that is not Allopathic. And that's why, so far, we have not been able to do much in the West, but in India we have got now a hospital, which allows people to come, stay there and get their incurable troubles cured, absolutely once for all they get rid of them.

How it happens, is through this All pervading power. Once you are connected with this All pervading power, it starts flowing through you, and it is the most vital power that gives you complete recovery. Also mentally it improves you. For example, all the time we are thinking about the future and the past. Our thoughts come from the future or the past. It's like one thought rises and falls off. Another thought rises and falls off. And we are jumping all the time on the curbs of these thoughts. On the curbs of the thoughts we are jumping, neither in the past, nor in the future I should say, but in between lies the present, This Present! If I tell you to be in the present you cannot be! And in the present is the Reality, because the past is finished and the future does not exist.

So, to be in the present, what should we do? Nothing! When the Kundalini rises she elongates these thoughts, and the space in between is where we are in the Present. So, what happens? You become absolutely thoughtlessly aware. You are thoughtless, but you are absolutely aware.

Yoong has written about it, not so clearly, but he has indicated that the next evolution will be on the level of thoughtless awareness. You become absolutely silent inside. That's the thing which creates peace, when you are absolutely peaceful with yourself and with others. Not only that, but you become a person, who is the witness of the whole drama, watch the whole thing as a drama, and you do not get disturbed. Now how does it happen? Suppose, you are standing in the water, and there are waves which rise and fall and you are afraid of them. But suppose, you get into the boat and watch those waves, you are not afraid. But in case, if you can manage to learn how to swim, you can jump down and save many people who are afraid of the waves.

In the same way thought waves subside, and you go above your mind, and you start seeing that you have a witness power. For example, suppose now this is a beautiful carpet and I look at it. Now, if I am not enlightened, what will happen that I will start thinking. Oh God! what a good carpet! Where can I get it? Where should I buy it? And all sorts of things! But supposing it is mine, it is a greater headache, because I will think I should have insured it, and all these things! But supposing I am beyond my mind, then what happens? I see the carpet, and whatever joy is put into it by the artist to create something beautiful, starts pouring down my head, downwards like a very soothing current of peace! It really happens! It happens! It's not a question of just claiming something, or telling you some stories. It is a thing that you have! And this is what you are seeking, whether you know it or not. You are seeking to be the spirit firstly, and you are seeking to be united with this All pervading Power of Divine Love. This is all there, for which you don't have to go to the Himalayas. You don't have to do fasting. You don't have to pay money. That's the worst thing, because how can you pay money for this? Just think of it! For love, how much money are you going to pay?

See you can pay for this hall, but can't pay for your ascent! This is to be understood. If you just apply this to the false gurus, and all other nonsensical people who take money from you, it's better you tell them, "We are not going to pay" Immediately they will run away! They will not exist, because they are only money oriented or some of them are power oriented. Such stupid things are there in certain people.

Like I met somebody from Bosnia who came to see me, a Muslim. So I asked him, "You believe in formless God, then why are you fighting for this Land? What is the need to fight." He said, "No! You see, it's written in the Quran." I don't think it is, but he said so, maybe. "If you die in the name of God, and you are buried, your body will come out at the time of resurrection, and you will get

your resurrection." They call it Kiyama. Then I discovered it's in all these books written down. Now, think of, after five hundred years which body will come out of the grave? (Sound of laughter from an audience) I mean one has to, it has to be logical! And they believe in it, that they will be resurrected as dead bodies! What's the use of resurrecting dead bodies?

That way I must say, Indian philosophy is better, because they say at a living time, which has been prophecized that a time will come, when people will get their resurrection. Their global ascent and life will change! That has some meaning, that the living person will become resurrected, and not a dead body or maybe some bones or maybe some part of the bones, that might be left there!

So, all absurd things also make us feel what sort of religion is this, that we are trying to follow! Now religion was meant to give you a balance. Really, all the religions were created to give you a balance in life, so that you don't fall into wrong traps, you don't do wrong things to destroy yourself. But despite that, in the West especially, I think people believe, that every moment of their life must be enjoyed. Must have fun! All these enjoyments are so self destructive! Just watch and see! This is supposed to be fun or self destructive process to finish all the people, all the children! One can't understand this kind of a thing going on in the name of progress! Where are we progressing? We are progressing towards our destruction.

Now if you tell somebody, 'Don't do it!' They will do it ten times more. It's a situation like that, it's a psychological case, I think, but if you get your self realization, then in the light of the spirit you don't do wrong things. You just don't do it! You give up! Overnight people have given up drugs. I have never said, Don't do! because if you say in modern times like that, half of you will walk off. So it is not to be told! Nothing is to be said, just try to open your mind or your attention to the light of the spirit. Then you see it clearly!

I must tell you a story of people, six blind people feeling an elephant, and everybody said this elephant is like a big pillar. Somebody said it's like a snake. All kinds of things they said, because they did not see the totality. One thing was there, that they never saw the totality and they started fighting. One said, it looks like that, another said it looks like that. So, first what you need is light. Your eyes must be open to it.

Also, another example could be supposing I have a serpent in my hand, and somebody tells me, because if I am obstinate, someone tells me there is a serpent in your hand, and it's all darkness. I can't see, so I will say it's a rope. I will go on saying it's a rope, till it bites me. But, supposing there is a little light, you will just leave that snake out, because you know it's a snake.

In the same way, all that is destructive you give up, just like a very wise person. You just give it up, you are not to be told. It just works out. So, your diseases are cured. Then, mentally you become a peaceful person. Many lunatics have been cured, I must tell you. And thirdly you give up all that is destructive. Now, you have the peace. You are completely integrated. Normally, your thoughts are on one side, your heart is on another side, and the body on the third side, but by this you get completely integrated, and you feel so confident about yourself, so dynamic because all the time the energy is coming in you. So, what is there to be tired of, you see?

Now See, I am seventy three years of age, and I am travelling every third day. My passport is so thick like that, but I have three passports, this is the third one, and now I have to have the fourth one! But it's alright, because I don't have to worry about the energy, that is to be replaced or anything! It's all the time the energy is flowing.

It's something like this. This instrument is connected to the Mains. If it is not, it has no meaning. It has no identity. So, people will shave their heads or I don't know. Recently they said they are making a gap between the eyebrows. What is this? By doing that what do you get I don't understand! But I think it's like franticness, that something has to be done. What are we going to do about ourselves! So, better cut your nose or do what you like! It's not that! You just connect, you just get connected to the Mains, just like this instrument once connected has it's own identity, has it's own purpose. The purpose of your life is to be connected to this all Pervading power. That's all! It's very simple! It's there! You don't have to assert yourself. You don't have to do anything. You cannot pay. You are not under any obligation.

For example, we put the seed in the Mother Earth. What do we pay to the Mother Earth, that she gives us such beautiful flowers? Now, because it is built in the seed that it sprouts, and because it is built in the Mother Earth to sprout it germinates. As simple as that! It is a living process of our evolution, and for that we have not to pay at all.

Only thing is, certain categories cannot get realization. For example, somebody is an idiot (unclear) isn't it? Is an idiot. Then you cannot give realization to that person, or somebody is arrogant, you cannot give. You cannot give realization to a person, who is here to represent certain organizations, or something and think that it's not possible. It is so simple, that I think some people could not believe, that it can be so simple, because if you can eat your food like this, they think no. Why not eat the other way round. Something like that, you see. Some brains are like that. They cannot think, that anything could be simple, but whatever is vital has to be simple. You think of your breathing. If for your breathing you have to go to some teacher for learning how to breath, how long will you exist? It's absolutely very very simple, that is going to happen to you. And know, have confidence, that you all are going to get it tonight.

It is so simple, that you see when I went to New York this time, I said this time I am going to try how it works out. In five minutes they got their realization! Imagine New Yorkers! They got it and they got it very well, and I was amazed how they did it.

Of course, Russia is a very different country. Russia is a very funny country, where there are sixty to sixty five people, very sensible and the rest are mad about Marlboro cigarettes (laughter) or something like that. To them, America is great, you see! So anything, all junk that could not be sold in America, now you can find it there. (Laughter) All wines, everything from America goes, and they are making money out of it in all the five Eastern Block countries Russia, Ukraine where every road is filled with these little little stores, where they are selling these American things but the rest of them- the scientists, the artists, also so many people in charge of the government are also very much interested in getting to the higher life, and their scientists have reached quite a great height of discoveries. They are on the other line. They are talking of spirituality and how to measure the power of spirituality.

I mean here no one can even talk about spirituality among scientists. This is what is the difference between them and us, though we are democratic we have choices, and it was easy to talk to you here, not there when there was communism, but one thing is definite they are not so materialistic.

I don't know how, but thousands and thousands of people in Russia are Sahaja Yogis. There is a joke! In one place from Russia there is a place called Tagliyadi. One fellow came to our seminar in India, and some American was there. So he asked the American, "How many Sahaja yogis you have? At that time he said, We have fifty six! Very honest, you see! There were only fifty six! So, this Tagliyadi fellow said, My Goodness! In Tagliyadi only, we have twenty one Thousand and in America only fifty six, Or in America you are fifty six thousand? He said, What! We are only fifty six not fifty six thousand!

So, you can imagine there is a sensitivity also these people have for spirituality. We in our freedom, so called, have lost that sensitivity. We take to nonsensical things. Suppose, tomorrow somebody cuts one side of the hairstyle, everybody will do it. These entrepreneurs are so successful here, because they can

be fool us morning till evening. Sometimes they have skirts up to here, sometimes uptill here, and every house you go is piled of clothes lying all over. Just playing into these people! All kinds of things they have started.

For example, holidaying is another thing I have seen, though they say it gives them skin troubles, because in London when I was, I was surprised, we could never go out on Friday and never on Saturday evening. The reason is that people of South of London use to go to North of London, North were coming to South. They would not stay in the house, talk to each other, but move on like a holiday you see. It's a crisis for them if they don't go out for a holiday, it's a crisis. We call these people in our language who run away from house as Runaways, you see, from the house. But this has given such a far reaching effect in our lives. I think, that we don't talk to our children, we don't talk to our wives. We are all the time worried. Men are carrying the luggage. Sometimes they are stranded on the streets for one day, Because there is such a jam they can't move, and they are having a holiday!

So this is another entrepreneur's idea. Somebody is very cunning, but people are on the wheel, still! I don't know when will they get out of it. But that's how we have no time even to meditate! I have seen Sahaja Yogis, who are in say in these five countries and Russia, are very deep because they meditate. They don't go for holidays. But here the problem is, you will all get your realization, no doubt. You will get it, but then it will be lost.

Now suppose we say, I don't know how many people there are? " Afterwards I ask them, "how many came for follow up?" "Five or three!" I said, "Why? What happened?" "They have gone on holiday." This holiday is alright but there is a 'holy day' inside which we have to achieve. We have to know our holiness. We have to know our spirituality. We have to enjoy our virtues, and we have to create a new society of very dynamic and compassionate people. That is what is our future. That is what people are going to achieve. All this restlessness, all this madness, this will all disappear, and you really become such beautiful peaceful people, who will enjoy each other. It's very amazing that the joy is just at hand, very close to us and we are getting out of it. We don't want to face it.

So, second request I have, after getting your realization, please try to come to our collective. We have very good Sahaja Yogis here, I can tell you that. Those who are here are excellent! But you also become, like a seed becomes a tree, you have to also grow. Of course, for which you don't have to PAY, because I know there are people who have an introductory letter, and the second one is to collect money. No! We don't need any money for this. This is absolutely free and it works wonders. But if you really think you have to create a new society, and you have to live in a very peaceful, beautiful society of your own, then you have to little bit give time for this.

It's very important also to understand, that today we are living in a very chaotic world. We don't know what's going to happen to our children. We don't know what will be the situation in these different countries. What will be our future?

So, I just want you to know that you can become the spirit which is like an entry into the Kingdom of God. So many miracles take place. They all write to me, now I don't know what to say about that. The kind of miracles that have happened to these people, I am really amazed, because this All pervading power takes over. It's a very efficient, extremely loving and intelligent force which guides you, which protects you, looks after you, nourishes you, and so many things happen!

Now for example, in Vancouver we had Sahaja Yogis who were jobless. They all have got very good jobs. Not that they all are overly educated. But what happened? Their attention became enlightened. Their attention becomes so good. Enlightened means their intelligence improves. They started seeing things clearly. Naturally they got jobs. They are not diverted by nonsense and they are such nice people to talk to. They have good jobs, and all of them have got good jobs. I am surprised. When I had come to Vancouver for the first time, they were mostly about to become hippies. That was the situation, and today I find them so well placed, so very happy.

It's not easy to believe that you are so fantastic. You don't know your glory, really! It's known to be like this. Suppose, now you have a television, which you take to a place, some remote village somewhere, where they have never seen a television. And you tell them that, "In this television you can see films, you can see figures." They will say, "What! This box! You mean to say this box is going to do that?" In the same way we think we are boxes. Just good for nothing! But when you put in to mains, we see how fantastically it is built. We are built very fantastically within ourselves. We don't know ourselves inside. We only know the outside of it. But once we know inside, you will know we are really great, and there are so many things we have to know.

Our brain also gets enlightened, and I have seen students who were very bad at studies, are always topping the list. Even one girl, who got Ms Universe, she is a Sahaja yogini. She came to me, she asked me, "Mother should I do it, this thing? I don't like it very much." I said, 'Why?' She said, "You have wear to sometimes wear funny dresses." I said, "No! At the most swimming dress. That you wear in any case. So, doesn't matter!" She got Ms Universe! See, she was a very shy person, and her mother said, "I don't know!" Not only because of beauty. I wouldn't say, that she is such a beautiful girl from western point of view. But she had poise, she had balance. She had a kind of intelligence which really, they were surprised. How she is so intelligent? She is just an Indian

girl. How is she so intelligent?

The question is, such a person who is a realized soul becomes a, his whole attitude of absorption becomes much more than reflection. We are all the time reacting and reflecting. You see this, no good! That one, good! You just see! Once you start seeing the thing, you just get a photogenic, we can say just like the memory becomes so sharp. You know what it is, how it was, but you don't react. You don't react, you just see it, and that's how a person becomes very intelligent, but not cunning. He becomes very involved about the problems of the society.

Now, there is one gentleman who has come from Iran. He is quite young, but he is so dynamic, and he is not afraid of anything. He says, "Mother, I am going to say all this", and I said, "What about the Muslims? He said, "I don't care!" I said, "Why?"

"Because when they will see the truth they will come. After all they have to see the truth, isn't it? Somebody has to tell them." I was amazed, this young man, he is just like a very peaceful personality becoming a revolutionary. Without getting annoyed, without getting angry, but with love and affection. He says, "I will win them over! I will tell them what is reality." It's not fighting, it's not conversion, but it is the inner transformation that is needed

Last of all, this attention which becomes so enlightened, can tell you what's wrong with you. On your fingertips you will know. On your finger tips you will know, what centers are in trouble. Diagnosis is over. Say, if you have to go for diagnosis in one of these hospitals, you are half dead with the diagnosis only (laughter from the audience, Shri Mataji also laughs) Then the second part is treatment, injections and cutting, putting. Nothing is to be done. It's your own power. It will go to that center and cure it. So, you don't have to worry about the doctor's fee. You are your own doctor. You are your own master, and you control yourself.

Now suppose you can correct your own centers you can correct the centers of others very easily. Why not? It's like one light, one candle which is enlightened, can enlighten many candles. It's so simple as that, and all these powers are born, are already all there, are potential I should say, they start expressing. You can give realization to others. You can cure them. You can do all these things, and enjoy very much doing it. Really enjoy it, because such a pleasure, such a joyful moment, when you see you give realization to someone.

So, this is the real second birth I am talking about, and not just a certificate - 'I am born again.' I am what? Just the same as others are. You are born again. How can it be? You have to have powers, special powers of compassion and dynamism. If you don't have these powers, with the hand you can raise the Kundalini of others, what's the use of just certifying yourself and feeling satisfied about it?

The time has come for us to really enjoy! To jump into the ocean of joy, where joy does not have happiness or unhappiness, action and reaction. It is just singular, it is joy. You just become joyous. If it is absurd you see the humour behind it, if it is beautiful you enjoy the beauty. There is no lust and greed, anything in your relationships, but it is a beautiful enjoyment of life, which is there.

We have marriages, very sensible marriages we have. International marriages we have and their children are all born realized straight. Saints are being born to them. It is such a joy to have such children. How sweetly they talk, how sweetly they bring everybody together. How they like to share everything is worth noticing, how this world of Sahaja Yoga is so dynamic, so compassionate, so loving.

We have seminars in India, and we get people from sixty five countries. I have never seen them quarreling, fighting, nothing! Never! They are so joyous. Very happy people. The other day somebody saw some Sahaja Yogis. He said, "You are very happy guys." Really they are! Very happy people with each other. Of course, they pull each other's legs. They are very normal. They are very humorous, but you don't have to change your dress. You don't have to shave your head. Nothing of that kind. It's just inside, something happens and you become what you are. This is what is the age, we should say, of Joy, and this joy you all should have, is your own right.

Thank you very much! (sound of applause from the audience)

When you become the spirit you become collectively conscious, that means you can feel others on your fingertips also. Who is the other then? Like a drop falls into the ocean and becomes the ocean. The collectivity is so beautiful. Everybody trying to help each other, being kind to each other, not from the mind but innately. You become innately moral. You are not to be told "Don't do this! Don't do that!" Innately you become moral. You don't need any policeman to tell you. You don't need any jails, nothing! Within yourself you become absolutely moral, and enjoy your virtues.

Forget the past! Whatever has happened in the past, forget it! Now don't worry! That's not to be discussed, or to be thought of at this time.

So, It will take hardly I think ten minutes for you all to get your realization. I promise you, but first of all, as I told you you are not to remember your past. You are not to feel guilty at all. Not to feel guilty at all about anything. Whatever mistakes you have committed, alright. You should have faced it at that time. What's the use of carrying it all your life, and now here? So, better know that you are not guilty. Think if you were guilty you would have been in jail. Why are you here? So, it's absolutely wrong to torture yourself, thinking, "I am guilty! I am guilty! I am guilty!"

But do you know if you feel guilty, what happens? This center on the left hand side catches and you develop a disease called Anzyna, which you know is heart. You also develop sometimes very bad spondylitis, sometimes your muscles become very lethargic. Also your organs can become lethargic, with this one defect that you feel guilty. So, you have to forgive yourself, because if you don't forgive now, this center will be in jeopardy, and the Kundalini cannot rise.

All your life, for nothing at all, you have been blaming yourself, judging yourself, and what did you gain? But at this moment especially, have mercy upon yourself, and don't feel guilty at all! There is nothing to feel guilty. It's a fashion to feel guilty. Everybody has to know, that if you have done anything wrong, it's already forgiven, because you would have suffered. You have not suffered because of that! So, it's not to be considered. Moreover, this All pervading power of Divine Love is the ocean of forgiveness. So, whatever mistakes you might have committed or you feel guilty about, it can be all washed off, can be completely dissolved into this ocean of all pervading love!

Then another thing is, that you have to forgive. Forgive everyone! Not to even think about them. Now, so many people say, "We can't forgive!" Now logically, whether you forgive or don't forgive, what do you do? What do you do?? You don't do anything. They say I can't forgive! It's very difficult. But what do you do? Nothing! But really what you do is, you torture yourself all the time. When you don't forgive, you play in the wrong hands and torture yourself. Best thing is to forgive and forget! See how light, how much lighter you will feel.

So, it's not at all difficult. You have to just say, Mother, I forgive everyone. That works! I tell you that works! But the danger is, if you don't forgive. Then this center here on the optic chiasma in the brain is like this absolutely constricted. Absolutely like this. If you don't forgive it won't open, but if you forgive it opens. Unless and untill it opens, how can the Kundalini pass through. So we have to help our Kundalini, in this way that we should really forgive. Never say, "I cannot forgive", because you don't do anything.

So these are the two things which are very important.

And the third one is very simple. You might have to take out your shoes, which I hope you don't mind. I am requesting you, because in England when I told them, "Take out your shoes", half of them walked out. (laughter from audience) English are funny about their shoes. (Shri Mataji also laughs) Now not, not now, but it used to be like that.

Last of all, you should be absolutely confident, that you are going to get your self realization tonight! Absolutely!

Now, I must confess, that I cannot force self realization on you. It has to be your choice, because I respect your freedom. I

cannot force it on you by any chance. So, those who don't want to have their self realization, should leave the hall. Nothing will go wrong with them. They will be perfectly alright. There is no problem I know that, but still those who don't want, should really leave the hall and spare others.

Alright! So let us do the shorter way I did in New York, might work out here also (sound of applause and jubilation at which Shri Mataji smiles happily) I hope so.

You have to put both the hands towards me like this. As I told you, these are five, six and seven centers of the sympathetic nervous system. So, you just put your hand like this, little higher like this.

Now, those sitting on the chair should put both the feet apart from each other, because these are two powers, but those sitting on the ground should not do that, need not do that. Now, please both the hands towards me.

Now, put the left hand like this, and put the right hand on top of the Fontanelle bone area. Here! Above! Not on top but above! Now, please bend your head as much as possible! Please bend your head! Now see for yourself, if there is a hot or cold breeze like vibrations coming out of your Fontanelle Bone Area, which was the soft bone in your childhood. Please bend your head, and see for yourself. Sometimes it is hot. It's hot, because you have not forgiven yourself or you have not forgiven others.

So please try to do that! Please forgive! Just say in your heart, "Mother, I forgive everyone!" and "Mother I forgive myself!" Just say that! And you will be surprised, how it will improve.

Now, put your right hand towards me please, and put down your head again. And with the left hand you see for yourself again above the fontanelle bone area, if it is hot or cold breeze like vibrations coming out of your own fontanelle bone area. Just see for yourself! please bend your head! Please bend! Sometimes some people get it far away. Sometimes they get it close, so you have to move your hand to see for yourself. Now don't doubt it! Doubting comes from your mental activity. Don't doubt! Just see for yourself!

Now, again with the left hand. Now, don't put your hand close to your fontanelle bone area. Fontanelle bone area is not in front of your forehead but on top, top of your head. Just put it! This is the actualization of baptism actually. This is the actualization of baptism. Bend your head, and see for yourself. Again carefully see for yourself! Don't put your hand on top or in front of your forehead, but on top of the Fontanelle bone area, which was the soft bone in your childhood. Now see for yourself carefully!

Now raise both your hands towards the sky like this. Both of your hands! Push back your head! And ask one of these questions, only only, three times. Whatever you want to ask. First one, the first question - "Mother is this the cool Breeze of the holy Ghost?" Ask this question three times or you can ask "Mother is this the all pervading power of divine love?" You can ask this question three times or you can ask, "Mother is this the Param Chaitanya, Ruh?" Ask this question three times! Now, please put down your hands!

Now, please put both your hands towards me like this and don't think! Stop thinking! You can stop it. Just stop thinking! Need not close your eyes. Some people get it down below, down here, under the, we can say under the palm. So push it back! Some people get it. Push it back!

Now again watch me without thinking.

All those who have felt cool or hot breeze on the fingertips, or on the palm, or out of the Fontanelle bone area, please raise both your hands.

My Goodness! really Vancouver is greater than New York I must say! Thank you very much! All of you! (Sounds of applause) Very good! Excellent! Beautiful! Can't believe it! It's so great! It's really!

May God bless you all! May God bless you!!

If you have any questions, you can write them down and send it over. I will answer all of them. Our Sahaja Yogis can also answer. They are very well equipped, but just now the thing is to enjoy yourself! Must enjoy!

(Shri Mataji turning to her right and addressing the sahaja Yogis) Would you like to sing a song? alright!

(Again looking in front and addressing the crowd) One song they would like to sing in my presence, if you don't mind.

(Haan! kya kah rahey hain?) Yes, What are you saying?(Shri Mataji speaking In Hindi language to Sahaja Yogis)

(She is showing a book to the new people) This is the book. You can take it free. I must say it is very well worked out by Sahaja Yogis, and I bless it from my heart. (applause)

This song is by a poet who says, O Mother! give me the Yoga, the union and also it goes on describing, how I will be giving up this and giving up that, but you give me the Yoga.

And It is sung in our villages, but I think the time has come for them to get this Yoga.

1995-1014, Arrival: Shri Mataji working on some yogis

View [online](#).

14 October 1995

Arrival

Toronto, Toronto Pearson International Airport (Canada)

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

1995-1014 Arrival at Airport Toronto

[Yogis singing a welcome song]

[Shri Mataji arrived]

Shri Mataji: I must say we had a very good meeting yesterday, and so many people, very surprised, they all got their realization in 5 minutes. I hope this will happen again here as well.

[Hindi]

Shri Mataji: How are you all?

Yogis: Very good!

[Yogi giving flowers to Shri Mataji.]

[Hindi]

[Shri Mataji working on some yogis.]

[After greeting finished Shri Mataji going toward her car and leaving the airport.]

[Yogis farewell to Shri Mataji.]

1995-1016, Stick to spirituality

View [online](#).

16 October 1995

Stick To Spirituality

Public Program

New York Society for Ethical Culture, New York (United States)

Talk Language: English | Transcript (English) – Draft

Public program, New York, USA, October 16, 1995

Shri Mataji: Please be seated.

{Aside} Can I have a glass of water. What did you say?

Sahaja Yogi: Inaudible.

Shri Mataji: All right.

[About the mike] All right. It's a little bit, it's not steady.

It's better, it's better now. Thank you.

I bow to all the seekers of truth. At the very outset, we have to know that truth is what it is. You cannot change it. You cannot transform it. It is to be known through your ascent. Unfortunately, at this human awareness, we do not know the truth, the absolute truth. What we know is relative truth and that's why all the problems there are between human beings between countries in the whole world. It's very important that we have to realise that really, we don't know the absolute truth. America is a very fortunate country in a way, that it had prosperity. But as a result, I found that many people came to this country who thought there is a good market for marketing Spirituality. We must know we cannot market Spirituality. You cannot sell it in the market. You cannot have a kind of a prescription for it.

So, what is Spirituality? Now what do we have to gain and why should we be Spiritual? These are common questions one can ask. American lifestyle, as you know, has been that they want to enjoy every moment of their life, this way or that way. Their idea is such that we should enjoy every moment of life, a very good idea. But when you look at the way they enjoy, one finds that all these enjoyments are self-destructive. They do anything to feel the enjoyment, but actually, it is self-destructive.

All the time, we are using our energy for this thing or that thing, as we call it, a pursuit for perfection. All this energy that we are using this way is a limited energy. And one has to realise that we have to have some more energy within us, a real energy and that energy is Spirituality.

When we are human beings, we have to also understand that, at this awareness, we cannot know the truth. We have to become a higher personality. All the religions have talked about it. It's not that I am saying. All the religions had said that, "You have to know yourself". Even in Quran, it's written. Unless and until a person knows himself, he will not know God. Clearly, every religion has said so. But today, the religions have themselves have become so money oriented, so power oriented. None of them are Spirit oriented. Unless and until you become the Spirit, that's a fact, that's the truth. Unless and until you become the Spirit, you will not know the absolute truth. But nobody talks about it. Nobody says about it and goes on and on and on for years together. Nothing has worked out through all these endeavours people have tried. To know thyself is the first truth, that you are not this body, this mind, these emotions, this ego. But you are the pure Spirit. This is the first truth you know about yourself that you are the pure Spirit.

When we say this is my body, these are my emotions, this is my ego that means this mind belongs to someone who is that? When you ask such a question immediately you will be surprised to see that there is no answer to it. The second truth is that when we see all these beautiful flowers, take them for granted. We don't even bother to find out how this miracle has taken place, how this mother earth has given us these beautiful flowers. If you ask the doctor, who runs your heart? He will say

autonomous nervous system is a name given. Who is this auto? That he can't answer. Who is this auto which is doing this autonomous. So, all these questions are only answerable when you become the Spirit.

So the second thing that one has to know that there is a power, there is a power, very subtle power which does all this living work. This power we have to feel, we have to know and to have more energy we have to be one with this power. Now whatever I am telling you please don't take it for granted. We have had enough trouble with this blind faith. Everywhere you see people are having a fixed title. I am such, I am that I am that, but you are not. What you are is pure Spirit. Unless and until you become that, unless and until you are connected with this All-pervading Power, you do not know the truth. You do not know the absolute and it's so simple now because I call it a blossom time where there are so many seekers. So many people who are seeking the truth genuinely and who achieve that. It's not difficult at all in these modern times.

It's a special time which we call as the last judgement, you can call or in the Quran called Qiyama, where you will know yourself. For this you have already been told of this arrangement that is within us. This has been built in throughout our evolution, gradually as we came up to this stage of human beings and this is your own. This power of kundalini is your own. It's like this instrument which if it is not connected to the mains, it has no meaning, no identity and that's the reason you are to be connected to this All-pervading Power which is this connection called as "Yoga". And Sahaja means "Sah" mean, "JA" means born. Born with you is the right to be connected with this All-pervading Power of divine love. It has been described also in every religion, in every scripture but nobody is bothered about it.

So, all these fixed ideas we have are really mental ideas that you go on thinking on one line. It's a linear movement of your thinking, your own. For example, Hitler thought that he was the superior most personality and he had every right to kill people. How can you tell him it's wrong. How will he know it's wrong. He destroyed so many people, destroyed so many things with his fixed idea in his head that he was the supreme person who understood. In the same way, we have fixed ideas about everything we have fixed ideas but it's not the reality. So, to know the reality, you have to become the Spirit is said by everyone. But it so happens that when you are seeking the truth you don't know what to seek, you don't know what you should know. And sometimes, I have heard here, many a times, when I came people complained, "Mother these gurus came and they lynched us, they took away all our money, they did this ". I said, "Why did you not ask what are you going to do? What are you going to achieve? " And the best thing would have been not to pay them a single pie and you would have founded.

If they ask for money, just cancel that, anywhere and you will be surprised that most of them will disappear. Most of them came also from India, from all over the World to this country of yours because you had money, they have become very rich but I don't find Americans have become rich. Actually, if they were blessed they would have been and that's how they have been befooling-befooling and telling you stories about it which I don't know how you being so intelligent believed them. Now, I think I have coming to America, many a time I have been here and I have tried to tell people that please take to reality. First thing, you must find out what are the disciples, what have they achieved. What do they know about in our life. That's the first thing you should know. Then you should also find out what powers the people who follow any guru or anybody, what powers have they got. They are crazy people or what sort of lifestyle they have. Are they normal people? Instead of finding that people just jump into it. I see when we go for shopping we find out what sort of a thing it is, what make it is, what it is.

But here just blindfolded people have jumped into it. I can't understand how to explain it. One has to see, when they talk of spirituality, how far the spirituality they know. How far they can find out about you, about your spiritual awakening. It is very surprising. The last time I went to Washington and some people came in told me Mother that we have sold our houses, we have withdrawn our children. I said for what? They told me because there's some gentleman who said you can control the minds of others and had a pendulum in his hands and he moved the pendulum and another fellow who came there also started moving the pendulum. So, we wanted to control the minds of the people so gave away everything whatever we had, we tried our level best. So, did you move the pendulum? No. But why don't you understand why have you come on this earth to move the pendulums?

[Laughter]

You must know what's your value is. You must evaluate yourself, are you here just to move your pendulum and gave up all your money, everything to a stupid fellow who as made you as stupid person also the way you have given away. There are so many

things like this, I just don't understand. I have come here to tell you about some of them because they are still here going round. Americans are supposed to be very intelligent, perfectionists, progressive but in one matter they have been really very funny, that is Spirituality. How much money did you give to Christ? Simple question.

There is another thing like I went to Chicago, it's another experience, last year. It was very cold and practically everybody was shivering. So one gentleman came and he said I am the head of Hare Rama, Hare Krishna. I said very good, very nice. What can I do for you? He said I have come to listen, I said very good but what about this dress of yours is a thin Dhoti you are wearing. My guru told me that you must wear this Dhoti if you want to be saved and if you have to go to your Nirvana. I said with this Dhoti? I couldn't understand. I think just see it's a brainless thing. He said yes that's what my guru told. I said but by wearing dhoti you are going to go anywhere then in my Country eight percent people wear Dhotis. Where will you have a chance to go to heaven? But I said as a mother, I feel very sorry for you because it's very cold and you better cover yourself.

So, the second thing was and even funnier. He had shaved his head with a little pony tail coming out of here. So, I said, "Why have you to shave your head?" He said, "My guru told me you must shave your head". "For what?" "For Nirvana".

We have a very great poet in India called Kabir Das, Kabira. He said' that by shaving your head if you are going to go to heaven then what about the sheep which is shaved twice per year. You see, I mean some common sense should be there. Why I am warning you that even now they are around. How many times I have said so. I really can't understand what has happened to our brains. Why are we so dull, not to understand that these are all money making propositions. And why should we be stupefied by these people. All of them I have said openly. They cannot prosecute me because I can tell what they are up to. There was another lady who went to Australia and took some shawls from America and she said these are all Spiritual shaws and she sold it for a very high price and these Australians stupidly bought it. I mean this is really going on with all of you who are so intelligent. There are PHDs' MAD's who all here and I am surprised at how they are running after these people.

So, I have to first of all warn you that Sahaja Yoga is a living process of your evolution. It's a living process, it's not mental. Your evolution you have come up to a point and now you have to achieve the higher state where we call it as a Self-realised person by which you will get the knowledge about yourself. Now you have heard about these things, don't believe me, I am again telling you, "Don't believe me, but you experience yourself". You experience yourself what happens.

Now I am going to tell you actually what should happen to you if you get your Self-realisation, is no claim, nothing but you have to experience and see for yourself if it works in you or not. So the first thing that happens is, first thing that you feel the cool breeze of the holy ghost or Paramchaitanya or Rooh or this All-pervading Power on your fingertips. Can you believe, it was Mohammad Sahab who clearly said at the time of Qiyama, the resurrection, that your hands will speak and they will give information about you. Imagine! He said, but which Muslim cares for it? Does he bother to find out whether he is feeling on his finger tip? Christ has said, Christ has said that, "You have to know yourself". Know thyself is the most important thing he has said. Which Christian wants to do it? Christ was very subtle I should say. He said Thou shall not have adulterous eyes. Look at this subtle morality talking. Now, please, tell me in which Christian nation I would find people who have no adulterous eyes?

So, one has to understand. America has a very great responsibility. You don't know where you stand. What is your position in the field of Spirituality. You have such a big responsibility. You will go to Vietnam to fight you will go there to fight and do this and do everything but in the field of Spirituality you have failed and you have not understood your responsibility that how it is important for you because you are responsible for all communication of the world and that you should know the truth. You should work it out and know the truth. So the first thing that happens is that you feel for the first time you feel the cool breeze on your fingertips, first time. You have never felt that. Then, they will start wondering, doubting, is it true or not. Then they close their doors at home and see for themselves there is a cool breeze coming.

Now what happens with this that you know about your own centres to begin with and when you grow into you Spirituality you know about centres of others. Now these centres that you have, energy centres are responsible for your physical, mental, emotional and Spiritual being. You can make them out on your finger-tips. What's wrong with somebody. Now in life, we have lots of coincidences but we don't realise that these are planned for some purpose, we never. We take them for granted. Now

these coincidences must give you some insight to understand why, why this is happening, why that is happening. I will not say that there are few seekers. There are many, many seekers in America but somehow they get interested in people who have some sort of a special attire, may be a special horn coming out of their heads I don't know what sort of things they are into. They can't understand in normal people to be spiritual but when you become spiritual you will be the most normal person.

All these outside things are not going to give you that evolutionary ascent which is very important. The second thing that happens to you is that all the time as you know we are thinking about the future or the past. All the time and we are jumping on the cusp of our thoughts of future and the past. Future doesn't exist and the past is finished. We have to be in the present. Now, if I say be in the present, you cannot. Nobody can be in the present. So, what happens when this power kundalini rises, she elongates these thoughts and in between the space is created and this space is the space which you call the present, where you become absolutely peaceful. Not only that, but no more thoughts bother you. As Jung has described, you become thoughtlessly aware. You are aware, absolutely aware.

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Just a minute. You can't hear?

Seeker: [Inaudible]

Shri Mataji: How to solve the problem? I don't know. This [mike] is supposed to be American, I don't know what to do it.

[Laughter]

I should remove it?

Seeker: No.

Shri Mataji: All right.

So, the second thing that happens to you that you become thoughtlessly aware and you stand in the present and there where the spirituality grows. When you are in the present, you are with reality and that's how it grows, spirituality grows within you, when you become thoughtlessly aware. Now I have met many people who have got peace awards you know, they are so hot tempered that if you have to face them take a you see pole in between just to save yourself and they have got peace awards, I don't know how have they got peace awards. On what basis they have got peace awards. Peace has to be within. Unless and unit human beings have peace within themselves you cannot stop wars. You cannot get rid of it. Because where does the war start? In the hearts of the human beings. Where does the conflicts start? In the heart. Jealousies, and all kinds of things start not on the trees but inside the heart of the human beings. And unless and until a person develops the state of peaceful existence inside, you cannot just award somebody like that's the person who is giving peace. Once you become peaceful, the peace spreads. It spreads all over and makes everyone peaceful around you. It's a thing to be experimented and seen.

The third thing happens, which is very important, that your attention becomes enlightened. Attention becomes enlightened. First of all, the attention is all over the place. We cannot control over attention, whatever we may try. But when you become a Realised soul, the Spirit, attention becomes absolutely enlightened and doesn't go to things which are destructive. Your attention knows whatever is destructive. You become enlightened, in the light of the Spirit, you see what is destructive and what is wrong, what you should not do.

You are special people who are seeking the truth and the truth will be known to you if you understand that you have every right to have it. This enlightened attention can be extended to anyone. It's an energy field, your energy field becomes so strong, that when you put attention to somebody, it acts and it works. Believe me, you all have these powers within yourself. Believe me it is your own power. This Kundalini is your own mother who knows everything about you and she is very anxious to give you the second birth.

There have been some books, I was told, that the kundalini can be very dangerous. It's all nonsense. Kundalini is your own Mother. When you were born, your mother took all the labour pains. Did she give you any trouble? Why will kundalini will give it to you just think of it. I have seen now. I have been working for twenty-five years. Not one person I saw had any problem with this kundalini awakening. Not one person. But it is said that way because those people who don't know anything about it, don't know

how to awaken the kundalini try to discourage people all these nonsense things. This is the ultimate that we have to achieve for which already there has been arrangement within us. There has been complete mechanism within us that works it out, so then this is our special privilege as human beings, the special love that God Almighty has put within us. This power for us to be connected with this All-pervading Power.

We have to realise that our energy is limited. We get exhausted, in this country there are so many diseases which I am amazed, cannot be cured by any medical science or anything but Sahaja Yoga can cure. We have had, I think four doctors who got their MD in India for curing diseases which are absolutely incurable by your own power. The diagnosis is also done on the fingertips, otherwise if you got to a medical hospital, half of your energy would be finished with the diagnosis only. And whatever remains would be finished with the operations. So, here it is you only who can judge what's wrong with you. You know what's wrong with you and the people who are going to help you also know what's wrong.

Then another power you develop that you can enlighten other people. It's not that just you enlightened and going about saying I am what here is the Christ born this is nothing. It's a power within you by which you can awaken other people. It's very easy to do it. It's very simple. But first is difficult for modern people to be simple. They want to have something to say, they want to eat the food, they would want to put their hand like this.

[Laughter]

It's a problem with this modern complex mind. It doesn't believe that it's so simple and not only that you achieve your own powers by which you can enlighten people. It's as simple as this, like there is one candle, the candle can enlighten another candle but first the candle must be enlightened. As an enlightened candle can enlighten another candle, this can be done by all of you and that's how it is going to spread.

I must say, I must say from my experience that a place like Russia, which I never thought will have so much receptivity or sort of a sensitivity for spirituality. But when I went there, I was amazed. You see, they are not so money-oriented. They had not known money much and they are not so materialistic also. There, thirty five percent are horrible. They want Marlborough cigarettes. They want to be Americans, they wear American dresses, have American wines. You see, for them America is great. All right. But the rest of them are very well-educated people, very keen, very spiritual. It's very surprising. First place I came to, was America. What I have found at that time there was a sixteen-year-old guru, who has come there. He was permanently sixteen-year-old. And everybody was mad after him. I said, "How to talk to these people?" "No, we are already blessed". They didn't look blessed to me. But that's how they got some ideas, and they stuck on to this sixteen-year-old fellow till he got married and settled nicely. He was at least wise. He didn't wait till he demised; you see. He just escaped everything and he nicely settled down.

Now I challenge your intelligence now, really I challenge that think about it. What do you think you should get as a boon of Spirituality. Firstly, you should be a peaceful person, you should be an integrated person. You should have full idea as to what you are, you must have full about yourself, about your Spirit, about what people have talked about. But it seems to them, those who are clever and cunning, they know how to put their marketing on a very higher basis some or other. For some people wanted to fly in the air or about three feet they wanted to rise to go above. Imagine and thousands and thousands of dollars and pounds you all pour just to go around you see, three feet higher. Now I have a problem because of your Mr. pope was going that side and we diverted at this side so we had a big problem coming down. Such a jam and then if we had these three feet people what would have happened.

[Laughter]

Such stupid ideas, if they give you and you accept then I don't understand. I am here to tell you that all these stupid things you must give up and take to reality. Try to find out what have you got by doing all these things. By paying so much money. What did you get. What is the result. Did you get any powers? Did you get your peace. Did you feel your duty and your glory within yourself. Now here, I tell you, the main problem of America is that they have not found their identity as to what they are. Somebody told me that now they are cutting the eyebrows from in between. I said for what? It's a fashion. I said but why. See, they don't know what to do with themselves. They will cut their nose, they will cut this, they will put this. This is not America. You are not supposed to do that. You don't know what you are in your own glory you cannot rise and in your own beauty you cannot rise unless and until

you know your identity.

Like this one [mike], if it's not connected to the mains has no identity, it's useless. In the same way, what's happening with us is this that we really don't know ourselves. We don't know our glory. This is the minimum that happens, minimum, I am saying why because when you grow into your awareness from thoughtless awareness you jump into another new awareness call as doubtless awareness where you have experimented with these vibrations. You'll be amazed, people when they give these vibrations to others, even to crops, If they are not high breed, they give ten times more. You can experiment and see, I am telling you openly. Apart from that, you see animals also.

For example, an Indian cow gives about two litres of milk but if she is not hybrid like the Australian, if you give it vibrated water, she can give up to ten times more milk than what she is giving. It is possible, these divine vibrations are the ones which look after us. They have created us, they have helped us, they have guided us, but now it's for us to rely upon ourselves and know for ourselves that you have not come on this earth to move pendulums. See a special understanding is needed for once own glory and for once own abilities. The ability of knowing yourself is built in within you. It's a living process, like a seed if you put it in the mother earth they sprout. Why? Because the seed has a built in premule in it, and also the Mother Earth has the built-in capacity to sprout it. Now, how do you explain? We cannot explain living process but we can feel it, we can understand it.

Now, I don't know how many times I have been here before also, but I feel that somehow or other, money is so important but money which is important is also wasted all the time. Whatever they are is for wastage. Money is not important. What is important is your enjoyment. So, what happens to you that you jump into the ocean of joy. Joy is not happiness and unhappiness but it is a singular thing joy is something that is an experience which doesn't give you unhappiness but you just become extremely joyous and joy makes you forget all these nonsensical things which are for your enjoyment, which are destroying you. People I know overnight in England can you imagine. In England, people gave up drugs. This is solution for drugs. They will put all the military everything but will they listen to me. Will they understand that you can solve your drug problem completely with Sahaja Yoga? Now, openly I am telling you. You can challenge. They won't listen to me because perhaps they have a way of understanding anything which comes through science or some scientists. Now look at science, science is immoral. It doesn't teach any morality. Does it? It is an immoral thing. Moreover, science is limited. How far can it go science? See how far can it solve our problems. I asked them simple questions, they cannot answer.

For example, I will ask them that in a human body, the science says that anything that foreign thing comes is thrown away then how is it when the foetus is formed it is not thrown away and kept till nine months fully and at the right time is thrown away. How? Explain. Another thing is acetylcholine adenylate. These two chemicals act in a different way inside the body. Who manages that? Who is doing that job? Can they explain? They can't. Now what science has produced is these atom bombs, hydrogen bomb, this and that. Is that any balance, is that any understanding of what human beings are worth. They would never have produced all these nonsensical things. But there is collectively also no respect for this human personality that you have. No respect. So, all such things are allowed to come up. All such criminality is working out.

Human beings are the epitome of evolution. They are the epitome of evolution and what are we doing about that. What are we understanding. How are we treating them. First of all, we have to understand ourselves. That is the most important thing and that's why everybody has said, Self-realisation, Self-knowledge. Knowing your Self is the most important thing. Because otherwise, we are blind. And to make blind people understand about some colourism is impossible.

So, first thing is that your eyes must be opened yourself. Once that happens I don't I have to tell you anything anymore. It just works. You start understanding and enjoying yourselves. Now you see always whenever I have come here I asked them that you can ask me questions and the number of questions they ask me. What do you think of this Babaji? What do you think of this Dhabaji?

[Laughter]

I said now forget. I am sitting before you. Why do you want to know about them? For what? What I think about him I say whatever I like. Why should you believe me also? First of all you must know yourself. Then you will know who I am and who others are. What are you? I am not going to tell you. I will never. You better discover, is better that way. Christ said he was the son of God. He

was, no doubt. He told the truth. So, they crucified him. Now I don't want to get crucified.

[Laughter and applause]

I am myself seventy-three years old lady, travelling every day. My third passport is so big as that. I'm quite alright, quite healthy. Nothing wrong with me. So, I don't want to answer such stupid questions, "Who are you?" You see, like a custom officer. Best thing is that you discover yourself what I am. I don't want anything from you. I have not come to oblige you for the thing. It's your own. Whatever is your own I have come to give you. That too I am not giving, it's just working out. So this time I will not have too many questions. Because last time there were so many questions, so many! Then I asked them one thing, "Did you go on and ask these questions to your Babajis?"

In the Babaji, nothing. You see, Babaji, they just went, gave the money. He is sitting on the seventh floor somewhere. They just bowed to him. "We have great respect for this Babaji ". What has he given you? What have you got out of Christ? What have you got out of Mohammad Sahab? What has he given you? What have you imbibed within you? That is the main thing we have to and it's very simple, it's just you have to become a Self-realised personality. That's all. Which you can be very easily.

Now I must say I shouldn't compare you with Russians. Because you won't like it. You are also my own and they are also my own. I feel that how these Russians, who never talked of God, who were not allowed to think about God, they were never allowed to even read the Bible have become so Spiritually enlightened and what about Americans? You have, I don't know how many Churches you have and all kinds of parapsychology, these things, all kinds of things going on. And despite that, people are absolutely dry as far as spirituality is concerned.

What is the reason for that? How can you get, how can you be influenced by these people who make a show out of it? Or some sort of a, you can say marketing, it's real marketing. They know how to market. Marketing for Americans is a special idea, is to market it for Americans. And it's a big business here. They are experts, you know. This big expertise, how to market it. And somehow, they have managed.

Now I have to make really a very, very humble request to you, that now get out of it! It's all nonsense. This is not blissful. This will not give you any knowledge. This will not give you any health and it will never give you joy. So, take to something that is genuine, that is real and enjoy yourself. Because something that you have to enjoy is yourself. But once you become that, you become like a drop in an ocean and you become the ocean. You become collectively conscious. You can feel others. Not only that, but the compassion and love and dynamism of Sahaja Yogis, is something so remarkable.

I never expected that from sixty-five nations. They come to India and I have never heard them quarrelling, fighting, nothing, never. Only, of course, they are sometimes very humorous, pull each-others legs is all right. But I have never seen them quarrelling, fighting, arguing, nothing. Because they all know the same truth. They all know about everything they say it, so what is it to argue? What is there to fight? What is there to have any kind of a dispute? All these disputes are very superficial. And even if you have United Nations or united world or anything, this will never go away unless and until you clear out yourself and know the reality. Then, everything will work out.

All these superficial things are not going to help us. As I told you, it's all linear. It moves in one direction your thinking, and then it coils back and it hits you, like boomeranging. But If you are in reality, if you are your Self, lights spread all round. It doesn't come back because this thinking has no truth in it. What happens, it has no strength to stand on its own. So, it falls back and it comes back. It's not only in individual, it's also collectively, even nations have suffered like that.

If you understand the reality, you will be amazed to know that we are all brothers and sisters. We are all related to each other. Who is the other? Who is the other? Instead of fighting or quarrelling or arguing, why not become your Self? And then you will know that you are a part and parcel of one personality. Just like this hand, if it gets hurt, immediately the whole body knows. In the same way, it happens to you. And you become absolutely part and parcel of a new race of people who feel for you, who have love, affection, compassion and respect for you. This is what you are in for.

55:03

I'm here, I have come here for one day only to talk to you about this. And I hope you realise your value, realise how great you are

and why are you on this earth. Science cannot answer this question. Only with Realisation you can answer these questions so well. All this, I have said before also, I am saying it again. And I hope you people will all get your Self-realisation, today, tonight.

Only thing is you have to have full faith in yourself, this is one thing missing. Because they feel sometimes very guilty. There is a fashion also to feel guilty. "I have done this thing wrong. I have done that thing wrong. I have harmed that person". Now finish that one.

This guilt has come to us, I don't know from where. But I was surprised that whatever wrong you have done is finished and gone in the past. At this moment, what's the use of feeling guilty? But do you know if you feel guilty, your throat goes off because this left Vishuddhi, the left center on this side, gets into jeopardy. So, what happens? You get spondylitis. You get angina, that's another disease. Then also, you might get all your organs get lethargic, because you are all the time feeling guilty for nothing at all. It's a fashion also. To feel guilty is a fashion. Like you see they are having other fashions, they are having this also. And they are very proud of it that they are guilty. After all, if you were guilty, you would not have been sitting here. You would all have been in jail, isn't it? So why to feel guilty at all and spoiling your health like this?

Then another is a center which is on the optic chiasma like this, absolutely like this, constricted. And then, Kundalini has to pass, it has to open. And that's only possible if you can forgive everyone without thinking about him. Just forgive. Now it's very common to say, "It's very difficult to forgive". It's very common. But just logically, whether you forgive or you don't forgive, what do you do? Think about it. You don't do anything. Just you are torturing yourself, that's all. What you do is to torture yourself. You don't do anything. So, what's the use of remembering a person who has harmed you, troubled you all your life? Now this center of Agnya is absolutely constricted like that. It won't open unless and until you forgive them. Just to say, "I forgive". And not to think about them, because even thinking about them is a headache. If logically, it has appealed to you, please also forgive all of them.

Now this Sahaja Yoga has certain limitations. First of all, Sahaja Yoga doesn't work on idiots. I have seen, it doesn't work. Whatever you may try on an idiot, it doesn't work. It doesn't work on people who are stupid. They go on laughing, you know, all the time; stupid people. They have, I mean it's just a waste of energy with them. It doesn't work with the stupid people. Also, it doesn't work with arrogant, I have seen. People who are arrogant, it doesn't work. Kundalini won't rise. So, one has to little bit, humble down to say that, "I don't know the truth. I want to know the truth and that's why I am here". All these things, if you understand and you don't fall into these categories, mostly all of you will get your Realisation tonight here. Also, there is another category, those people who are sick, who are in trouble also take time to get their awakening done. But if you try all of you otherwise can get your Realisation tonight. It's not difficult to do.

I promise you this will work out but you have to promise that once you get Realisation, you should try to develop yourself into a proper Sahaja Yogi. A proper tree from the little seed which has grown to give shelter to others. That's what I have asked you to do it. It's not this, as Christ has said that, "Some seeds got sprouted and were thrown on the marsh". It shouldn't be like that. You must respect your Self-realisation. And if you are doing guru shopping, then it's better you go away because there is no shop here. So, if you respect yourself, you want to know the truth, genuinely, then it is going to work out. The worst thing is that I cannot force on you. If you don't want it, I just cannot because I respect your freedom. You have to ask for it. If you ask for it, really from your heart, it will work out. Because this power of kundalini is the power of pure desire.

Normally our desires are not pure, because if they were, they would have been satisfied. But you know the law of economics, that in general, desires and wants are not satiable. Why? Because today we want a car, tomorrow we want a house, never satisfied. But this is the pure desire that once you get it you jump into the ocean of satisfaction which shows on your personality, on your lifestyle, in every way actually you become like an angel. Believe me you are all capable of becoming angelic. It has nothing to do with your outer face or outer things like your nationality or race or anything. It is something within pure. I feel some people still feel guilty. That they think they are not innocent. Now I have to tell you, innocence is one thing that cannot be destroyed. Whatever you may try, it cannot be. Only thing, it gets covered with the, you can say the clouds of wrong doings or misunderstanding, whatever it is.

But once you get your awakening your innocent nature comes up and you really become like an innocent child. What Christ has said, "To enter into the kingdom of God, you have to become like children". It really happens. Believe me, whatever they have said is the truth. Only thing is when people who were in charge of these religions, have gone into another direction, we find it's very

disappointing. Actually, it is something that is present within us, which works out and I have seen thousands and thousands of getting Self-realisation.

I hope you'll cooperate with me. And try to understand what is your value and what you should have which is your own. May God bless you.

It will hardly take ten minutes; I must tell you, not more than that. But as I said, those who do not want to have it, should leave the hall. Because no use disturbing others. To be more civil and to be kind is to leave the hall if you don't want to have it. It's all free for your asking. It's all there. But still, I would request you that you don't disturb others.

[Ye hindustani hai, dekh lijiye aap. He is an Indian, just see to it]

That's it. Now I don't think there are more people who want to leave. So, we could have the Self-realisation program. First, you must have full faith in yourself. That's a thing, a condition, I would say. In no way, you should feel diffident, in no way you should feel guilty. So, you have to forgive yourself, completely. Because this All-pervading power is the ocean of knowledge, is the ocean of bliss and so many miracles. It is the ocean of love and compassions and dynamism. But above all, it is the ocean of forgiveness. Whatever mistakes you have committed will be easily dissolved in the power of this ocean of forgiveness.

So, first, you forgive yourself and then forgive others. That's a very important understanding you should have, that you forgive. Forgiveness will make you, just now also, very relaxed. Just forgive, forget.

Now, certain things, I hope you don't feel offended, because I will ask you to take out your shoes, that's important. This Mother Earth helps us. Those who are sitting on the ground are all right. They should also take out their shoes, anyway. But, those who are sitting on their chairs must keep their feet apart from each other. Because I don't know if he has told you or not; there are two powers, left and right and so these two powers should be kept separate.

All right? Now, maybe it might work faster than normal. I have a feeling, let's see.

[Realisation process starts at 1:07:07]

1995-1025, Navavarsha, Hindi New Year

View [online](#).

25 October 1995

New Year Puja

New Delhi (India)

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

1995-1025 Navavarsha, Hindu New Year, Delhi, India

Speech language: English, Hindi

Transcript of Talk in Hindi (Sound cloud – Nirmala Vidya - 1985-1025 Navavarsha Puja Delhi NC Source NITL - Start time 00.22 secs)

Today is the auspicious occasion of the New Year and auspicious blessings to you all. Every year, New Year comes and keeps coming. But, the spirit of observing the New Year, that people are not able to understand. Other than that, on the day of the New Year, new clothes will be worn, will be celebrating. No one will think in a way that the New Year is coming, what is the new thing that we will do. The way life is passing, it will continue in the same way and in the same vein everyone will be wished for the New Year. In Sahaja Yoga, when we are so collective, we need to think as to what new we need to do in Sahaja Yoga. You have entered quite deep into meditation. You understand meditation and you have established your state. But in the New Year, what is the new thing we should do, our attention needs to be on that. In reality, first we also need to think that what are the questions affecting our nation and what are the questions of the entire world and how do we bring solutions to those problems. For this, I think, Sahaja yogis should pay attention to the areas which interests them. In a way many new things have been started in Sahaja Yoga. You know, we have thought this time, that we need to bring Shia Muslims and explain to them. We are trying for that. Also, we are trying spread the information about Shivaji Maharaj's pure life. Both things are very good – that Shia people understand what religion is and by looking at Shivaji's life, we also understand what religion is and what his ideals were and what all he did for those ideals. In the little time, how much he showed through his achievements. Now, from organizational point, we have become alright, especially in Delhi and surrounding areas and Sahaja Yoga is also growing. Along with this, we also have to think, that within us, we have to introspect, if we have achieved quality, if Sahaja yoga is growing, it is increasing in quantity, then has the quality come, this we have to think about and we have to pay attention towards it.

In this regard I will say that, wherever meditation is going on in your groups, you have to put attention in the centre, go and see how it is proceeding. And to increase the numbers, you have to go to nearby villages where you have worked, in this way, you can grow further. But, in this New Year, you need to think that, we have like initiated many projects from which we have got flats, we got homes and ashram is also being constructed. This is also a good thing. But in the ashram, what are we going to do, what all ways we can grow, what can we publish, so that people get to know about us. One thing I had thought many years ago, that there should be one newspaper of Sahaja Yoga that needs to be published. In Bombay, a newspaper was running but they made some mistakes and had to shut it down. But there are so many people (yogis) now that we get the newsletter from outside, we translate but that has mostly news about those places outside the country. Similarly, we can also give news about India to people and more such work can be done.

I think we should pay attention on 3 measures (subjects) for which there is a conscious question today, if we pay attention to all the 3 things. The first one that I understand, is peace that we should establish peace within ourselves and we should identify the reason of the unrest that is outside. Why is there an unrest, what is the reason of the problem in all the countries or the problem in other countries. That we must understand the root of this and how it can be implemented (the peace). Now like the question about Chechnya, I spoke with the Russians, then they say that no one writes our side (of the story), it is all one-sided matter that is going on. They said that the problem in Chechnya is that, if we are imperialists and if we are a democratic country, there is a big difference between both of them. In a democratic country, in a democracy, that which is democratic, you cannot rule based

on any one religion and the exclusivity of that one religion which is (in a way) alone, like all the 3 religions and the same you can say about Buddha and Mahavir also, and the 3 religions have come from the five angels which we can call as Jews, Christians and Muslims, they all accept their own book and their own incarnation and because of this they are exclusive. But in reality, they are not exclusive. This point, we must write to them. What it is, you must understand, that Moses had talked about Abraham. Then Jesus Christ came and he talked about Moses, Abraham, about all of them. Then when Mohammed sahib came, he had talked about all 3 and also about Christ's mother. So all these religions are not exclusive. They have been made exclusive because of which they fight and if someone says that we will have a universal religion, they don't like it because how will they fight then? The desire and tendency to fight, how can they satisfy that? This is why they say that are not willing to accept that, their religion is exclusive. And if on top of all these exclusive religions, if we want, that in a democracy, let Jews come, and this come, and that come, they will keep fighting. Hence they all should come to one universal religion. By coming to a universal religion, all these feelings will break, that we are different and they are different. If you see, see today, even now, they are all fighting in the name of religion, all this can end. If it happens that the religions are not exclusive at all, then why are you fighting? If there is Jew they believe that, if there is Christian they believe that, everyone has come from the same system. If this is the matter that these religions are not exclusive, all these fights and all the flutter in this world will end. So they said, that say, now in Chechnya, if we give the Muslims a country, the Muslim community is famous for each person having up to 28 children and they have by giving birth to such children, and they say that the women there are factories, and they have already become a majority. If we give them the rule, they will keep doing this and then how do we stop this? So, in their religion, the strength they think is that they are in large numbers. So to increase is not a problem for them and if they increase in this way, they will eat up all of Russia. So why don't they become Russians, instead of holding to one religion? So Muslims have this, like in India, they are Muslims first and afterwards Indians. It is in all countries. Here, the Muslims have got such a slap, in Pakistan, every day 18, 18 to 20 people are getting killed who are Indians. There was an interview, maybe you must have seen, they said, that "we came here and we got neither God and we don't belong to either country." This is their bad state. Now the Indians have understood that those who remained in India are prosperous and are fine, but there no one knows who will be killed next, that is the state. And are getting killed in Pakistan, because the Sindhis and Punjabis (in Pakistan) don't want them to be there. As they were from India, they have formed a group among themselves and stay near Karachi. Now they are asking for Karachi as they are now in majority. Now Karachi is their only port. So all these religions, especially Islam, in Islam the biggest thing that has been said is that until you know yourself (khud), you cannot know God (khuda). First know thyself.

And the second thing is for which they are creating trouble is that that they believe in the formless (nirakar) and don't accept the form (saakar). So if you believe in the formless, then why are they fighting for land? The form (saakar) is the root. So if you believe in the formless, then achieve the formless and without achieving the formless you are fighting for the land, his is the second thing which is wrong. But it is not easy to make them understand and they are after violence. Whatever is the matter, but we should start writing articles, start explaining and they will start thinking that, how much truth is there is what they are saying and how much is false and will also start seeing that we have been fighting and dying, what was the benefit we got. After that, it is the Muslim community that is very difficult for Sahaja Yoga, but we should also not say completely like that because, Muslims have come from all places in Sahaja Yoga, we have 15-20 Sahaja Yogis from all over the world. But when I made a speech on the radio there, I said openly, everything and when I said everything no one said anything because they were all talking through the telephone. But some ladies there had called on the phone and said that we are feeling cool-cool, listening to Mataji's speech and many of them got realised. So we are also thinking that this is one way, those people who have gone out, like Iranians who live in America, we can get them. Similarly, wherever Muslims are there, one thing is that they are ruffians, they get into fights and the second thing is that they think such things like in Africa, they have formed their gang and one person who had made one big gang and they wanted to blow up the World Trade Centre there. He got arrested and got 18 years punishment. So these people, wherever they live are ruffians, they do not understand, they need to be made to understand that if they believe in the formless, why they are fighting for land.

And the other stupid thing about them is that after you die and you will be buried, and when resurrection time will come, our body will come out and you will get resurrection. Now you tell me, after 500 years which part of the body will get resurrected? Like this, there are many strange things. So we need to start writing in a way that in some newspapers and they need to be told that they are talking stupidly and how stupid they are. Most importantly, Mohammed sahib didn't write the Koran. Forty years after him, Koran was written. Jesus Christ didn't ever write any Bible and neither did Moses write anything. So the question is, what is the

authenticity over for which they are fighting over this. Now if they continue like this, they will go to hell and I can't see any remedy for this. Stupidity also has its limits and doing these stupid things, nothing good will come for them. But if we try to find among Muslims, we will get a lot. It is possible that one or two of them might come up and if they show this much courage to talk about these things and make them understand. But, they are all scared that they will get killed and they will be finished. But nothing like that will happen because when they come to Sahaja, then no one can hurt others. If someone shows this much courage then this can be explained and this which is a very big thing, that our peace is finished is because of religions. It is because of these unrighteous religions that our peace is finished. If this one thing is finished, then I can say that at least 75% of the problem of the wars will get solved.

Now the other part is that where does this unrest come from? Because if we see on the larger scale, there are wars between countries, this is a different matter. Like Mr. Shirac had ignited the atom bombs there and because of that there are lot of bombs not at his place, but if you look at it individually, see it individually, then where does the unrest in the individual come from? What is the reason for a human to feel the unrest? Now the roots for this are many. You may say that it is because of jealousy, ambitions, this and that and that a right sided person will not feel peace. But can also be left-sided, because left remains sad and right assumes he is happy. But both don't have the peace. For this, we need to correct their unrest. You may have read in my book, that I have written about genes. That genes get alright after coming to Sahaja and when the genes get corrected, man becomes peaceful automatically, there is no need to say and the complete health improves. I have explained a lot about phosphorus, that phosphorus that is in the genes, if the person becomes dry, the phosphorus explodes, this you know, it explodes. So now, Worlikar said that this point was not said by anyone so far. One of them was saying that so far, 3 people have received Nobel Prize for research on phosphorus but they haven't said this yet what you have said. So I said that now they have gone for the Nobel Prize for this so it will happen on peace. But the thing is, when unrest comes inside a man, then in that unrest two things can happen, I think in two ways it can happen, one is of egoistic people and the other who are left-sided, are possessed. African people are possessed but the others are due to their ego. So if we are able to eliminate both ego and possession, we will become peaceful and though the medium of that peace, we can ourselves give peace to others. We have to pay attention to this, that when we go to the villages and give them realization, we should explain the importance of peace. In the villages in North India, there is one problem, due to the mentality of Islam, women are suppressed and then when you suppress women and when they rise, they become manlier than man. So there must be respect for women and the women here are also backward, that they don't understand what their self-respect is. Now in Sahaja yoga I am seeing that our women are weak, even though I am a women. Not meditating, back-biting, creating fights, now these are the things that re going on and the biggest of all is domination. As all these things have come in these women, they lose their powers because, power comes from women, they are the potential and when they start behaving like this, the entire society loses its power. So it is important that women must establish their peace. For this, husband must also be peaceful. If he is peaceful and respects the wife, I think, children will also become peaceful and homes will become peaceful. And, here, there is a type of aggression in men, it will not be contained, it will come back on them. The companionship that is there, to talk lovingly to each other, talk well to each other, how to behave in front of others and in any case these things we need to pay attention. Like I have seen many people that their wives are not useful for Sahaja but they will be made to sit on their husbands head. They will sit on top of their husbands head. There are also many husbands who do not care for their wives, beat them, even now, in Sahaja Yoga we have such cases. This makes me very sad that even now, if there is no companionship between husband and wife, this is a very serious thing, a very serious thing for me, a complete companionship because now you are Sahaja Yogi and your wife is also a Sahaja Yogi and when both of you are sitting in the same (pedestal), how can they fight amongst themselves? It should not happen because this is a very dangerous thing. Because you have come in Sahaja Yoga and are fighting with each other, the biggest thing is that the deities get upset with you and I cannot say what will happen to you. You need to pay attention to this. Assume if there is a women and there is a man who is forcefully troubling her for nothing, this is not good, that is not good, not like this, not like that. Then one day will come, that man's all deities will become angry, it is a problem of Lakshmi. If not Lakshmi, then the problem of heart. Most of all, when Left Nabhi catches, all kinds of diseases can come.

Now, I have done a lot of work on Left Nabhi and I see that the Left Nabhi is very difficult to correct. Because there is no introspection. You don't think, why is our Left Nabhi catching? You must understand, if the wife is forceful, is not willing to listen and does whatever she pleases, insults, you sit with her and talk. You must have a rapport between yourselves, you must discuss. Now people come in Sahaja Yoga, then it is seen that they go behind Sahaja Yoga. They never talk as husband-wife or

never talk to their children. This is like in England, America, people go on a holiday. You must give time for Sahaja Yoga, you must do work for it, but, with companionship, both together, involve the children also, wife also, bring everyone. If you want to keep doing Sahaja Yoga work and wife is at home, as you reach home, she gets upset. So you should try to have a complete companionship, discuss with your wife, tell her what the plan is, what should be done and how. They should also grow, their intellectual level should also grow, their understanding should increase. So, due to effect of the Muslims, now I have seen that everything is happening in the reverse way. Earlier, I could see that the women were suppressed, now they suppress the men. So, this action-reaction, we must finish this in Sahaja Yoga and the solution to this is that first in our life, in married life you need to set this alright. Now when you become peaceful then your children will also become peaceful. So all these different illnesses due to the lack of peace, like you see in all the wars, come from where? They come from humans, not from the sky, not from the trees. The root of this is man and if man himself becomes immersed in peace and grows into peace and he feels glorious that he is very peaceful, as a minimum, the social problems will get solved. To solve the social problems should be undertaken by the Sahaja Yogis. If they themselves are fighting, how will they solve the social problems? I get lot of complaints, that the man is alright but his wife is bad or they say, that the wife is alright and husband is bad. Such kind of reports come often. So this civility that we have, the dignity. So we lose this civility and make mistakes. If you see in Maharashtra, the wife is respected and wife also respects the husband. So we have our own civility, our own ways of doing things. We are depriving ourselves of that culture and are doing wrong things because at our place, at least we see in Maharashtra, the wife is respected a lot and even the wife respects the husband very much. This is a culture and in this it does not happen that one husband also doesn't think that the wife is something else or her stature is lesser than him. I have explained many times that a chariot has two wheels, if one wheel becomes smaller than the other, it is not alright. Both do not have any similarities, each we should say, their height is similar, texture is similar, all is there, but both, if you put the right on the left or the left on the right, it will not fit.

So both have their own speciality. Like, the women may have some weakness, we cannot say weakness, she has a constitution, a nature. Man has his nature, he wears a watch, the watch is ticking for a man. So I tell many men to take off the watch. Women definitely, need time, if they have to go somewhere or anything. So if they can't go on time, the man gets upset. Like this, are small-small things, means it is a small thing. The fights begin with this and I feel that some men think that they are in charge for everything, like we need to reach on time. If you don't reach on time, nothing bad will happen. Slowly-slowly you need to train your mind that you don't react. All the time, keep your mind in such a state, that you don't react. Only, you have to watch. Slowly-slowly you will be surprised, that you will become alright, your wife will become alright and both have to practice this, that both will look at it in a witness state. So, you need to know that women are different and men are different. Their ways are different, their methods are different. Even though, you must understand that the similarity is that both are human. Now, you must introspect on this, look into this, why we have such problems in Sahaja Yoga. Like a girl from Lucknow came here, after getting married. She has 2500 problems. She must be talked to and asked what her problem is and what is not. Sahaja Yoga is not for breaking anyone, is for joining everyone. So whatever breaks, you have to understand what the reason is and how, you must see in that direction and fix it. Now when the fixing starts, then you may start thinking that Delhi people, they must connect with the Bombay people, it doesn't happen that way. You start thinking that puja must happen in Delhi. Even if the puja happens in Bombay, it is still happening in Delhi. When you open your heart and see, the whole world is there. Wherever puja is happening, it is happening for you only. It is so much that the puja should happen in Delhi only, you must surely come here. Now in this regard I keep going here to there. I keep going from here to there. Someone says, you must come to Muradabad. Someone else will say that you must come elsewhere. See, at this age, how much I travel? Just because, no one should think that I have done favour for someone else. So I have thought that I will not go on European tours. I will not go to Europe. Then, wherever I go, Europeans come there, I go to Romania they are there or I go to Russia they are there. All reach there because where we can meet Mother, Mother is not going to come to our country. So whatever they used to spend for my travel, they manage with that. Now you see, in Sahaja Yoga, you all know each other's names, who is this, who is that, have so many relations, you have a big kinship all over the world and when you start travelling like this, now like I am saying that ok I will never come to Delhi and say I will now come to Nagpur, so everyone will come to Nagpur, is it not. So, this type of detachment you must develop. I can see that, "Mother you come here, you come there". No one thinks that at this age how much hard work and travelling I must do and a bit if you keep on pulling me here, pulling me there, pulling there, so how is it possible. So you all must make them understand a little, that whatever work Mother had to do, she has done and now what she desires we should do. We should not force anything on her. If she says we will have puja. If she herself agrees then it should be done, else no, we should not force her to do anything.

End of talk in Hindi (Part 1)

Translation of talk in Hindi (Part 2)

By this one thing will happen that our health will be alright. If any more work needs to be done, then for that I do not want to have any dragging around this. Now whatever projects you want to do, you have to do it, think properly and do not put the burden on me. For small-small things, like somebody is ill, they will call saying such and such person is ill. Now you all are Sahaja Yogis, and you have been given powers, why do you trouble me, you people do it, now it is your responsibility. I think my children have grown up, and they are most responsible and they understand everything and you must give me this assurance that 'Mother, you do not have to worry. We will set this right. We will set this right, that right' Now, when such a thing starts happening, then I will feel that now everything is alright, nothing is amiss. But now the situation is such that I am receiving letters after letters, somebody has something, others have something else. But we should tell them that if you want to send letters send it to the Centres. Why are you troubling Mother? Now you should see as to how many people in Sahaja Yoga have solved others problems, like me. I will only solve it, their, this problem. Now when such a thing comes, firstly you should know fully about Sahaja Yoga and you should do it with pure conscience. Both are very important because I have seen many people saying bring it on, I will treat the person. Then they treat the person in such a way that the person says that let it be, I need a break from Sahaja Yoga. Now what you should do is form a committee, the solutions should be through that committee and like if you go to some place, they will say this is the problem that is the problem. Now in my opinion, you are familiar with these kind of problems You are totally aware, you know as to what is to be done in every situation, and if it works out, I also want to write a book on this that if someone is facing a problem, how to give a solution to them. But you can yourself write this, you yourself can explain it. By this what will happen is that, the burden which is on me, will come on you and you will flourish and grow and this New Year the day you will think that next year something new needs to be done. Hence, am telling you all first, later I will tell abroad, I am telling you so that the religion within you, the advantage of it, the culture that is within you, on the foundation of it you can do so many things. Foreign people also look up to you a lot. They say if we get some Indians, nothing like it.

Now I sent an Indian lady after getting married, she created such a spectacle, that they said 'No-no, a westerner is better.' These are the things which are important for us to think and understand. The other matter is around marriage for that I also want to tell you, you are leaders, you should think very carefully before you suggest for a marriage. There is no benefit to us from this. You get marriages done, it does not benefit financially as well nor is there any other benefit other than that if the couple is happily married the husband and wife are benefitted. Because after marriage seeing that you people are all fine, and that it has been done properly and big-great saints can take birth. But they think that they are obliging us by getting married. The attitude is such that they are obliging us by getting married, what is the advantage we get? When you people recommend, you should tell them that there is no advantage to Mother (by arranging the marriages). Sahaja Yoga has no advantage in this except that we are getting the people married and it is to their advantage. After that only after doing adequate screening that the marriages should be performed because if the marriages happen with anyone then there is a lot of problem. After looking at all this that people are getting well, marriages are going well, I need to focus on children as well. Now, the first thing I said was that there everyone should be peaceful. The second thing I said was the social aspect, respecting the women, taking care of women and the society's vision and the society's foundation are women. The women need to take care of the society, for that men are not that required. The men's work is to look at economics and politics, the women take care of the society. So they need to have a sacrificing nature, they need to be sensible and they should be wise, then this society of ours will be alright. Now many women are not generous, they do not know much about Sahaja Yoga and those who know don't know what they think about themselves. So to bring them in balance, to make them sit and understand is a very important work. It may be felt that it is not such a big task, but I think it is a very important thing, a very important thing that our women should know what they are, why they have come in this world, what is her duty. She is the one who will make the society and to make the society, how much you are helping her, you have to understand. In this way if the attention is there, then the other thing is that attention should be paid towards women, it is very important.

The third thing I said about is regarding children. Even in respect of children, whatever our thoughts are, whatever it is, they should be properly understood. We should talk to them, enquire about them. In England, one book was printed by them, in which

what children had to say about others was written. When he got it printed and it was published, the very next day itself the whole lot was sold out. And now the condition is that it is difficult to get the book because such things pertaining to children are very interesting and everyone wants to read what the children are saying. What is there for the children, they talk such endearing things to the extent that in those times, the Prime Minister was, other Ministers, has all been written. From this two things will happen that, firstly, in society the children will have their own strength, what the children are talking, the innocence which is in them, and what they saying in through it, the entire society should know. Then there is a give and take in the society. Children can see that whatever they have said has been agreed, then the elders think that what the children have said, how to attend to the same. So the give and take should begin. Children should not be rude, nor should there be any pride but they should have the ability to say their things, we have to pay attention to that thing. The children talk so much sweetly that I feel very happy. You just give me 100 children, I will not require anything else. Their understanding is very deep and they are very sensitive. They see minute-minute things and they tell minute-minute things with so much love as if they are immersed in the entire divine knowledge or the entire divine activity. Minute-minute things like this has been kept here, if there is a child they will come and organise here, 'Not like this. For Mother this should be kept first, that should be kept later on. You have brought this and how come kept it as it is.' They talk using the vibrations, I have seen most of the children talk using the vibrations and then they set right the elders as well. Now one person had come, as he sat down, he kept the hands in this manner. Then the children asked 'why are you sitting with your hands behind, you should sit straight.' That person was a bit upset, 'How does it matter to you?' They said 'Don't sit like this.' He asked, 'Why, what happened?' They said, 'How will you get Mother's vibrations then? You will only get the vibrations of the land.' He was perplexed that such small-small children who were 3-4 years old. Like this there are so many things that I know about them and I enjoy a lot how these children talk about these things and make them understand and they also take care of me a lot. So we should learn from the children. So the third thing is to learn from the children, to keep a rapport with children, to talk with them. But when they grow up they become like us, but the sensitivity is there in the childhood. So to sit and talk with them, to ask them about anything, is a thing that gives a lot of happiness and this happiness should be received by everyone.

So I have told you that people who fight in the name of religion, we should establish peace within them, we should talk to them, we should make them understand and the second thing that I have told you is about society, if the society is not good then there will never be any peace or rest will not be in that country, it will not progress. No like I have seen in Russia, their society is very good, China's society is very good, similarly, India's society is also very good and the reason for that is the women of these countries. They have kept the society together. America has lot of prosperity, they have everything, but the society is very bad. So Sahaja Yoga has a big work to do which to prepare the foundation of the society. What all illegal things, what all is irrelevant talks are happening in different societies, now like in America, a very small girl was beaten very much, then they called me that Mother that we want to support her. I said yes support her, she requires it very much, what she wants, what she doesn't, go to her and see and help her very much. Talk to the police and let them know that you will be taking care of them, this is like a new dimension you will get that these people care for us. If someone is worried, or someone does not have anything to eat, for someone it is something else for which they are worried not because of greed but are genuinely worried, it is very important that we put our attention towards them, the time has come that we collectively look for solutions for the society's questions and we should look pay attention towards this. Like we take a decision like those people who are old and cannot walk freely, for them we can take a place for them to stay. There we can set up a refugee camp, there we can set up a home for leprosy (people), I was quite young we started all the three things done. I have moved from there but those are still working. So we need to pay our attention to these things as well where in society there are such people who we can say in a way that they are deprived, whose health is not good, who don't have anything. If you can help such a kind of a society then there everyone will have respect and love for you. We are doing it for ourselves, we have achieved it for ourselves, but what are we doing for others? Specially, because of the power of Sahaja, you can cure the sickness of any number of people, you can help them, do something good for them, build ashram for them. In a way the burden of the society is on us that when the God Almighty has given us so much powers, then how we can change the society in a smooth manner from which their physical, mental, intellectual and cultural, other than that their spiritual powers also are established. This is one task that Sahaja Yogis should take and from different places for people in society who are backward, who are weak, they should be helped. Slowly-slowly you will be surprised that you popularity will soar across in the country. In reality, people make such forums, they make these kind of things, only for getting vote or for earning. We do not want any of those things, but with our power we can cure these kind of people. Now if they get alright, then they themselves with their powers can prove that with Sahaja Yoga people will get benefitted and not just this, and they can also tell everyone openly what

Sahaja Yoga is and what it is not.

But you all now, I mean in this New Year we need to come out of our hold or this shell in which we stay and need to do our projection externally. In the beginning problems will be there, your own problems, ego will be the first thing to stand up and that will be the first to spoil your skull. You will get angry, you will be annoyed, such many other feelings will come, but to overcome this also you need to come out of it. Then you will come to know how the things are fine, here everything is fine in the name of God, but when you will step out you will come to know that how to be with outsiders, because we need to integrate them as well and when we will find a way to deal with them in a peaceful manner, then we should know that we are cleansed within at once. This is a matter of cleansing, many people say that Mother you are right, what you are saying is right but we can't do it. Why brother, because you are God and we are not. I said, God cannot do anything, he stays completely away. If I am God and we are doing it, then it means that your state, the higher state that you have obtained, you need to make it in such a way that it can be utilised. It is not that you are sitting as a useless Sahaja Yogi, you should make complete preparations to completely utilise it which is the power you currently possess and when you put your attention on that matter then you will see that your home, your society and your country, in all the places there will be a kind of new form. Even now if you see the Sahaja Yogis are very nice, they have a brightness, the eyes are sparkling, vibrations are coming this can be for any realised soul. But you have one more thing, it is the utilisation, it is the use that you can do on others collectively and when that thing starts, when you move forward in a collective manner, then you will be surprise that these powers that you have cannot only be used to cure others but also can be given to others. But till today we are very exclusive in this matter, Sahaja Yoga is for self, why do we need to talk with others. So under any scale that it is being spoken about, we should definitely put our attention to it and to talk there is not a problem in you pulling them into Sahaja Yoga and those who are not in Sahaja yoga, no problem at all, but for them give them comfort and peace is necessary. So you have to work on these three measures that how we can do it. Now, like you all sat now and set right for the house, the land is set right, very good. I am talking about a bigger thing now that our reputation should be that we help the poor, we help the women, we help the downtrodden, we help the sick, not with a missionary zeal but from within they feel it and do it. With this there will be an increase in the prestige for Sahaja Yoga and this we should do, we should take efforts for this, it is not a difficult thing.

So in this New Year, you need to translate this what I have said and you will need to share it as they would want to hear how to do it. In a way we need to increase our introspection and when that will increase, you will reach a stage where your thoughtless awareness state increases and as you get your thoughtless awareness, it is for you to see how you can increase it further. What work you can do in thoughtless awareness cannot be done otherwise. Hence you should direct your attention towards yourself, keep your attention on yourself, you should try to become thoughtlessly aware. You need to bring thoughtless awareness in your meditation. In that thoughtless awareness you have crossed your mind and all the cosmic energy will help you and whatever your desire can be fulfilled. But while doing all this you need to be in thoughtless awareness, this is very important, otherwise it will be half here and half there. Now we need to say that currently we are all in a systematic form in a collective form but its utilisation, what we have done, that we became realised souls, why did we do it? Did we do it to die like Buddha or to remove our clothes like Mahavir? For what have we done? Where can we use this and I have seen people use their vibrations, wherever they go if there is a problem they start using vibrations. But this we do it for ourselves, for our utilisation or for Sahaja Yoga as a maximum. But we should use this for non Sahaja Yogis as well and it is not very difficult. You have the power within you, to whoever you want, you can give. So this tendency to be selfless that has awakened within you, then no question shall remain. Now I only want to say that whatever I have said you should sit and write down and make a continuation and think what you can do and what you cannot in this regard. Thank you.

End of talk in Hindi (Part 2)

There is a bhajan from 50.00 secs o 01.00.10 secs.

1995-1028, Evening Program, eve of Diwali and Talk

View [online](#).

28 October 1995

Talk to Sahaja Yogis

Nargol (India)

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

After Concert Talk Nargol 10-28-1995

Shri Mataji (in Marathi): Today, all things have been delayed and we all know the reason why. However, in Sahaja Yoga, we do not look at the clock. And we also do not keep thinking whether some things are happening as per the planned time or not.

Whatever happens "Sahaja" (with ease/without effort), only that gives true joy. Now these songs that were conducted earlier, they were in English, or I would say, in the Western style and you all like it. I found great satisfaction in that. Otherwise, there are a lot of music experts sitting here. And they will say, "Mataji, what is this that you have started here?". However, we should listen to all forms of music.

Obviously, I am not referring to just any kind of music, that is coming out these days. But all forms of music. I am very fond of Western classical music. I am also very fond of South Indian music. And of course, ours. We have to have an extensive vision.

And I was very happy to see that you appreciated what the French people (Sahaja Yogis), presented to you, the songs. The lead singer among them, from Zaire, in Africa, he is a very famous singer. A very famous singer in France. And now he is in Sahaja Yoga. He teaches small children also and says all our mantras.

So there is a very big revolution in the world. They worship Shri Ganesha and sing praises of Shri Ganesha. This is such a big revolution that these people feel so much about our Gods and have so much knowledge about them and how they staged the play. I have not imposed this upon them unnecessarily. I never told them that they should stage such a play. Never. I have never forced them that they should create plays like this.

However, they have their own innate understanding and experience. And based on that, they have created this play based on the incarnations from all religions, all on their own. I was really surprised at how minutely, they have covered and presented everything. It is a great wonder.

So, Sahaja Yoga has entered into their daily thinking and behaviour and they think from that perspective, how to present all religions in a unified manner. Therefore their play was presented very beautifully.

(in English): And I would like to congratulate the French people for giving us such a beautiful exposition of the Sahasrara opening. (Applause).

Even the music and poetry was very deep and beautiful and, I am really amazed at how the French has come here to celebrate Diwali. Diwali is celebrated by French people also. And poor thing, Marathi they call it "uchalbangdi" (sent someplace without being asked), they are going from one place to another. Last time they had it in Russia, now this time here, of all the places, this farfetched place called Nargol. So they have coming and organising and helping us and doing it so well, it is now a question of a global transformation.

And in that global transformation, we see that all the people of these countries who have never been to India before started feeling so much for Sahaja culture and have accepted it. And as in the Sahaja culture, we do not accept any nonsensical

falsehood, from any religion. But to accept every religion and respect every religion is very important if you want to have peace. No doubt about it. In the name of God, we cannot fight. It is a very wrong idea.

Now we have seen how they brought it beautifully - for Sahasrara, it was important that all the deities had to help to get to the last point of Sahasrara. Tomorrow I will tell you more about it. But today I was impressed, the way they have grasped the principle of it.

(In Hindi): Now it must be said after this, that you all have come from so far away, but the place is very beautiful. Very enchanting. And this is where I had come and opened the Sahasrara, that is also a wonder. You all must be very happy to be here. However the road to get here is difficult, troublesome and also those who have come from Delhi I can understand, must be wondering, "where have we come?".

I must tell you that near Delhi, or between Delhi to Lucknow or, Lucknow to Patni, you will not find a place as beautiful as this. This is a speciality of Maharashtra, its glory. Although there are a lot of beautiful places in Haryana, the sea is not there. That is why, the "triveni sangam" (triple confluence) that is here, I wanted to open the Sahasrara here and bring you all here one day. And that is how this Diwali celebration that we have had here was so beautiful.

After this, I want to talk about the great, renowned singer we had here today. As you already know, with how much beauty and how much love, he has collected songs of so many varieties. And in all of them, he has talked about your heart. And this why you liked it so much.

(in Marathi): Maharashtrian people have a speciality. That if you hear classical music anywhere, be it in a rustic village, there is nothing else to be said. You just melt. All of you. There is no more to be said about them, it is just finished.

So, Ajit Kadhade (a renowned singer of devotional songs in Maharashtra) has come and entertained us so many times that I am indebted to him and all Sahaja Yogis are indebted to him. He has also come to Cabella. This time, we were busy with something else and he could not be invited. But everyone insists that he has to be invited every year. Now, his style of singing is so beautiful. He sings classical and he should sing classical, but he introduces so many rhythmic patterns in his music, sometimes fast, sometimes slow that even those who do not understand classical music, he will also [UNCLEAR]. He will think this is something novel.

Now, if you start singing like say, Krishna Rao Pandit. That is it, everyone will leave within fifteen minutes. Now in today life of hustle bustle, if the way you have sung in these alternating patterns, everyone, everyone regardless of which country they are from, they have loved it and have been sitting spellbound and enjoying it. For that, I am really indebted to you. Because we are sitting in the jungle here and saying, we should have Ajit Kadhade Saheb's performance here, means, this is too much.

I told them also, "Why did you make him take the trouble of coming here?" These roads are potholed, and we also came bumping up and down all the way. Coming here and finding out that you were also going to be there, I said, "That is it. Why give him the trouble?".

But the faith and the affection by which you chose the songs and sang them so beautifully, it means a lot. Everyone tells me when we listen to Ajit Kadhade's songs in your presence, it is a different feeling altogether. But listening (to him alone), it is not so much. I said, "Is it"?

(To Ajit Kadhade): That is to say, you are also a very religious person, so much that your realisation has taken place and, there is an outpouring of devotion within you. Through this integration, you have attained the gift of artistic excellence. That is why our Sahaja Yogis, from abroad as well as India ask that we organise at least one of your programs abroad. This is an insistent request from everyone. But last time we were caught up in something else and it could not happen. However, each time, whenever it is possible for you, and whichever Puja you can attend, if you can let us know, it would be good. Because you are also very busy. So, on behalf of everyone today, I congratulate you. (Applause).

(To All): I am very fond of music. Whenever I listen to it, I simply cannot fall asleep. I do not understand how people sleep. But I am innately musically inclined. I have not taken training or anything, but everyone in my family is a singer. I have learnt only by listening. But once a song begins, I cannot fall asleep. And if it is your song (Ajit Kadkade), not at all. I looked around at everyone and they were all sitting detached. Then, "chitravase ta thane" [UNCLEAR/like a still picture?] Due to this, today's Diwali has been celebrated so well and you have given such joy to everyone.

I am talking about this one song because everyone is sitting around feeling sad. There is no reason for sorrow. All said and done, I am seventy-three years old and you are all so young. So the question does not arise.

Now, the second thing is that tomorrow, this group of people have come from Nagpur and tomorrow we are going to have their programme.

One thing to mention is that the singers from Romania were probably musicians in their previous birth. Because, without going to any guru (teacher) - I know the kind of hard work that is required to learn from a guru, put up with their anger, I have seen this a lot. But they (singers) have not seen any guru, not fallen at the feet of any guru, I cannot understand from where this has emerged.

And just like that, one day, they asked, "Shall we sing on stage, Shri Mataji?". I said, "Go ahead". I felt what would they sing, maybe a Romanian song. Then they started with a "qawwali" (Sufi devotional music). And in that, a "tarana" (fast-paced version). And no one would know that these people are from Romania. Now on that day, they were wearing the same (qawwali performers) costumes. I felt that these people were great musicians in previous birth and are now born in Romania.

Anyway, we see nowadays that a lot of young children, as young as ten, sing so beautifully. Even this is from a previous birth. Not just singing, they can play, etcetera. That means there are so many prodigies who have emerged.

But these people, I really cannot understand. How they held it all together with so much rhythm and in tune. With so much emotion and yet very entertaining. Now this second poem, they had composed it by themselves. They do not know Urdu nor Farsi (Persian), or anything else, how they did it, I do not know. Similarly, the people from Switzerland composed a poem in Hindi. How they did it, I do not know. So this is something very spontaneous.

(In English): It is something very surprising around Romanians, but I think the French influence has worked. Because you people picked them up, it is very remarkable how can they sing so well. It is impossible. You have to work very hard to develop this kind of attention to music. I cannot understand. I am really surprised how you people have influenced them and looked after them.

(In Marathi): We have this practice, you may know, that every country is looked after the people of another country. So for the people of Romania, the French are in charge. How they became (in charge), I do not know.

And in this country of Romania, there is such a great level of self-realisation - that there are five thousand Sahaja Yogis. Five thousand. Absolutely well.

And when I went there, I was (invited) to a university there, a very big university there, they have medical, engineering, everything - they have changed their name now. The chancellor received me and took me inside. He introduced me to everyone. I could not understand why they were giving me so much importance. The people of Romania.

Then they said, "Mataji, please give us a lecture on medical science." I said OK. "Metascience". Then I gave a lecture on Swadishthana chakra. Now you have heard it. Their eyes literally popped out. All the doctors who were sitting there started looking at me. Then I saw that the vice-chancellor was there, but not the chancellor. I wondered, "Where has he gone? Did he get angry?". As it was somewhat a challenge to medical.

After some time he returned with a piece of paper. I thought it was some kind of award, they often give out. Now in America, they are giving me awards just about anywhere. Now in Russia, I was given an award named after Einstein. I felt this is a wonder indeed. But the award that they had, they gave a doctorate. A proper (doctorate). I mean a real doctorate, like the one that you get at a university. (Applause).

And the subject of that was cognitive science. Meaning, the essence of all the sciences. The chancellor said it is the highest. And the way they honoured me, I was struck with surprise.

So there is something special about Romania. It might be named after the (Marathi) word "raman". "Raman karne" means when we are "doing raman" in meditation, swimming in the ocean of bliss is called "raman karne". I see something like that in these people. They gave me so much respect that I was very surprised.

The other thing to mention is that because this is to say, our annual, or rather, we can say, a centenary after twenty-five years. That these people gave me a lot of respect and they honoured me so much. I was surprised, how do they feel so much about me?

But I learnt one reason that could be the cause and you will be surprised to hear that. That, in Russia and Ukraine, three thousand years before Christ,

(Continuing in English): three thousand years before Christ, in Ukraine, and part of Russia and also Romania they used to worship the Primordial Mother who was called as Aditi. We too call her Aditi.

And they told us, we are Aryans, we had a big rapport, with the Indians. We used to go there, and they used to come here. And we believe in the Primordial Mother, which was Aditi. And they had painted chakras, exactly like chakras.

(In Marathi): Especially, Ganesha chakra, meaning the Mooladhara chakra.

(In English): Mooladhara chakra, with four petals and Agnya chakra with two petals. Beautifully painted. I was surprised. And they believe in the awakening of the Kundalini. And they showed me, in the stomach of the Adi Shakti, the Aditi, there was the Kundalini. Three thousand years back. I said now if they know our music, I am not surprised.

I think Macchindranath and Gorakhnath, who were travelling all over, must have come there. And they were from Maharashtra. They have described. I think they must have told them about the Primordial Mother. And this is how, three thousand years back, they were worshipping. But when the Christian influence came, it was all suppressed.

It is very interesting, so many scholars have done it. So many things are happening now in the world. And I am sure Sahaja Yoga will be respected and accepted all over the world. I am very sure. (Applause).

Especially for music, I must say that music carries vibrations. It is the rhythm of it, it carries the vibrations, the "lahari" (waves), which we call as "Soundarya Lahiri" (waves of beauty) or we can call it "Chaitanya Lahiri" (waves of bliss) are really carried by notes and music. And, that is why, all of them, though they are people not acquainted with our Indian music, they appreciate it.

It has something to do with our Spirit and it is known, that music has come from our Atma. That is why everyone, they do not know any "ragas", they do not know any "taalas", but they appreciate it. And now they have started understanding "ragas" and even "taal".

One fellow went to, [UNCLEAR], he went to Belgium. And he said, "Mother, I am surprised, the Indians in Belgium are stupid fools." I said, "Why"? "The fellow was singing "pilu" (raga) and they did not know what "pilu" was. I said, "They are uprooted

Indians who have come abroad, so do not worry."

You see, that is how this is spreading all over the world. And it is working out very well. So at this time of Diwali, I wish all the good luck to Indian musicians and to all the classical musicians of the world.

1995-1029, Diwali Puja: Beginning of Sahaja yoga

View [online](#).

29 October 1995

Beginning Of Sahaja Yoga

Diwali Puja

Nargol (India)

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

1995-10-29 Diwali Puja

[Hindi to English translation]

I had not thought that after twenty-five years, so many Sahaj yogis would collect in Nargol. When I first came here, I had no idea that Sahasrara would be opened. I was just thinking that we needed to observe the status of Man. Man had not yet reached the stage where he would understand what Self-realisation is, although many saints had provided proof of Self-realisation. This knowledge is known to a great extent in Maharashtra, because the people who followed the middle path, called Nath Panthis, had suggested there was only one path to be followed for the betterment of oneself, and that was the path of Self-realisation. I also knew that you cannot get anything without knowing your own Self. But I saw that the situation of human beings at that time was rather strange. The people they were trying to follow were not pious. They had no other motive than earning money, and when a man's situation is like that, when he doesn't recognise truth at all, it is very difficult to tell him about truth. And why should people listen to me? Repeatedly, I felt that that Man should struggle a little more. But I found that people were facing the torture of Kali Yuga very badly. On the one hand, the people who had done good deeds in their previous lives were being tortured by those who had done bad deeds. Among those, there were also people who were dismayed and in great distress on account of the karmas of their previous births, and there were also some who, because of their karmas of previous lives, took birth in this world of devils and would never hesitate to brutally torture, pester and degrade anyone. So, I observed specially two types of people: those who torture others and those who are tortured.

Now it had to be decided, to whom to pay attention. Those who troubled others were egoistic and would think of themselves as perfect persons. They would never imagine that they were troubling and bothering others. And those who were tortured were tolerating; maybe because of compulsion or maybe they didn't know that they should retaliate against those who behave in such a manner, that they should revolt against such people. At that time, I was thinking that Man would think of transforming himself, transforming his inner being, because both the groups had already reassured themselves. Some people were more troublesome, while others were less, and some people were tolerating more torture, while others were tolerating less. This was the situation of the society, whether it was in the name of God or in the name of nation; whether it was political or economic, with some people in poverty, while others were affluent.

So, in this way, a process of decline was going on in this country. I understood that as long as Man didn't get transformed and didn't recognise himself, as long as he didn't obtain his dignity and eminence, till then he would go on acting in that way. This was already in my mind, from my childhood on, and I thought that it was very important to understand human beings. So, first of all I did a lot of study of human beings by being detached from them. I tried to understand them in my witness state, as to what are the faults of their past lives, and why human beings think like that. Then I reached the conclusion that either a man has too much ego, or too much superego, which we call conditioning. Because of both of these, he is not balanced. Unless he is balanced, how can the Kundalini rise? And that, too, is such a great thing.

But when I came to Nargol, due to some strange reasons, a very wicked rakshasa who had set up his camp there sent word to my husband that I should visit his camp. I didn't like him at all. Even so, I obeyed my husband and went there, and most probably the bungalow I am staying in right now is the same one we were staying in then.

On the previous day, I was sitting under a tree watching their drama, and was so surprised that this person was giving them mantras and mesmerising them. Many people were screaming and shouting; some were barking, and growling like lions. I understood that he was shifting them into their previous lives, and I was nervous to see that he was awakening their subconscious mind. I had seen also these false gurus earlier and observed what they did. People should know what they do and how they do this business. And I noticed one thing, that these people were very frightened. They would have their guns with them and their guards with them. I thought, if they are doing God's work, why do they need such things? And they were charging limitless money. They looted crores of rupees from people by telling lies. These two things were in my mind. I thought that it was a result of Kali Yuga that such people were still thriving. But the only solution was that when Man's consciousness awakened, he would have pure knowledge and he would understand that all this was untruth and it was useless to follow such things. The third thing I saw was that in the society I was living in, all the time people were doing all sorts of things that would lead to their destruction; for example, drinking, running after women, and things like that. And they hankered after money. And they didn't seem to be talking in a natural way. They would talk in a strange manner. They would pose and talk dramatically. I would think, what has happened to Man? Why is he entangled in this drama business and doing wrong things? But whom could I tell? I was all alone.

That time when I came here, the only problem was what should be done. After coming here, when I saw that these rakshasas were mesmerising people, then I understood that if Sahasrara was not somehow opened, God knows where the people would drift to. As a consequence, the followers, the seekers of God, the seekers of truth, God knows where they might go. Then after noticing this, the next day, early in the morning, I was at the sea coast for the full night. I was alone and I felt very good. There was nobody to disturb me. Then in my meditation, I thought again, 'Let Sahasrara be opened.' And as soon as I desired it, that let the Bramharandra of Sahasrara be opened. I saw my Kundalini in my own being, shooting up like a telescope: khat, khat, khat. Its colour was like the combination of all the colours of Diyas (earthen pots) that you have lit here. Then I saw the outer yantra of that Kundalini was rising up and up and up, looking just like the colour of iron when it gets hot in furnace. At every chakra there was a noise khat, khat, khat and the Kundalini pierced Bramharandra. my piercing didn't matter. But I saw that it would now be easier in the universe. And at that time I felt that some power, whatever it was, dawned into my inner being, and a Cool Breeze came from all around me. Now I understood that there was no harm in starting my work, because whatever complications were there, were over. With full confidence, I thought that now the time had come.

After all, what would happen? At best, the people would kill me, beat me; at best they would laugh at me, make fun of me, and after that they would kill everybody. There is nothing to be scared of. This has to be done. I have come to this world for this purpose only. Because I have to invoke collective consciousness, I thought that unless people get their Self-realisation and know their own Self, it is impossible to achieve my goal. We may do other things, but it is all useless. So first of all, I experimented with a very old lady who had much faith in me, and she got her Self-realisation. Then I was confident. I thought that at least one person has got realisation. In this Kali Yuga, is it easy to give realisation to anyone? When one person got realisation, I thought that it was possible that many would also get it. And it was easy to give realisation collectively. It was easy to give realisation to one person. It was easy to pay attention to one person. But for the collective realisation, whatever I had experienced about human beings, there was still some more work to be done. What should be done when I find that somebody has a bad quality, or has some trouble, or is conditioned? Because one person has one problem, another has a different problem, and a third person has a third problem. If collective work is to be done, just with one awakening, everybody should benefit. It should be helpful to everyone. Right now, because of the shortage of time, I cannot make you understand that till this time, this collective realisation work, which had not been done before by anyone, was done by me with the help of a lot of deep meditation.

As I was rotating my Kundalini all around, using my Kundalini repeatedly to influence others, nobody knew what powers I had inside me. Who am I? Nobody knew. Nobody in our house knew. And nobody knew in my in-laws' house, either. In my parents' house, too, nobody knew. And I never told anybody, because it is not easy to put it into their heads, because Man's brain is such that it is very difficult to thrust any thought into it. Everybody is egoistic; everybody feels self-important. Now, who will tell them? As Kabir has said, 'How shall I make the whole world understand?' I feel it is not blindness but ignorance, absolutely a huge collection of ignorance. And how to transmit this subtle knowledge?

When the Kundalini of that lady, that Devi, got awakened, I noticed that she had subtle knowledge, and she started understanding me with the help of that subtle knowledge. After that, twelve people got realisation, and after getting realisation, they were surprised because their eyes sparkled absolutely. And they started seeing everything. They started experiencing some strange change inside their being. In the beginning, I worked on all the chakras individually of the first twelve people, because elements give strength to its foundation and we have to struggle hard to make it strong. Although their Kundalini had awakened, you know that even after the Kundalini is awakened, we have to meditate to take it into the right direction, and it has to settle down. I worked very hard for these twelve people. As a result, I understood that if the twelve behaviors of these twelve people were somehow synchronized, how can the power of the enlightened soul be organized? Just as we thread flowers into a needle, how can that totality be obtained? How can the different behaviors of these twelve people be synchronized into one common formula? And when they got their realisation, I saw that, by and by, all of them were becoming integrated internally. I had to work even a little harder. But I realized that to tell somebody, to tell people in general about it, was not so easy. It is not for the people to understand. Then a program was organised in Jahangir Hall. There I said, 'How many rakshasas have come, and how many rakshasnis have come? What will they do?' Everybody got frightened. They started saying that if Mataji talked this way, how would anyone help Her? All of them advised me not to talk in that manner; otherwise there would be great problems. I told them, 'Till now, my killer is not born, and you should be free from worry.'

By and by, I told these small streams inside everybody and small rivers of Kundalini, 'You concentrate on my Kundalini.' And they became thoughtless the moment they started to meditate. And the moment they became thoughtless, they felt that they had a lot of identity with me. By and by, there was more and more thoughtless awareness. By and by, there was more focus on collectivity. This I saw first of all in Jahangir Hall. Hindustanis, Indians, have taken birth on this land because they are very religious-minded. They must have lived a noble life, because in India we don't have to work so hard. In no time people would get realisation. Of course, in the beginning it took a little more time. But in foreign countries, hands get tired. To raise someone's Kundalini is just like lifting a mountain, and then it falls down with a bump. It rises up and then falls down with a bump. And there is a great difficulty with collectivity, asking weird questions, this and that, and all sorts of worldly talk. When I answered their questions, they would get surprised. How does She know all this? How does She have knowledge about all this? They examined me a lot, because they had lots of ego.

Now, by and by in London, the first time, seven Sahaj yogis came. All of them were like hippies and drug addicts. They transformed into Sahaj yogis. It meant that I got some support, in a way, and I was confident that in Sahaj Yoga people were denouncing drugs.

It is not so easy to help a drug addict. Out of this, one good experience was gained that even the most difficult person must get connected and must have the knowledge of his own Self, when he desires it. He gets his Self-realisation simply by desiring it. Then I would tell everyone to desire for Self-realisation in their hearts. That helped them to get their Self-realisation.

I have experiences in many countries, for example, Russia, Ukraine and Romania. These countries, I feel, must have been in some close contact with our countries at some time in the past. And Nath Panthis, Machendra Nath and Gorakh Nath must have visited these countries from here. Because whatever I got from their countries, I could understand that these people knew about the Kundalini, even three hundred years before the birth of Christ. Then I understood how these people got their Self-realisation so quickly.

Nath Panthis worked a lot in Maharashtra, and I, too, worked very hard. But I feel disappointed that whatever work I could do in north India, could not be done in Maharashtra, even now. I can't understand it, because this is the place where saints have shed their blood, and every Maharashtrian knows what work Nath Panthis have done. And I don't know why it is that what I achieved in north India could not be achieved in Maharashtra. In the beginning, I would call Delhi as Billy. There also I worked very hard, but I was very much surprised to see the Sahaj yogis I found there and the way Sahaj yoga was spreading there. Seeing this flow, I am so surprised that the place where so many saints worked so hard and since our childhood, we have learnt and studied here everybody is telling the same thing, that in this Maharashtra Sahaj Yoga didn't spread as much as it has in the north. What is the reason? I feel that when everything is already known, it is not respected. It is treated with indifference. There is a shalok in

Sanskrit: 'Ati Parichayat Avaghyha Santat Gamana Anadaro Bhavati, Prayagvasi Kripe Sananam Samacharet'. It means that when you go anywhere repeatedly, or meet a person frequently, you are disrespected. Then you lose your respect. Because people of Prayag, Allahabad, instead of taking bath in Gangaji, which is the meeting point of three rivers called Triveni, take bath with water drawn from the well of their homes, whereas people from all over the world go there to take their bath. Maybe this is the reason that Sahaj Yoga has so much recognition in north India. It is not because there is a shortage of Sahaj yogis. There are many Sahaj yogis in Maharashtra who are practising it, but I never found they had the dedication that is required for Sahaj Yoga. Maybe it will increase. Dedication means to know how to utilize the Sahaj yogi status that has been given to us. I can't understand if they think only of their benefit, their own problems, of their own families and not for the whole world. In spite of the culture of Maharashtra and the deep impression made by their religion, Sahaj Yoga has not spread to that extent. And in Gujarat, in Nargol, where I opened Bramharandra, there are more problems. I can't understand the people of Gujarat. I worked very hard in Gujarat, but I worked the hardest in Maharashtra. Today, there are many Maharashtrians here. I want to say that to spread Sahaj Yoga, first of all you meditate and go deep. When you attain that depth, then you feel, 'Why should only I enjoy its blessings and not let other people do so as well?' When you get this feeling, Sahaj Yoga spreads. Day and night, the same thought gives a lot of pleasure.

Today I am happy that people from all over the world have come here, and many others have come from foreign countries, from Delhi and other places. It is a matter of happiness for me how all of you reached such a basic/primitive place. It is all the blessing of love. It is all your love. It is a great thing. But the only difference is that in Kolhapur we worked very hard, but Sahaj Yoga has established very little there. It is so surprising. Why it is so? They told me that there are eight hundred Sahaj yogis in Pandharpur, but it is not so here. If we go to Gaziabad, there are fifteen thousand, in Faridabad there are sixteen thousand, and in Haryana there are twenty-five thousand. There they are in the thousands, but in Maharashtra, there are eight hundred here, five hundred there and seven hundred there. What is the reason? I could not understand it till now. It is possible that here there are self-knowledge, Self-realisation, and a people with knowledge of the minutest things; so much has happened that now there is no attention towards this. In Maharashtra, they don't have any yearning for money, as you find in Gujarat and even in Uttar Pradesh. In north India there is much longing for money. It is not so in Maharashtra. Praying to God from morning till evening, getting up early in the morning at 4 a.m., doing this, doing that, is agreeable. But it is all mechanical. Do it by heart, do it with devotion and try to share that devotion. Maharashtrians must follow it. I know that we have our Ganapatipule programs in Maharashtra every year, and there are very good Sahaj yogis in Maharashtra deep, very deep! The Yuva Shakti of this place, too, is very good. Still, I would appreciate it if it had spread to the extent to which it has spread in the north.

Now, you see, my in-laws are in Barah Banki. Every place, every village, everywhere where Sahaj Yoga has reached just one person, the place has become a Sahaj yogi place, just like a small spark in dry wood causes it to catch on fire. What makes it flow so forcefully, I can't understand, and whoever gets it, doesn't have any questions. But in Maharashtra, they ask a lot of questions, because they have read lots of books. In the houses, each day, you can see that any Maharashtrian has the photographs of at least ten gurus. Out of those, only one or two may be real gurus. And there are statues of every type. It is the land of Ganesha. Four Ganeshajis are sitting here, but it is called Ashtvinayak. I am saying four because two aspects or characteristics of each Ganesha are different here. Now, Maharashtrians know about that. They go there and do Ganesh Puja. Here, three Devis are well-recognized. Even then, they will go there. They will go to temples. They will go to the Mahalaxmi temple daily. All that they will do, but now they are in Sahaj Yoga, they do nothing. This is very surprising.

Today, many Maharashtrians have come here, and I wanted to say that a great number of people have come from Delhi. So many people would never come from Maharashtra. In Marathi they are called Gharkonbde. It seems they can be found in their own country only. You will never find the people of Bombay in Poona doing any work, and the people of Poona are in a way glued like a rakshasa. I am saying so, because sometimes, by saying all this openly, the problem gets solved. I have to say openly that Aathvale are better than Sahaj Yogis in Maharashtra. They talk uselessly, but they have accumulated lakhs of people not to mention Gujarat. They are under the influence of gurus. But what happened to Maharashtrians? Here, Ramdas Swami has talked about all the gurus and I shall tell everyone to pay attention so many years ago explained Sahaj Yoga. They sing every day. Namdev has written the song, 'Jogwa', that you sing every day: 'Mother, please give us yoga'. But for that yoga you have to do something. If you go to any village, many people will come when I go there. After that, even if two people come together, you will be surprised. So, I would like to say that Maharashtrians should pray for these people. They can do Havana, some collective

programs, so that there will be awakening in Maharashtra as it is in north India, in Russia. They are very much devoted, but I can't understand why Sahaj Yoga doesn't spread there. It is spreading at a very slow pace. In Kolhapur there have been many pujas. Devi's temple is very beautiful. Everything is there. But there is not so much depth. For that, people should pay attention collectively because Maharashtra is a very big city, a very prestigious city, and whatever it is from the point of dharma, spiritually it is very prestigious. So, everybody should talk about the awakening of Maharashtra. There is no quarrel, no problem, but Sahaj Yoga has not spread as it should have. Maybe it will be all right in the future.

I don't know how I had this strange perception that so many of you would come here, and how so many of you came to such a small place after twenty-five years. I worked very hard. But it is not surprising to observe that in such a small place, so many people understood the importance of spiritualism after twenty-five years.

Nargol in Sahaj Yoga means Sahasrara. And when I came here and saw the blessings of the forest and nature, I felt so happy and had a feeling in my heart that we had come to a very blessed place of nature. It was the month of May, and I was not feeling the heat of summer at all. When Sahaj yogis come, I absorb their heat, but here there were no Sahaj yogis. I didn't feel any heat and when I opened the Sahasrara, I found that people didn't have any knowledge of it. Mostly, they were Gujaratis, with few Maharashtrians. And in Maharashtra so many books have been written, They have written Holy books, not stories. Whatever they have written is truth. They write about chakras and the Kundalini. After writing so much and acquiring so much knowledge, if they utilise this, it will spread limitlessly.

Sahaj Yoga can spread here to a great extent. Now that our system of Sahaj Yoga has spread and is so deep, you must have understood it from the drama that you watched. In this drama they showed, with the help of their brain, why Mother came, and everybody said that they worked very hard. We tried our best to divert human beings towards spiritualism and let their attention be towards God and somehow let them get realisation, but it didn't work. So we are now telling the Goddess to please incarnate. You incarnate and set right the world that You have created. This is absolutely right. There is no doubt about it, and it has happened like that, and it has formed like that. All the work is going on so smoothly, and when Sahasrara was opened, I had not thought that I would be able to see all this work done in my lifetime, but it is the work of the greatness of this Kundalini and Paramchaitanya. I am Myself surprised by this Paramchaitanya and don't know what it is doing, although it is my Shakti, but you are witnessing that this Paramchaitanya is creating my photographs of various types and is showing varieties of miracles, almost fifty types of miracles.

There was a Mexican lady working in New York. I met her there. After that she got her realisation, too, and went to Mexico. There she got a job in the United Nations. She wrote a letter to me that her son was sick. He was very young, and this disease is hereditary in their clan when people become very old, but this child had inherited it at such a young age and now he could not survive. She had written to me three such letters. I was talking about Paramchaitanya, and in her fourth letter she wrote that the child was now all right. He was studying at Harvard University and was absolutely all right. He was absolutely cured of his disease. A doctor asked him, 'What did you do? How did you get well?' So there is no better doctor than this, and the way Paramchaitanya works is surprising.

Now, somebody asked, 'What is this? Does Ganeshaji take milk?' I said, 'This Paramchaitanya has come in Krita Yuga, and if it has some work to do, it does it, and whatever it does is less. There are hundreds of jobs to be done. They will feed milk to Ganeshaji, feed milk to Shivaji. Can we say anything about it? Is there anything that Paramchaitanya cannot do? It does every type of work.'

There was a gentleman in Canada. This story, too, is an old one. He wrote a letter to me saying, 'Mother, I don't have any money and I need this much money.' I told him, 'It is all right. No problem.' On the second day he called me. 'Mother, I received the money.' I asked him how. He told me that he opened a drawer and there was money in it. I said, 'Oh, my God, I didn't keep the money. How did he get the money?' He said that it was exactly the amount he needed. There were lots of experiences of so many people. So many experiences are still felt because this Paramchaitanya comes in the form of blessings. Everywhere it will bless you, will give you love, will take care of you in every way. Everything is there, but it has moved fast. I Myself can't understand how it does so much work in a place like America, where people don't have any sensibility at all in the field of

spirituality. One time, there was a big program in such a big hall, people had no place to sit, and people got their realisation in five minutes, just in five minutes. Then the same thing happened in Los Angeles. I was so surprised that the people there are such fools, but it happened with them. Then in Canada, there also they got their realisation in five minutes. Then we went further. There also people got realisation in five minutes. I could not understand what it is and why it is so. The forms of Paramchaitanya have extended so far, its varieties are so many, that no one can understand what the matter is and how it takes place. If somebody asks me, I won't be able to say.

Now, somebody clicked my photograph, and I wanted that type of photograph, as people say about Mother that the Moon is in Her Divine Feet and the Sun is on Her head. I wanted that type of photograph, and the photograph taken was exactly the same. Whatever a human being wants, happens. What should we say? Paramchaitanya's own Shakti knows everyone's problems and worries, and works out those problems so smoothly, with great love and reverence. Until now you have done Adi Shakti Puja. At that time, you worshipped this Supreme Power called Paramchaitanya and Ruh.

When I came here, I saw things happening everywhere and thought that the Devi had already blessed this place in some form or the other. And in fact, such a big and prestigious work was done so quickly and in no time at all, that I could not understand why and how it happened so early. It is that very Paramchaitanya. Now, let us say it is my Shakti only, but I don't know my Shakti. It happened in this way. It is happening so fast that I can't understand what it will do next and what its next move will be. I mean to say, this power is so eager that in this world, whatever the changes, it is a global transformation. There is no delay in doing that, but those who will join it, and those who will work for it, only they will get it.

Now I am going to tell you the same thing about Maharashtra, that this Shakti is working there speedily. And all of you should fully understand this Shakti, its mode of working, and understand it and utilise it accordingly. If you start utilising this power, you can do all kinds of work. If anyone is bothering you, you can give a bandhan to him. For doing any work, you can give a bandhan. Only a bandhan. What do you do in a bandhan is that the Shakti that is flowing inside your being, you wind up that Shakti. And if you have any question, or any problem, you can give a bandhan to that. That Shakti will work out the problem. You have got this Shakti. You are so powerful. If you utilise it, your success will be limitless. But a human being is lost. Even after getting realisation, unless a human being considers it something special, it will be difficult for Sahaj Yoga to spread. In Romania, they had not even heard the name of Adi Shakti. This is what I think. There Sahaj Yoga has spread so far and wide, it is so surprising; there are five thousand Sahaj Yogis in one city. Now they are increasing all the more. The same thing must happen in Maharashtra, and I sometimes am anxious about why it doesn't happen in the same way in Maharashtra, and why it is not spreading in the way it should. These are big cities, quite spacious, and this thing has to take place there.

So, today, a great thing has taken place, that after struggling for twenty-five years, we are in such a situation that you people have come here to give importance to it, to add to its glory and to make it sacred. I don't know the words to say. I think about it and I feel emotional for you people, that you have come here from so far away.

I am sorry I have to speak in this language, because most of the people know only this language and some of them know only Marathi, but they only know simple Hindi language. Sorry, I don't know French, and I don't think, in this life time, I will be able to learn. I have to speak in this language, which you can get translated and then understand. I have told them how I came here by chance and found somebody trying to use mesmerism on people. That was the time, I decided, we had to open the Sahasrara, and that is what I did in a very Sahaj manner. I must say that I just desired that now it would be opened. And that is all. I didn't do anything, and once the Sahasrara was opened, I was amazed to find out how human beings can give realisation to others. Even human beings can give collective realisation. Of course, they have to use the photograph; we can say it is Niralambha, only. Niralambha means that we should not have any Alambhan, depending on anything, but it is Nira, Niralambhan. I am Nira. This is a very confusing word. But this is what it is. You have to use my photograph.

So far, I don't know anybody who has been able to give up the photograph and call himself a Sahaj Yogi. I don't compulsorily say, 'You must have my photograph,' but they know the positive side of it. That is why they use it. I have talked so many times about this realisation. That is how you have come to this far-fetched place. Thank you very much.

May God bless you!

[English transcription]

I am sorry I have to speak in this language because most of the people only know this language. And some of them know only Marathi but they know something about Hindi language that all. I don't know French and I don't think in this lifetime I can able to learn. I can speak in this language, which you can get translate it and understand. I told them how I came here since by chance and there I found somebody trying to use mesmerism on people. That was the time I decided we have to open Sahasrara and that's what I did in a very Sahaj manner. I must say it was just I desire and now Sahasrara might be opened. I didn't do anything once a Sahasrara was open I was amazed how I also knew how the human being had in realization states.

Even human beings would give collective realization. Of course they have to use photograph, which we can say that is Niralamban. What is Niralamban? Which you should not have any alamban, Niralamban, without any alamban. Depending on anything but it is Nira. Niralamban. I'm Nira so that's what. It is a very confusing word. So it is what it is. You have to use my photograph. I don't know so far anybody who has been able to give up the photograph and call himself a Sahaj yogis. They don't compulsory say you must have my photograph but they know the positive side of it that's why they use it. And I told so many times about these Realization that's how you have come this far. I'm very much thankful to you.

May God Bless You.

[51:22 to 53:22 Mins]

I would like to congratulate the French people for giving us such a beautiful exposition of the Sahasrara opening. Even the music and poetry was very deep and beautiful and I am really amazed that how the French have come here to celebrate Diwali. Diwali is celebrated by French people.... [UNCLEAR] and poor thing Marathi they call it tu chal Bangdi, they are going from one place to another. Last time they had it in Russia and this time here of all the places this bar fish place called Nargol, So they have been coming and organizing and helping us so much and doing it so well. It is now the question of Global transformation and in that Global transformation we see all these people of the countries who have loved into India before and started feeling so much for sahaj culture and have accepted it and as in the sahaj culture we do not accept any nonsensical falsehood a from any religion. But to accept every religion and expect every religion is very important if you want to have peace, no doubt about it. In the name of God we cannot fight, is a very wrong idea. Now we have see how they brought it beautifully for Sahasrara it was important that all the deities had to help to get to the last point of the Sahasrara. Tomorrow I will tell you more about it, but today I was influence the way they have graphs the principle of it.

[1:01:15 hour to 1:01:42 hour]

It is something very surprising about Romanias but I think the French influence has worked because you people pick them up it's very remarkable how can they sing so well I mean it's impossible, you have to work very hard to develop this kind of attention for music I can't understand I'm really surprised how you people have influence them and looked after.

[1:04:30 hour to 1:07:47 hour]

Three thousand years before Christ in Ukraine and part of Russia and also in.....[UNCLEAR], they used to worship the primordial mother who was called as 'Aditi' we too call her Aditi and they told us we are Aryans and a big rapport with the Indians, we used to go there and they used to come and we believe in the primordial mother[UNCLEAR] energy aani they had painted chakras exactly like chakras[UNCLEAR] ganesh chakra manje mooladhar chakra, mooladhar chakra they had painted with four petals and Agnya chakra with two petals, beautifully painted. I was surprised and they believe in the awakening of the kundalini and they showed me in the stomach of the Adishakti the 'Aditi', there was the kundalini three thousand year back aata if they know our music I'm not surprised. I think Machindranath and gorakhnath who were travelling all over, aani they were from Maharashtra

I can't they have described. I think they must have told that what the primordial mother and this is how three thousand years back they were worshipping but when the Christian influence it was also preached. It's very interesting so many scholars have done it, so many things are happening now in the world and I'm sure sahajayoga will be expected and accepted all over the world.

Especially for music I must say that music carries the vibrations. In the rhythm work, it carries vibration...[UNCLEAR] which we call as saundarya lehri or you can call it Chaitanya lehri, are really carried by notes and music and that is why all of them though they are people not afraid with our Indian music they appreciate it. It has something to do with respect and is know that our music has come from the 'Atma' and that's why everyone they don't know any ragas, they don't know any taalas but they appreciate and now they has started understanding the ragas and taalas. One fellow went to, he went to Belgium and he said that I'm surprised, the Indians in Belgium are stupid fools, "I said why", the fellow was singing Pilu and they didn't know what is Pilu is. So I said they are abutted Indians so are coming abroad, so don't you worry. You see that is how this is spreading all over the world and its working out within you, so at this time of Diwali I wish all the good luck to Indian musicians and to all the classical musicians.

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Try To Find Out The Truth

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[Translation from Hindi]

Those who are in search of the truth, my salutations to all those seekers. In India from time immemorial, there has been seeking for the truth. This can be understood by our scriptures. And by many other ways, we have been searching the truth. Our country is spiritual in a specific way. The reason behind this is, in our country many things are easily accessible. We do not know, how resourceful our country is, and how sacred it is. And how people here are very simple and unpolluted. We used to call all the foreigners as malechh (unclean). Because we used to see that the foreigners, who came here had their desires towards filth. In our days, now we have become old, it was observed that these people who have come from outside, were very superficial. Their whole Outlook was very shallow. Their desires used to be very frivolous. Slowly, in our country also, the western culture has started influencing. The reason behind this was, for 300 years westerners have been on our head. And slowly we started thinking that these people are very great, who have come to our country to rule over us. In fact, these people made fool of everyone and got their work done. Secondly, because of the ritualisms, different types of wrong rituals came into practice in our society, because of which we started becoming cultureless. Our culture started disappearing. Particularly in north India, I never thought that this many seekers would come forward. The reason behind this could be that you were great seekers in your previous births. And you must have done penance so that instantly you have become eager to know the truth. Otherwise, various religious masters and false people had spread, in the country, all kinds of wrong things. And many people were following them. But today, the time has come, when people think that they should attain only the truth. And what is the definition of truth, we should know that.

What is the truth? If I tell you that, you should not just believe me, because I am saying so. Instead you should inspect it. The truth is you are not this body, mind, soul, ego, and Superego etcetera. But instead, you are the form of the spirit. What is a spirit? Spirit is the reflection of the God Almighty within you. That is what you have to become. And the rest of the things are useless. Because, until you know yourself, you cannot recognize the reality of anything. Mohammad Sahab also told that if you don't realize yourself, you cannot recognize God. So, you must recognize yourself first. Meaning, to recognize thy self is an exclusive state. Today you are in the human state. Beyond this also there should be another aspect. Because, today whatever outrage we are witnessing in this world, and witnessing all sorts of a corrupt system, there has to be a way, some way, by which human beings can be emancipated? Many saints and sages spoke about their emancipation and all the Great incarnations also said about it. When will that emancipation happen, and how will that happen?

It is not that, only I have spoken about the sahaja system. This is known as Sahaja, Since eternity. whatever has to be achieved, is Sahaj. But in olden days there were people who used to direct people in the wrong path. Read this book and it will happen, take bath in river Ganges and it will happen or indulge in some other nuisance and it will happen. With this kind of different tools, human beings were totally wrapped up, shadowed and filled in their brains. Now there is a small thing as worshipping Satyanarayana. People don't even bother to think that when Narayan himself is the form of Satya (truth), then what is the necessity to prefix his name with "Satya". Like the blind, all these practices take place here. It does not happen only in Hindu religion, it is worse in Christian religion, and worse than that in the Muslim religion. People cannot get salvation by going about the same old beaten path. Never. But when it has been told that the God is inside you, search him there, and achieve him, people forget to do so. One ethics among the ladies is that this should not be eaten, that should not be eaten, the head should be

tonsured, there should be minimum covering on the body, and by doing all this we can achieve the God. We should think a simple, straight forward thing that the God Almighty who is your father, Will any father desire that "my child should be hungry?". And the father of the father, who is father of all the fathers, from whom we inherit the of paternal feeling, ever desire that you tonsure your head and starve yourself?

But human does not think in matters of religion, that which ever religion we are following, what is the use of that? What did we achieve out of that? I know that all religious people, who do severe penance to acquire wealth, are so angry people that it is very difficult to approach them. And even if you go there you should go with the stick in your hand. Because they get angry for everything. Recently, I wrote in a book about the scientific reason for this, there is a database for the genes present within us.

There are three things to it. One is carbohydrate, another is nitrogen and the third is phosphorus. When the asceticism gets inside us, then the moisture inside us gets burnt completely. The water in the cells get dried up. If you remove phosphorus from the water, it will flare-up. So that is why people also flare-up. So, this kind of penance is completely against peacefulness. Because, physical exercise itself is like that. So, you must have heard, in olden days there was a Durvasa, (a sage) who used to curse people. He knew only to curse others, I have never heard that he emancipated anyone. This is not spiritual. Enlightenment of the spirit is not one-sided, it spreads on all sides. And this kind of a person (spiritual) remains calm in his own peacefulness and dignity. To attain this state, "Leave something, leave this or leave that", no need to leave anything. Everything in this world is in its own place. As soon as you attain your spirit, which will happen by the awakening of Kundalini, you will see that, you will be identified with everyone else. Such beautiful poems will occur to you, such lovely projections will come in your mind, very subtle, which you would have never thought of, which you would have never seen, which you would have never considered, and which has never crossed your mind. To attain this state, earlier people used to do various remedies. They used to follow Gurus, used to take lot of trouble, but were never successful.

It is very true awakening of kundalini is very difficult. And once, someone asked Shri Ramdas Swamy, who was Shivaji's Guru, that it how much time does it take the Kundalini to awaken. His answer was "instantly" (tatkshan). It happens that very second. But there should be a recipient and also a giver. So, I can see the recipients sitting in front of me. And now the time has come. And this period is such that, people are very much in a dilemma. This particular era is suffering from the age of vices. A very tormenting era for human beings. Being hostile with one another, trouble one another, constraint one another, Wether it is in the family, or outside, or in the politics, or any other field, This work happens. And many people don't realise that "we are doing anything wrong or We are constraining anyone or fighting with anyone". And this is happening in every religion. There is no religion where there is no fighting or there is no pain, and people are not ready to accept this at all that their religion is not greater than other religions. It is not any special religion. If your religion is so special then why are you fighting like this? Why your situation is like this? Why are you facing problems?

Our religion is most dignified. If you were born in any other religion then you would have said the same thing for that. Meaning, to fight on behalf of the religion, is a great disgrace to the God. Very great disgrace. In those days, according to the needs of that period, people spoke certain things. But to twist those words and change them completely, and bring them in front of people, and fight in the name of God, is the greatest sin. To beat others in the name of God, to trash others in the name of God.

The God Almighty who is forgiving, merciful and ocean of compassion, doing this kind of heinous act in his name is most disgraceful for any religion. And what are they fighting for? Some are fighting for the land, people who believe in "formless" are fighting for land. When you believe in nirakar (formless), then why are you fighting for the land? leave it. But there is no point in saying all this. They spoke like that, but that was fruitless. Has anyone heard them saying so? No one accepted it, it has just remained in the talk and lectures, but it has no effect on anyone. The reason being, humen are lying in darkness and ignorance. This is what Kabir said as " how do I explain, when there is darkness all over". Because of this earlier, I used to think that, breaking my head over Delhi is useless. But in the same Delhi, in my lifetime I am seeing, and I don't know how do I express my joy and happiness. In this place, where no one has heard of kundalini, If you talk of Kundalini to anyone, they will say "do you see horoscope? wait let me go and get my horoscope". I used to say here "I don't know, how is it going to happen? How will it happen"?

But later I understood that, very great saint and sages of previous birth must have come here, very great seekers and religious people must have taken rebirth and must have come to Delhi. And now they must be desiring that we all attain our self-realization. The Desire which they had in their previous birth is being awakened today. Otherwise, I couldn't understand. I got married in Delhi, and I used to think "oh my God! What kind of place is this"? here, people don't talk of anything except clothes, jewellery, money and power. And no one talks about anything else. In that same Delhi today you all have come for your self-realization.

This is the ultimate fortune of this place. It is a privilege to this place. Because India is a very great country. It is a holy land. But we do not know anything about this country. When we do not know anything how can we love this country? How can we be alert towards this? I used to live in place like London, perplexed. The country of England is very small, just this much. and also should it be mentioned that, there are not as many people as India there, very few people are there. But every person knows everything like back of his hand and accept everything with dignity. There is nothing sublime in that country.

I asked someone "where did you buy this glass vessel from"? Immediately he said "it is there in particular place, on the Northside, there is a factory in which vessels are made" and this and that. There, people do not talk to their neighbours but every person knows everything about the country. He knows everything about his country irrespective of his being educated or not. We went to a lady's house in the village. She did not know where Russia was. But about London, though she lived in a village, she knew about whole of London, though it is a small place, she knew every small thing, every small detail she knew.

And here (in India), we all have become bosses, we live here but I don't know what has happened, no one knows about anyone or anything. People used to criticize their neighbors. This I am talking of the earlier days, not about the present. Whatever you ask them the reply will be "I don't know" in an angry tone. You ask them "where does this particular person live"? "Oh! Is he a clerk? I don't know where he stays, but he lives in a clerk's colony". "But then who are you"? "I am the head clerk". Thus, there was so much of ego among people, so much of vanity. And where ever you see, for very small things, they used to boast that "I am this and I am that". Same situation in Old Delhi. same situation in New Delhi. And what were they proud of, I do not know. But there was a kind of atmosphere which we call as an illusion. Sabhranth meaning illusion. Everyone was under some illusion that "I am this I am that". If you go to old Delhi and ask a shopkeeper about a particular shop, he will immediately say "why sir? What is wrong with my shop? You please sit here". Dear brother, if you say like this who will sit in your shop.?

This kind of throng, enmity to this extent, this kind of mutual criticism was prevailing here. The same Delhi today wants to get re-organised. Want to show mutual love. And we should attain that Union which is a divine gift to us. Now you tell me how I should be feeling? I have seen lot of this world and I salute this Delhi people a thousand times.

Now you people understand your responsibilities also. You live in the kind of city, through which, the fame of our India is known to the other part of the world. Whatever happens in Delhi, is known by the whole world. What is Happening here, how are the people in Delhi? If one person dies in Delhi, the whole world will come to know about it. But even if 25 people die in other cities, it will not make a difference to anyone. So, this means that you people are significant. And your significance is that you are representatives of this country. You are the representatives of this holy land, this India. Today you have come here for your self-realization or many of you have already achieved it. But you should understand that all of you who are realised, have a very special place of their own. And I believe that Delhi people also have a very special place. You all are sitting in the capital city and in this capital city whoever is realized and whoever has attained their spirit, should display a magnificent power from within. And that magnificent power is of love and truth. Truth and love are one and the same. When you recognise the truth then you will become calm. When you have recognized the truth then where is the reason for getting disturbed? None at all. But then do you know what is the truth? Truth and love both are the same things. Whoever has recognized the truth can do it only through love. For example, when you love someone, you know everything about that person, what does he like, what does he dislike, what can be spoken to him, what cannot be spoken to him, what does he eat what does he drink, everything you know. What is he trying to say, everything you know if you love that person. And you have dedication for the person. So, when you will know the truth through love, only then it is the truth. And if you want to remove the love from there, then the truth will diminish. The truth cannot sustain. Because the flame of truth, the glow of truth is stabilized by the oil of love. And love doesn't mean that "I love my son, I

love my daughter, I love my brother, I love my family". This is not love. There is a word in Sanskrit for this "nirvajya", "nirlep" meaning aloof, detached.

And you people might say "mother, if love becomes detached then many things may be ignored". But it is not like that. Look at a tree. It's flow of love, it's fluid is equally distributed to all parts of the tree. It reaches everywhere. It goes to the flower, it goes to the branches, it goes to the leaves, goes to the fruits and flowers, but it doesn't stop. It either vanishes in the ether or goes back to the ground. It doesn't stop anywhere. For example, supposing the tree starts liking one particular fruit or the flower and stops there, then the tree also will die and the fruits flowers everything will die with it. That is why whatever a person deserves should be given to him. Whoever deserves the nectar, whether in the house, family, in the society, in the country or in the whole world, give what ever one is deserving. But don't get attached to them. To get attached is a kind of, what is called in English as an obsession. To get stuck. Now whatever it is, by this obsession, your power of love will diminish. It will not flow. It is said that "Udara charitanam, vasudhaiva kutumbakam" meaning this whole earth, the whole creation, the whole world is his family. This is the glory of love. If you recognise the glory of love, You will be surprised to know that this happens only with the awakening of the spirit.

I have noticed that, when people come to Sahaja Yoga, first of all they try to to see the defect "within me". And come and tell me "mother! See, see what a fool I am. I have done this kind of foolish things, and I have this catch". I tell them, I don't need your confession, you write it down and preserve. they come and tell me, "then I became like that, I cheated him, I forced him. Earlier I could not see anything but now it is as if, my spirit is standing before me, in the form of a mirror. And now I can see my mistakes, and I ponder that was I so bad"? Then I told, let it be. Whatever has happened is past. The past tense doesn't exist so forget about it. Now you are in the present and everything has been cleansed. As a lotus, comes out of the dirty water in an aromatic way, and fills the whole atmosphere with it's fragrance, you also have become like that. Forget the past. So, whatever has already gone by, whatever is past tense should be forgotten. And he forgets it also. When his ascend takes place slowly, he tends to forget it. When I was in Russia, koo happened at that time. When koo happened I asked the sahaja Yogis, are you not worried about who is going to come to your country? They replied "mother! We are sitting in the kingdom of God. Why should we get scared? Clearly they told this. We are in the kingdom of God. This is a kind of state. This doesn't happen by any rubbish. People make big promises that "this will be done that will be done". Not like that. A person develops the biggest skill, when he watches himself without any fear. He is not scared. He doesn't think "how do I think what I am". Because he is detached from himself. Whatever was old has gotten off him and now everything is new in him. This new person, who has emerged is very beautiful and dignified. He has self-respect. He is not the one who would expect everyone to bow before him. This is not the case. He has his own self-esteem. And the self present in that self-respect is "you", to understand the mechanism of this "you" is Sahaja Yoga. Whoever understands the mechanism of self, becomes independent. The mechanism of self means to know the mechanism of your spirit. ,

Up till now, we were stuck to our mind or things connected to our rituals but now within us our spirit has awakened. And in that awakening we are watching everything clearly. First, we watched ourself and now we are watching the society. Now in our group, many people have come from different religions. Muslims, Hindus, Christians are there and Buddhist are there, Mahavir followers are there, all kinds of people have come to Sahaja Yoga. And first thing I noticed was all of them spoke about their society. For example, if a Jain came, he would first say "mother", please correct the mind of the Jains. If a sikh came, he would say mother! Please correct the mind of Sikhs. And if a Christian came he would say, mother! When are you going to correct these Christians? In every religion I noticed that they detach from themselves and start watching their society. They start watching their family, watch their society, watch e their country then the whole world. They get involved with the global problems and say "see mother! This is the problem of that Place and you should do something about it". I said why are you loading me with the problems of the whole world". The answer would be "you only can do it, so you have to solve it". You have to correct this. This person is not alright, you have to correct him. Like this, they have got entangled, involved with the problems of the whole universe. If a very ordinary person, supposing he is a farmer, he thinks only about farming, it is understandable. But he also says "mother! They have killed Rabin? How could they do that? Mother you do something for their peace. you fix their peaceful state". I was astonished. How did this farmer know about it? Was this news in the paper? was this published in the newspaper that this messenger of peace was killed? And he had tears in his eyes. Though they have never seen him or met him. They must have read in the newspaper.

Thus, identification with the whole world, and unity with the spirit of the whole universe (vishwatma) takes place. And the person feels his spirit within himself and becomes a very chivalrous person. He doesn't think about small-small things and small troubles. He doesn't think that "I have this problem, I have that problem, I have this tension, doesn't think at all about these. He only thinks, how can he solve the Global problems. He achieves this greatness. And then he acquires powers also. That too to divine powers. When he starts thinking, then the problem also gets solved. Because of his greatness, the problem gets solved by itself. I have seen many such people, who say see mother, " once it so happened that in that particular country, there was a huge war going on, so we thought let us pray and meditate and desire, and the very next day It was there in the newspaper that the peace is prevailing in that country. Now nobody will believe that anyone can do I think like this. But, why can't this human believe this?

That is because, human doesn't recognise his greatness and grandeur. Unless he recognises himself, how will he recognise his greatness? How will we understand, what exactly is he? What is his dignity and what are his powers?

After the self-realization, you can attain all these things. You already know about Kundalini and about all the Chakras (plexus) and what happens by the awakening of the kundalini. Now if we talk only that by this awakening we get cured and become healthy, then people will ask "are you running a hospital"? Just to get rid of all your illness is not the aim of Sahaja Yoga anymore. Once upon a time it was. Earlier whoever used to come used to say that my father's grandfather's grandfather's, father' own son has a problem. then "mother, you cure him". And then that person is drinking, he is doing that and this.

This is what used to happen all the time. Now that is not the case. I get astonished that how great the human is becoming in this country. What Kind of grandeur he is achieving. Now you think once upon a time, such seers and philosophers were born who used to ponder upon problems of the globe. They never used to run behind family or small cheap problems. Now, if you listen to their explanations, if you see them, then in this same country, many great people were born, who had great thoughts, and did very great deeds. Now we don't know what kind of trough we are caught in that we think that kind of nobility is impossible. Not Possible at all. How can we become like that? Why can't we?

Once upon a time there were people, who fought with English, who sacrificed so much for the country, can't such people come back to our country? To which Other country can they go? Those who loved this country so much can't they take rebirth here? Those who sacrificed for this country, who faced lot of torture for the country, are going to be awakened again through Sahaja Yoga. I have full confidence that whoever love this country, and correct the System of this country, will bring forth peace and integrity in the country. When this country becomes alright, other countries also will imitate this and become alright.

As it is, we have Global problems before us, but we have to see among this which country comes forward first. Which country will hold the banner. Which country is going to say that "we will create an ideal country where people will be in a high spiritual state".

In our Sahaja Yoga " spiritual" does not mean, that leave your wife, leave children and go to jungles. Not at all. We have to see us within ourself and attend this highest state. This special status which has been made for us, which we can achieve, which is not difficult to achieve, for which we don't have to sacrifice anything, except sacrificing foolishness and sacrificing unintelligence, and you have to run away from your narrow and Selfish temperament. You should understand the narrow-mindedness, which is within me. And then you will find that all your doubts will start clearing. You believe in God, right? Or do you just think that you have bowed down before God, or you went to Gurudwara and bowed down? That is not going to fetch you anything. Within you, the trust which we have built till now, that religion should imbibe in each and every vein of ours. The glory of this religion is such that, because of this religion many great personalities were born in this country. I would say that in no other country than this, so many Saints were born.

in this country so many great people are born that this has not happened in any other country. In no other country as many Saints were born. This means that our India can provide a great contribution to the whole world. Recently I had been to China. I was very

surprised because normally Chinese are against our political system, but they said that they are expecting a lot from India. I asked them "what? They said "spirituality. We know that in India there is mine of spirituality". But until now no one has mentioned it. And in our stall (Sahaja yoga stall), people were streaming in line after line, Queue after queue, where they were inquiring about Sahaja Yoga. It came in newspaper also. Americans also were surprised that What is so special in this? Why so many people have gathered here? Now you can see that so many people are sitting here, including foreigners who have achieved in Sahaja Yoga, and today they are singing glory story of your country. You also should pay attention towards this.

In Sahaj, it is not difficult for you to get the realization, because you are well prepared for that, as a seed is sown in the mother earth, it germinates because there is energy in the seed and also in the mother earth. But after that it takes time for it to grow into a tree. It is necessary. Because your greatness will be visible only when you become a huge tree-like. For that, you have to meditate and be in meditation. Sahaja Yoga cannot be done by shallowness. You get the actual delight in this, only when you dive in spirituality. You go deep in this, only then you will enjoy the actual pleasure of Sahaja Yoga and you will understand what you are and how great you are. Even after achieving all these, a kind of peace and contentment will be seated within you that with that Power, just by your attention you can make things alright. I can tell you that your attention will become so beautiful, that where ever your attention goes, just by that attention you can set right many things.

So, if you want to come out of your narrow outlook, and rise yourself to a higher state, you have to maintain your meditative state. Without meditation it is not possible. Only with meditation, you can organize everything. Now, this is what everyone told me that men meditate but there are very few women who meditate. It is very surprising. I am also a female. I am also a woman, and I too have family, children everything. Along with taking care of everything, only with meditation I found out this mechanism by which thousands of people can get the self- realization. So, I request you, that if women meditate then children also will follow them. Women are religious merit of power (shakti). And where ever women do not meditate, children also will not meditate there. To handle the children, It is essential that men meditate because men run the family and women protects the family. So, the husband meditates, wife also should do that, and children also should do, and then the greatest thing about sahaja Yoga is that, it is a collective action. Collective. Not alone. It is not like, " mother! I am meditating alone in the house, but still I get sick". Cannot do alone. Those who can come to the collective, when they can accept sahaja Yoga in collective then that will be the Sahaja Yoga of the present day. Those days have gone when somewhere a single person used to get realization. If we have to give realisation to people in thousands, lacs and in crores, then we have to become collective. And the power of collectivity is tremendous. I am very happy that in Delhi people have given this much of honour to Sahaja yoga and understood it. Such sensitive people are there in Delhi. it is very surprising that in Maharashtra where so many Saints and seers were born, people do not have the kind of understanding you have.(Delhi people). I am very surprised to see this. Those people think that they know everything. There, Nine Masters were born, which went to waste, many Saints and sages were born, all for nothing. So, as you have understood and accepted this, to improve this you have to meditate individually and also get involved in collective meditation. I accept, there is a lack of space there, and I have to do something for that. In course of time everything will be done. But wherever you become collective, you will not talk about anything except Sahaja Yoga. Now is the beginning, and in future, in many places my program is going to happen. Whoever can come, please do so. [after English speech].

Whoever do not want realization there is no compulsion on them. This cannot be done by force. You should have pure desire in your mind that you should get self-realization, first of all I cannot force you into this. Not at all. If you think you want self-realization, it is very good, and if you think you don't want it, even then it's ok, you can leave this place. But whoever have come here will have to participate in this, If anyone does not want to participate can kindly go out. Because there is nothing funny happening here. This incident takes place from within, and not without. So first of all You should Desire from your heart that you should get the self-realization.

And the second thing is if you think "I am a sinner, or I am bad, I am nasty", or also from my lecture if it has come to anyone's mind that "I am bad or I am a nasty person" anything like this then forget my lecture. And also forget that at present you are sitting here totally sinless. You have not done any mistake. You please forgive yourself completely. Because if you don't forgive yourself and keep thinking that "I have done this mistake and that mistake, I am guilty", this disease is more in in foreign countries, and less in India. Here mostly people do not think that "I have done any mistake". But if anyone is thinking like that, it is my request he forgives themselves.

Many people will tell you that you are a sinner and as a punishment for your sin you pay so much money and so on. But in the eyes of a mother none of her children are sinners. What kind of a mother is she if she cannot forgive her children's mistake? So, you get rid of this thought from your mind. Because if you think that you are guilty, then this Chakra on your left will catch. And when this catches, many diseases occur.

The first disease which occurs is called Spondylitis wherein the bone of the neck dislocates, secondly, Angina may occur, and thirdly all your organs may become lethargic. So kindly forgive yourself on my behalf. Don't think of your mistakes, and don't think of your problems. And now second thing is you have to forgive everyone. You may say "it is very difficult mother, to forgive anyone. So, I cannot forgive anyone". It is very difficult. It is also possible that you can forgive some and not forgive others. But a thought should be given to the matter that whether you forgive or don't forgive, what do you do? You do nothing. It is only a mental projection that "I cannot forgive I cannot forgive". So what? Do or don't. But when you think like this you deceive yourself.

And whomever you are not forgiving, you are playing in his wrong hands and you trouble yourself. So, it is better that you forgive everyone. When you are forgiving you should remember not to think of any person in particular but forgive everyone together. Because to think of them also can be a headache. So, forgive everyone at a time. It is very important to forgive because, this agnya Chakra is very narrow and unless you forgive it will not open up, and if this doesn't open how will Kundalini climb up? As soon as you forgive everyone, it will open and then Kundalini can rise up and Pierce the fontanel bone.

So, it is very important, particularly this moment, this time and this second is so important, that if you don't forgive kundalini will not rise above, and you will not get your self-realization. So, all of you please forgive everyone and say wholeheartedly that "I forgive everyone". Don't think about anyone. "I forgive everyone". This will give you peacefulness instantly. You will feel very good.

Secondly, when we will meditate after I tell you, it is better to remove your shoes before that. As such most of you are sitting on the ground. But whoever is sitting on the chair, it is better for them to remove their shoes.

[three lines in english in between].

Don't say any mantras. Don't say anything. And don't concentrate your attention anywhere. Automatically your attention will become alright. As soon as the Kundalini starts rising, the attention from all the sides goes up like this. And when the piercing happens here (in the fontanel bone), then the light of the attention, from all the four sides, enlightens the param Chaitanya, which is the energy spread, all around us. You will experience this today that on all the four sides, the all-pervading power of God's Love, which has been described by Adi Shankaracharya as "salilam salilam", the cool breeze. The description of this is there in Bible also and in Quran also. It has been described in all religions. You are going to achieve this today.

I request you again, that whoever does not want to meditate, can go out and not disturb others. Indians are very fortunate. Very lucky. There is no need to break hands and feet with you. No one in this world achieves self-realization, as fast as you people. There is some traditional inheritance in you. What can I say? It is so easy to give you self-realization. But it is very difficult to establish you people. When they get something very easily, Indians don't respect it. So, don't think because you have got it easily, it is going to stay with you unless you establish this completely within you. It will happen very quickly, I am telling you, instantly. I know this because this has happened and this will happen also. But, you have to establish it. You will have to respect it. If you don't respect your self-realization, then it will go a waste. For example, if there is a germinated seed and it is lying somewhere then the bird will simply peck it. You should have complete desire with reverence, to ascend forward. And you should promise your mother that you will show her that you can grow into a huge tree. This is what I want to ask you and nothing else.

Now, you simply put out your hands like this towards me. And close your eyes. Remove your eyeglasses and close your eyes. Both hands towards me. You just understand I am not going to gain anything out of this. For example, if you sow a seed in the mother earth, do you pay her anything for that? This is a similar thing. Now you keep your left hand towards me and open your

eyes and bend your head and keep your right hand on your fontanel bone, which is called as Brahmarandhra, above the Crown, which is a soft bone in your infancy. Keep your right hand on top of that. Now, you bend your head again, and keep your right hand towards me. Please see. Please put your right hand towards me bend your head, and feel yourself with your left hand if cool or hot breeze, like vibrations are coming out from your fontanelle bone area? Some people may get away from the head some may get close to the head. And if the hot breeze is coming then it means that you have either not forgiven yourself or others. If it is hot that means you have not forgiven others now you have forgiven yourself. So please do that now. Now keep your left hand toward me. Again keep your left hand. Please put your left hand towards me please again. And put down your head. And see for yourself now with your right hand if a cool or hot breeze is coming out of your fontanelle bone area. Keep your left hand towards me and check if cool or hot Breeze is coming from your head or not. You should not get hot breeze if you have forgiven yourself and all others, then you will get cool breeze. Not very cold also. Now keep both your hands towards me. Open your eyes and look at me and become thoughtless. Please put both your hands towards me, open your eyes watch me without thinking. Because we have to go beyond thoughts. You have to get into thoughtlessness.

If anyone is getting cool breeze from below, push it up like this. Now whoever got cool breeze from hands, or cool or hot breeze from the crown, whoever felt that, please raise both your hands up. Please raise your hands who have felt the cool breeze. the whole Delhi?

my salutations to all of you. You have become saints and sages. Self-realized saints. My infinite blessings to all of you. I asked you for only one promise that all of you, with love and reverence will meditate. in the evening if you meditate for atleast ten minutes, it is great.

Infinite blessings.

[English transcript]

Shri Mataji: I am sorry to use this language which is our national language which is very important ...To be very frank it's not my mother tongue. But it's a very powerful language, and to express Sahaja is a very wonderful way you can talk about it. Why?

In English, I find it sometimes fumbling. Because certain words which are very deep and subtle can not find them in western languages. I wish you all could learn our national language so at least one language you can learn. It is not difficult. It is a very easy language ...The Hindi language is ...

I hope you all are comfortable here and as you say that you have to come for the comfort of your spirit...I am sure with meeting with all these people you must be very happy. And I hope there are no complaints about your stay, about your food and all that ... I have been just telling them what I have told you before that Love is Truth and Truth is Love. But love should not be attached love It should be detached love. When it is detached gradually you start growing into such a huge big personality that you can solve the problems of the world...So you have to grow and for that growth, you have to come out of your smaller narrower lives into the wider and wider atmosphere... Once that starts happening you really grow and you grow so beautifully that your power can solve the problems of the world ...I have spoken so many times in English and seldom get a chance to speak in Hindi or Marathi ...I hope my Hindi is not so spoilt that people have been able to understand me But the main thing is that our language is of love. When there is love you don't need any words to express. You can just feel it and you can assimilate it, you can absorb it, and you can enjoy it. So many of you told me that Mother you better speak in Hindi because whenever you speak in English we start thinking. We don't want to think so it's nice when you speak in Hindi we enjoy it more and it's really true also sometimes that If too much thinking is done then you come down to the level of thinking and you are not beyond thinking where you have to be. But I must congratulate you all in the presence of all these people that your dedication, your understanding and your depth is also immeasurable. I don't know in my lifetime I never expected that Sahaja yoga will spread in 65 nations, in such a great way and you are the representative of all these countries...And as I told them that you are responsible for your country there you should develop Sahaja Yoga in such a way that people will follow you But I don't know which country will take the lead ...I wish you all great ...[cut in the video]

1995-1205, Adi Shakti Puja: The Shakti of Satya Yuga

View [online](#).

5 December 1995

Adi Shakti Puja

Dargah Hazrat Nizamuddin, New Delhi (India)

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

Shakti Puja: The Shakti Of Satya Yuga 02-12-1995 [Hindi]

Today, we are going to do the puja to Shakti in Satya Yuga. Because Satya Yuga has started in this environment, the influence of Shakti has also become more intense.

The first form of Shakti is that she is enlightened, illuminated. She is full of intense light.

When the Shakti manifests herself in Satya Yuga all the manners of wrong people will be exposed, they'll come in front. all wrongdoings of theirs will come in front and exposed. All their acts that have been hidden to the rest of the world will be exposed.

All wrong actions – they may be illegal or mental, or terroristic or others all these forms of acts which are against Satya, which are against the truth- none of such activities, such an institution can be saved because the light of truth will shine on it. In this light of Satya (truth), you will see its special form. The reason I had already told you before is that Krita Yuga has started and Satya Yuga will follow soon.

I had already said that the sun of Satya Yuga is on the horizon. Soon you'll get the proof of this, that whoever brings untruth in the path of truth, who is indulging in untruth will be exposed. Even if he is a Sahaja Yogi, if he calls himself a Sahaja Yogi and indulges in wrong activities, he cannot save himself. Till today, truth saved him, protected him and looked after him. But beyond this, truth does not have that power that it can protect people who are doing wrong things in the name of truth.

I told you day before yesterday, that the biggest power of truth is love, is the power of love. The meaning of love is that without any ego, without any expectation whatsoever, spreading the kingdom of unending love. This work may be done by Shakti, but all this work of Shakti will be done through you, as the instruments. If Chaitanya could have done this work, then today there will not have been any Sahaja Yogis nor Sahaja Yoginis and there will not have been any need for Sahaja Yogis. Today there is such a need for Sahaja Yogis as you can see. Today, Sahaja Yogis are being readied in collectivity.

But the vehicle, channel for Chaitanya, it is you, people. But the vehicle, the carriage of this Chaitanya, should understand that you must not even glance at any wrong activities because you are full of Chaitanya yourselves, you have all kinds of shaktis. So many Shaktis are flowing through you and these Shaktis will make you completely capable and will you give all kinds of powers. And it will also make you healthy, you do not need to take recourse to anything else. As soon as you resort to something else, you will fall down.

Like, I've seen there are many highly placed people, who call themselves very high, very special. They will send a message that: "We wish to meet Mother." I wish to have a special appointment with Her." There is nothing special about them, but: "I want to meet Mother." If you avoid trying to meet them, then the people say that: "Mother, they will trouble us a lot, so it's better to meet them". And people keep pleading all the time: "Mother, they are coming; they are coming." There will be advertisements everywhere to announce their arrival. Then they will come, they'll get their realization and they'll become all right but after that, they won't even bother asking any more. Because they don't understand how intense the power of truth is.

Once you've come to Sahaja Yoga, it's better that you establish yourself otherwise, you cannot be saved. Every time man thinks

how can I profit from it, how can I benefit from it? When he comes to Sahaja Yoga he only thinks: "My daughter is not all right, my son is not all right, this is not all right, I have to spend so much on income taxes because of this problem, that problem."

All these problems, they all will be averted at once. At the very first instance, if there is no balance developed in man after realisation, then Sahaja Yoga has no meaning. When this balance comes into you, then you feel: "Now, this is too much, I don't want any more." There is no need for doing anything wrong. There's no need to do anything wrong that might harm the society, harm anyone. Doing any harm after Sahaja Yoga can't bear any fruit and will only suffer as a result.

I have seen in the beginning many people who came to Sahaj came only to make money, fight with people and didn't do nothing else in Sahaj Yoga. Then it has to end because the shakti of Sahaja Yoga is such that it just pushes such kind of people away. If they get better and come back then it's a different matter.

Like the sea has two kinds of powers: with one, the waves come towards the shore and with the other, they recede. In the same way, the power of truth is - it pulsates. "Spanda" [pulsation, throbbing] means at one moment, it contracts and the next moment, it expands. The heart pulsates. Adi Shankaracharya has called "vibrations" as "spanda".

"Spanda" means that these vibrations can lift you, the next moment they can throw you down too. I am not trying to frighten you. I am just trying to inform you that now we have to behave in such a manner so that we can progress in Sahaja Yoga.

The day before yesterday I had told you that in North India, Sahaja Yoga is spreading very, very fast like wild fire. Everywhere, people are coming to Sahaja Yoga in great numbers because there are many benefits from Sahaja Yoga. So, some get good health, some get financial benefits, some are blessed with a son, everyone gets some kind of blessing or another. Some get a lot and others get a little bit less.

But the greatest benefit from Sahaja Yoga is this balance, this satisfaction, that: "I don't need anything else anymore." "I don't want anything anymore, I have got everything". When you get this state, then you will realize that now you have become a Sahaja Yogi. And then without any effort, whether you want it or you don't, Sahaja Yoga will take care of you, and will make you completely satisfied, contented. Your balance, your equilibrium will reach the seventh level and people will wonder: "What's happened to this man? How has this man become completely desireless as if he has taken up some kind of 'sanyasa' [asceticism]? He is least bothered."

Once I went to America and there was a lady who owned this shop. I gave her realization. She told me, 'Mother, it's incredible. Before Sahaja Yoga, I used to know everything in my shop, what needs to be replaced, what needs to be ordered, how much it costs, I used to write down everything. But even then, I never made any profit, I only lost money. Whether something would get sold or not, I was always worried all the time. After Sahaja Yoga, I forget to count, how to keep records of everything, and the wonderful thing is that now, I am making a lot of money. I just can't remember anything, to whom I was selling my goods, who is buying them, who owes me money, I just don't have the information'. And in this state of complete lack of information, everything works out. This means that Sahaja Yoga has taken her in its arms. So now she has given up all her worries about running the shop, keeping accounts and everything and now she says that: "It's like someone is running my shop, it's for definite."

When everything works out in such a way, one realizes that one has now reached the highest level of equilibrium and satisfaction. He doesn't have to think, he has achieved the state beyond thinking. The reason for this is that before Sahaja Yoga, we live a life based on thinking. You count everything, you weigh everything, you keep an eye on your watch all the time. And every time you feel that you miss out something.

Even if you keep your accounts scrupulously, still you end up with a kind of feeling despite all the headache that you have missed out something. Because now you have taken up Sahaja Yoga as your work, then everything works "sahaj", spontaneously. In Sahaja Yoga, everything works "sahaj", spontaneously.

You'll have the experience of this gradually. But in this Satya Yoga, the Shakti is working so that you can be completely

dependent upon Sahaja Yoga. The day you become completely dependent on Sahaja Yoga then all your work, your entire life starts to work in a very efficient manner and you don't have to take any kind of trouble.

Once, there was a theft in our house, all my saris were stolen. Barely one silk sari was left behind and I used to wear the same sari to all the parties that I went to. And my husband started thinking: "What is happening to her, she is only wearing the same sari everywhere?" I told him "I have only one right now". And now all of you are giving me so many saris that I don't know what to do with them. Maybe, we will have arrange another 'Draupadi Vastra haran' [When Draupadi's chastity was saved by the infinite saris], then maybe these saris could be used because I don't know where to keep all these saris, I don't even wear them!

But achieving this balance, this satisfaction is the greatest blessing that you can get with Sahaja Yoga. Like for example, if I like something, then we keep hankering after it all the time: I need it, I want it, I must have it, I like it and we keep trying our level best to get this. We borrow money to get it and finally when we get that, we don't even look at it and we start looking at something else. We are not happy with what we have got. We just don't look upon it twice.

These days, there are so many beautiful flowers that are blossoming everywhere in Delhi. On my way to the puja, I was just looking at them. There are such wonderful flowers blossoming on the trees, I don't know if you people have noticed them or not. Where is your attention? If your attention is on the Spirit, then the Spirit only shows you what brings the joy. Then in that, you really get your "svārtha" because you realize what is good for your "svārtha" that is for yourself, you become selfish. Look! What a beautiful word they have chosen: our ancestors have chosen every word very carefully, "svārtha" that you look for "svārtha". "Svārtha" means "what is good for the Self". Previously, people used to think that "svārtha" means to try to make money, to try to gain this, gain that, but you never found happiness. When you go crazy with all this seeking, this searching, then, you run towards your Self. So that is why they said that you look for "svārtha", for "what is good for your Spirit, your Self". What benefit will you get from this?

When you start flowing in this stream of Sahaja, then you start realizing that this in this Satya Yug, that the one who looks after you, nurtures you, has millions of hands. You are in its protection, then why do you want to do anything wrong? Why do any such thing by which you get caught up and you get into troubles. Even if you are caught up in something, then you get rid of this.

To give an example, I had bought five statues made of clay in Canada. They were very beautiful I thought that we could make similar ones here. They were just 5 statues made from clay. So the people in the customs valued them at eighteen thousand rupees. I was quite amused: "how could these clay statues ever cost eighteen thousand rupees? They may be worthy eighteen rupees." I kept laughing and the news reaches the police and they also started laughing. And they said: "Look at this, this is a joke. How can it ever be worthy eighteen thousands rupees?" And then, they were released from custom, because they were caught up doing the wrong thing.

Sahaja Yoga looks after all that is necessary, whatever needs to be done, all this work is done by Sahaja Yoga and it is done spontaneously. Then you must understand how to leave things to Sahaja Yoga. The greatest thing is to depend on, to leave everything onto Sahaja Yoga.

I see very often people are worried about useless things. And the meaning of all these worries is that they are not yet in Sahaja Yoga. So the essence of the Shakti of Satya Yuga is that it is firstly, light; secondly, truth; thirdly, love and fourthly, it is the peace of the mind. Now you must get this peace of mind (shanti). Whatever happens, you just keep watching. If someone is worried about something, then he is not yet a Sahaja Yogi.

You might have heard so many names- about Socrates, about Hazrat Nizamudin- that they were in such a position that they were given an ultimatum: 'tomorrow, if you don't bow your head before us, we will cut your head off'. Then what happened was that the head of that king itself was cut off at night. Who did that? Not these people. It couldn't have been done by their disciples, who cut off the head of the king? Someone must have done it.

As I told you, everything in Sahaja Yoga has two directions like the sea which gets flooded and then also recedes. In the same

way, even in Sahaja Yoga, you are looked after by two different Shaktis. With the first Shakti you raise, with the other Shakti you are thrown out. Once you are thrown out of Sahaja Yoga, then we do not have any relationship with each other. You don't have any right over Me. If you wish to have any claim over Me, then first you must establish yourself in Sahaja Yoga.

Like the gold when it is heated in fire, it gets purified (becomes 'kundan'-highly refined gold). In its purified state, it develops this characteristic that it can grip a diamond. In this state of gold, "kundan" which is very soft, you don't need anything else to set the diamond. It automatically is able to hold onto the diamond in this state. There is nothing more harder than diamond in this world. In the same way, you can also develop this pure state of gold, this state of "kundan". And in this state of "kundan" you will see that you are developing this state of equilibrium, balance and satisfaction. In this state, there are no thoughts, you go beyond thoughts. In Sahaja Yoga, you go beyond your intellect, beyond your thoughts, beyond your gunas, you become "gunatit". You reach the state where there are no thoughts whatsoever- no thoughts. You might look at anyone but you don't have any thought about that person, you just keep looking.

There is a habit of thinking, which is called as reflection. Whatever happens, you start thinking. You see anything, and thoughts start. In fact, people just go crazy with this thinking.

One gentleman in Switzerland told Me: "Mother, cut my throat, if you may, but relieve me from all these thoughts". He was himself a doctor.

So these thoughts that are inside us are there maybe because of our ego or conditionings. Then there are even other people who create this, cultivate this habit inside you. Maybe they come from the books that you read. Or you go to some guru, you meet this or that person, you talk to someone and you develop this habit. You have discussions and arguments with people.

Samarth Ramdas Swami has said: "Mite vad sanvad, aisa karawa", which means 'indulge only in such conversations that this habit of arguments and discussions finishes'. Means, don't argue.

This is also true that even if we come into Sahaja Yoga we keep thinking about everything. But we don't know the miracle of Sahaja Yoga that when we have surrendered ourselves to Sahaja Yoga, when we completely surrender to Sahaja Yoga, then even the thinking will be done by Sahaja Yoga. Even the solutions will be brought out by Sahaja Yoga, even the solutions to problems about which we are not aware but that are existing all around us.

Like, today, I said that we'll have the puja at three o'clock. I knew everyone is a householder, how could they reach there at three o'clock? "Probably, we'll be late, but there's no problem with that. We will come later when it will be time to come." There is no hurry.

Very often, people think that: "I have lost my way, I have lost my path." And he gets quite worried: "How will I find my way? Who can I ask? How will I get back?" If you have lost your way, it is because of Sahaja Yoga. Maybe you had to meet someone or maybe you had to travel that way or maybe something has to happen that you have to experience, that is why you lost your way. Why to worry about it? After all, what were you going to do? Are you going to go on the battlefield somewhere? And even if Sahaja Yogis are going to a battle, they will win definitely, they don't need to fight or anything.

[Applause]

While standing on truth, due to being in a state of thoughtless awareness, one realizes that these thoughts have no power at all. In many countries where people have exclusively depended on thinking, for example, in America, this stupid man, Freud, who was a donkey, even worse than a donkey – I am sorry I do not know any worse swear words - this greatest idiot, was treated like God.

And Americans want to enjoy all the time. All this enjoyment is done in such a way that it leads towards destruction. For everything, they don't have any such thing that doesn't have an element of destruction built into it. Until they get destroyed, they never realize that they have reached the limits of joy. Like, look at the kind of sports they do: they will go at the top of the

mountains, they will ski and break their legs and knees and damage their kidneys etc. They will see people hurting themselves before them, but they will keep on going up there.

Somehow by luck, wherever I lived, there would be a church and, right next to it, a pub, both together. Those people who were entering the pub saw others staggering out and falling down, but they still queued to enter so that they could be in the same state. This proves that all thinking destroys one's intelligence.

Whatever a man did with his intellect in his pride or ego, it all went wrong. The result of all this is that we are suffering. But when you are following the light of your spirit, the result is effective and smooth. It works out in the best possible way with great understanding. But this thinking doesn't have any understanding because it doesn't have any awareness.

So today, when the time of Satya Yuga has arrived, when we are on the path of truth, there's no need to look back. Because you carry with you the greatest Shakti, the greatest light (Prakash) and you move towards light. And that light has also such a quality that it doesn't create any shadow. This light is in front of you, on both sides and behind you. But the flame of this light, you will have to illuminate fully. For that, I have shown all of you a very simple way that is to meditate. But even that, you are unable to do it.

Especially, I have been told, that women do not meditate. All their attention is on cooking, looking after the children, this, that. It's very surprising because women should be the first to meditate because they are the shaktis of the society. The first task of the women is to build up society. It's not as they say in Russia that women are driving cars, trains or fly aeroplanes,

What great thing have they achieved? When men do not have work anymore, why do you want to drive taxis or trucks? Your task is to organise the society. You must build and consolidate the society and for that, you must have a very balanced outlook and a clear understanding.

And along with this understanding, women need to be humble, to have humility. If a woman is not endowed with humility, she becomes a man.

So if she becomes dominating and thinks that she has to compete with men in everything, then it's a wrong thing. Is there a thing to compete on? You yourself are so powerful, why compete with someone else? I keep repeating this again and again because, in every country where women have not realized their responsibility of looking after society, those countries are declining and will get destroyed. To look after their children, their home, is a work of great importance, of great responsibility. Of course, if necessary, you can work. If men want to learn how to cook, they can, there is no harm. But it's not their main role. In the same way, for a woman, it is important to illuminate her shakti (power). And it is only the women of this country who have avoided the destruction of society, believe Me.

But not by force, but by love (prem) a love that is completely devoid of any self-interest. In this country, there has been such great women like Panna Dai, who, in order to save the crown prince, sacrificed her own child. This is part of history.

When I tell in foreign countries that Queen Padmini killed herself ('jauhar'- self-immolation) along with three thousand other women, they just don't believe Me. They say: "How is it possible? How could she do that" I said: "Yes. This is what they used to do in our country."

It was only through their heroic deeds that the society has been able to survive otherwise there is such darkness around us today that our country would have been destroyed long ago. We exist today only because of their noble deeds (punyas) and those same "punyas" today have taken a special form and appear before us in this Satya Yuga.

The result of that you saw it in the way the Romanian boys sang yesterday. They have never studied our music (sargam), they do not know our system of music. For example, there was a great musician sitting there who said 'for developing such a mastery. it takes many years of hard work (tapasya)! How did they develop such a skill?' This has to be a miracle.

In your life also, after Sahaja Yoga, there will be many miracles. Even then, you still depend on your own thoughts. So for that, Samarth Ramdas Swami has said: "alpa dhaarisht pahe". So God say, "Whatever little things you want to do, go ahead". [inaudible]."

After dissolving in Sahaja, there is a special kind of joy that you get. When you are in that joy, what is there to say! So you must, therefore, reach that special state of joy but it does not mean that you go about like a mad man. In this state, you become responsible for your duties and get power to do it. And if you want get this power, you must fully get immersed in Sahaj.

So give up all these worldly things: some people want power, some people want a position, some want money. But the one who says: "I do not want anything else, it's all done. All desires, all wants are over." Then Param Chaitanya thinks: "now I will fulfil all your desires." Then the desires of the Param Chaitanya become your desires. He will perform such miracles, that you will be completely astonished. Things you did not even think about will happen. All the problems and difficulties of the world will be solved. And you will have nothing more to ask. Nothing remains if there is no want. Then you will become the giver, just the giver. What is there to ask? Those people who want something, are still lacking something. But those who are immersed in the ocean of satisfaction and peace, what would they want? You will look around and ask yourself, "What do I need this for?" But that does not mean that you become an ascetic and go to live in the jungle.

There is a very beautiful description that we have about Raja Janaka. He was known as 'Videhi'. He had to rule over the kingdom, dance and music performances were held in front of him and he had to participate in huge processions etc. but people called him a Videhi. One day, a disciple called Nachiketa asked his Guru: "When King Janaka comes in, why do you stand up?" The Guru replied: "Because king Janaka is higher than I am, you do not realize it". Nachiketa asked: "How?" So his guru said: "I had to leave all my worldly possessions and take up 'sanyasa' and become an ascetic, and only then did I experience something. But King Janaka, without renouncing anything, is settled in this experience'.

So, what is there to leave, to give up? If you are attached to something, then you say: "I have given up this, that." But when you are not holding onto anything, then what is there to leave? This attachment within us is because of our thoughts which are either due to our upbringing, or our ego. If it has not yet disappeared, it means that you haven't established yourself deep into Sahaja Yoga.

Our attachment is developed only when we consider something to be very important. The Spirit (atma) has no attachment whatsoever. He is the give., He spreads the light (prakash) in all directions. He is the giver of Shakti that overwhelms people completely and grants complete oneness with this power. There is so much love that all struggles end.

There is a Muslim gentleman from Algeria, his parents said they wanted to go to Hajj. So he said: "Go to London." They said: "Why London?" He said: "Because now the Hajj has moved to London." They said: "Is that so?" he said: "Yes, I went to London and that's where I go it. Then they came to London, both husband and wife, to see Me. They said: "Our son told us that the Hajj has come now to London. So we came here." So this understanding came to one boy and his parents came to London to see Me because of him. So I asked them, "Why did you believe him?" They said: "He is a very intelligent and wise boy. He has changed so much that we just can't believe it. How has this boy been so much transformed? There are so many people, thousands, who go for the Hajj but they is no change in them. Those who drink continue to drink, those who beat their wives continue, they continue being the same. But this one boy, we have seen, has transformed tremendously. So we thought that its possible that Hajj might now be in London. So that's why we came to London."

So this had an impact on the parents. This is the second effect of truth (satya). Truth is so illuminated, so enlightened, so powerful that it is able to transform people. People are so impressed by such as person that they ask: "Who is this person? How did he change so much".

Sahaja Yoga had not spread as much in Maharashtra. One gentleman came to Sahaja Yoga, he is no more now. He had to go to the collector's office for some official formalities. He was sitting very peacefully. There were some people who said that they

were in a hurry and wanted to go before him, he said: "Alright, you go first." When he was called inside the collector's office, they asked him: "How come you are not bothered, you were sitting so calmly?" He said: "Well, I wasn't in any hurry. Everyone else was. So I sat quietly meditating." In Maharashtra, a Guru is a very important person, so they asked him: "Who is your Guru?" He said: "I will not tell you." They insisted but he did not tell them. While going home, four or five people were following him. They said to him: "Tell us who your Guru is, otherwise we will not leave you." So he gave them My name and then they came to Sahaja Yoga.

So, when I went to Rahuri, I saw that there were so many Sahaja Yogis as if there was a wildfire. I said, "What brought so many people to Sahaja Yoga?" Because of one person. Because of love, because of oneness, because of the behaviour of one man. He was not very handsome, but the light (teja) that emanated from him shone on those around him.

So even to say: "What can we do? This country is all dark, everything is so corrupt and rotten from within." Even if only one man of quality comes, very solid, that will be enough. Like I said in the morning, 'The world can bow down, but the one who can make it bow is needed'. If you all become like that, then what else is required?

But, first of all, you must realise that you are settled in Satya Yuga and that the power of truth is with you. Nothing else is needed and everything happens by itself. Nobody understands how things work out. Like yesterday, I said ten minutes before that I was going to eat here, that I could not leave because the Qawwals were here. And I saw that in ten minutes that the stove was on and the food was ready. Even they were surprised and said: "Mother said only five minutes ago that she would eat here, how is it that everything is ready in such a short time?" They are called 'spontaneous'. They are really spontaneous.

[Applause]

How everything works out, you cannot explain it. The power of this Paramchaitanya is beyond description.

Someone asked Me: "Did Shri Ganesha drink the milk? Did Shri Shiva drink the milk?" I said that "Yes, maybe, they have." I am myself surprised to see how Paramchaitanya is performing so many beautiful things even with Me. He is exposing Me fully. Paramchaitanya can do anything. I did not know that Ganesha ji could drink so much milk. In any case, apart from showing our surprise, we can not do anything else. So many miracles happen and, in spite of that, if you only rely on yourself, OK then, fine, let it happen.

Please believe that now you are in Satya Yuga and that this Shakti has enlightened you in a thousand ways. No one knows how many qualities can blossom inside you. You just have to say one thing as Shirdi Sainath said: "You must be patient (saburi)." This patience must not be mental and cannot be developed by saying: "All right, be patient, be patient", this is not the way. This patience (saburi) is also a state. It is built in. It's a state. If you reach this state, then it is no need to say anything to anyone, to show anything, everything works out inside us. Such things that you will never be able to imagine, will happen.

Apart from this, it is very special that you are born in this country of India. It is a great privilege. It is because of your many good deeds (punyas) that you have done in your previous lives that you have been born in this land of Yoga (Yoga Bhoomi). And it is in this land that Satya Yuga will come first and the whole world will see what Satya Yuga is, how it work outs, and what a miracle it is.

[Applause]

But you are the lights, you are the flames, and it is you who must spread this light (prakash). You must believe it, understand it and adopt it. Such a great responsibility is upon you, you need to realize it. Many tell Me that it would have been better for them to be born in another country. For example, if they were born in America, they would have been much more esteemed. "No, I replied. Where I was born, it was a proper place to take my birth; it takes a lot of luck to be born in India."

Even here, Sahaja Yoga is spreading very fast. Why is Sahaja Yoga spreading so fast here? What is the main reason? The reason is that you are born in the land of Yoga (Yoga Bhoomi). Everywhere the Chaitanya is flowing in this country, far more than in the

rest of the world. Beyond that, you have to understand that you are the vehicle of this Chaitanya. Your hands can bring it to other people.

Even now, I see sometimes that you are lacking something. Please set it right. 'Whatever problems I have with this body, this mind, this intellect, ego, I have to free myself of all these vices. I have to clean myself. Only then, this country will rise. This country has a very bright future. With regard to those who say that this country is ruined, this country is going to dogs, I must tell them that in the most violent seas, only the strongest ships can be fit to sail. So, you must become stronger.

So you have on one side this total darkness, then on the other side, you should have absolute light, your vibrant and pure lives should be an example to others. To develop this greatness, you don't have to do anything. With devotion (bhakti), with total devotion, you have to meditate. It is very necessary that you meditate, with love (prem) and devotion (bhakti).

So with this bhakti you will develop an extraordinary personality and people will say, "Who is this person? Where has he from? Have he come down from heaven?" So this is the capacity that you have, the potential. You must realize that inside you there is a glorious life that flourishes. Please, awaken it, let it grow.

Leave aside all the material hankerings of this world. "He has a car and I do not have one. He has a very nice car and I do not have one ... " What do you want to do with it? What does it bring you?

You will be surprised I do not know the number of my car, not even its colour or its make. I cannot even count money. Maybe if you give Me ten rupees, I'll be able to count but give Me a hundred rupees, I would not be able to count. I do not know how to write a bank cheque. I am completely action less (nishkriya). There are many things that I cannot do. I cannot do any work and the work is still happening.

By developing this understanding within you, then you will start to clean yourself from within. So clean your chakras and meditate and with that only, the whole world will be saved. I repeat it time and again, this transformation will start from this country, India, and the responsibility is on you.

So, on this auspicious occasion, you must decide, in your heart, to stand on the path of truth (satya). You will see how things work out wonderfully. But if you are not even on the path of truth, then how can the truth help you? If you walk in small and narrow lanes or get trapped in a traffic jam (away from the path of Truth), how will Truth help you?

So today you must make a promise to bring a glorious future to India through your personality and your Sahaj powers. Integrate this resolution into yourself and give up any negative behaviour.

For example, I brought back many things from the West to give gifts to Sahaja Yogis. The customs officer did not see anything and thought there was nothing. Because these things were covered by love, how could they see them? How could they see it? It didn't get seen, became invisible! Because with great love, your brothers and sisters from abroad had brought these gifts for you. How can we pay customs duties for this, do we pay customs duties for love?

They did not come to do business. It's a remarkable thing. The Sahaja Yogis had so much confidence! They said the customs did not even look at them. Not sure what happens!

A lady brought a silver dish for puja. At that time, it was forbidden to export silver. She did not know because Indian laws are constantly changing. So she kept the silver dish in her suitcase and brought it to puja. The customs officer opened it and right on the top there was My photo, so he did namaskar with folded hands and closed the suitcase.

[Applause]

Thus, with these exchanges between the countries, all our problems will be solved. If a country does want to grant a visa, so we

won't the grant the visa either. If a country asks for a certain amount of money for a visa, we will charge the same amount. One day, all that will be finished because we are all one. The whole world is one. But it's only through the mental work of humans that these divisions happen. Same is the case with religion and everything else. Because of thinking too much, the whole world has been divided.

But Sahaja Yoga is not just the integration of everything, but also the entirety. So the shakti that unites the essence of everything is active today, so you must all use it because it can only be expressed through your being.

May God bless you.

1995-1207, Public Program

View [online](#).

7 December 1995

Public Program

Chandigarh (India)

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

1995-12-07 Public Program, Hindi, Chandigarh, India

Sahaja Yogi speaking: As you can see in the triangular bone, on the back bone, It is located. It is called as Kundalini. In Greek language it is called as 'sacrum bone'. The meaning of sacrum is 'something that is sacred'. Now don't pay attention to anything else like – 'what is happening', 'who is walking on the stage', 'how the decoration is', 'what is happening', all such things. Only concentrate on getting your Realization. It is in your nature, I am telling you again, maybe today is a turning point in your life. Remember my words. I'll repeat again, 'it's possible that today your life will change. Your Kundalini..' [Ends here as Shri Mataji arrives and She is being welcomed].

Time: 4:37

Shri Mataji speaks in Hindi

I bow to all the seekers of truth. First and foremost I would like to tell you that the Truth is 'True' in its place. You cannot change it, you cannot describe it and it needs to be experienced. About this experience, for thousands of years Markandeya swami, Adi Shankaracharya, everyone and even in foreign countries, many great saints have told that without the experience you cannot know the truth. What we believe is the truth is through our intelligence, as per our brains. Whatever our intelligence says 'it is true', we believe it and get involved in it. The growth of this intelligence – is in the head of human beings. In the head, whatever the intelligence says we believe it to be the truth. One person is fighting about one thing and the other person is fighting about something else. What I don't understand is that if God has made all the human being, what is the need to fight? Why are they disturbed? Why are they quarreling? Why the distress among them? Why don't people understand who deserves what and what needs to be given? What is the need to fight and quarrel for that?

But this intelligence – the knowledge, cannot be obtained by reading and writing. Even the educated people have dearth of knowledge. Everyone works as per their intelligence. Even if there is a small difference in that, they become angry.

This is an experience. The experience is to be one with the All Pervading Power that is spread all over the Universe. You have to have this experience, without the experience if you believe in anything, it is of no use. You are climbing the stairs and reached the door, then come in and sit peacefully. Many people don't think that. They again go down the stairs thinking 'we have to climb again to reach God' – one, two, three, four, five. But those people understand that they have reached the door, and the special blossom time has arrived where now we will be getting the fruits of good deeds of our previous lives, they will jump. Even if they don't understand this through their intelligence, what has been proved to through experience that at least you should accept? Even then if you don't accept, then what will happen? What great thing have you achieved?

Whatever your ancestors have done, whatever has been followed earlier, you carry on with all those weird thoughts. You got carried away with it - someone misled, another one misled and you got carried away and surrendered even your intelligence to blind faith. Those who used intelligence they kept you going around in circles. Like this, people in Kaliyuga who are mesmerized, who are in delusion, they have only one way that they become enlightened in light of their Spirit. And enjoy in the light of the Spirit. God wants them to enter His Kingdom and achieve joyousness and enjoy.

Will any Father wish that His son should fast, do penance, stand upside down, stand on one leg? Will He wish it? Who is this –

Who is the Father of all those who have achieved fatherhood, will He think like that? How can He even get such a thought? Don't know who told that if you do penance, you will achieve something and if you practice asceticism you will achieve something? It is not just here, it is so abroad also.

I had gone to Chicago and there a person had come who was the chief of 'hare Rama, hare Krishna' [ISKCON]. Poor guy was wearing dhoti, shaved his head, had a small pony tail and came to Me with great reverence. Because of the cold, he was in a very bad shape, and I was wearing socks and he was wearing just a thin dhoti and was shivering.

I said, "Why are you wearing a dhoti? What happened, why are you wearing just a dhoti?"

He said, "My guru has told me that if you have to go to heaven you have to wear dhoti".

"What?" Then people of our country in 80's who were wearing only dhoti, should've reached the heaven already, since ages they are wearing dhoti. Then I asked, "Why did you shave your head? Why did you shave your head?"

So he said, "Our guru told us that without shaving your head, you cannot go".

Probably because there are no barbers there, so shave your head here only before going. I said, "You people are amazing! Even a simple Indian can understand that one cannot go to heaven by shaving their head. Have you people lost your mind or your mind has become empty?" I told them that Kabir has told that if by shaving your head you are able to go to heaven, then as wool is shaved twice from the sheep, then they will reach the heaven before you. How will you reach?

In all such small things, people are entangled in. What happens is that when you are involved in all such things, when you start doing penance, then you become very cruel, you become very strict. There was a person who was a great believer of Hanumaji. Every Tuesday they used to run out of the house. I asked, "Why are you running away today?" "It's Tuesday" [recording is missing here].

Time: 11:23

Shri Mataji speaks in English

[missing recording] essence and the subtleties of it. The best language for this according to Me is Marathi language no doubt, because lots of (it) has been written about spirituality by great, very great saints and what you call 'siddh' [accomplished] people from all over, in that language. Moreover in Punjabi also quite a lot has been written. But Hindi language is another one which is a derivative of all these languages and conveys much better. I feel much more confident to speak in this language though it's not My Mother tongue, I have never studied Hindi language before, nor your English language. But I try to speak.

Now, I was explaining to them how this country is specially blessed by the Great Divine Force. And all over this country you find the blessings of the Divine and Divinity overflowing. But we have lost ourselves either in our too much brain washing, we should say or too much of brain activity. We have to go beyond our so called intelligence, so called assumptions and ego and reach that state of subtlety where you become one with this All Pervading Power of Divinity.

You all know what is reality is and what you have achieved. I don't have to explain that. But these people are impressed that you should take to Sahaja Yoga so easily because for you it's a foreign stuff. But you are the ones who have shown that it's so appealing - such a rapport is there between you and the Divine that means you all must've been something great people in your previous life. Otherwise how is it possible that you have accepted all these things so easily within yourself? Perhaps it's the experience which speaks for itself. The experience of Joy, experience of truth and experience of love.

I am very thankful to you that you have come all the way here and you are singing so well and they are so impressed by your music. And that you have shown what Sahaja Yoga can do to you people also who are supposed to be the very advanced and

developed people. And I hope you are comfortable here and enjoying yourself, I am sorry I can't meet you, but I hope we'll be able to do something to arrange a kind of a special meeting for you.

Thank you very much.

Shri Mataji [in Hindi]: The song which is there 'Bhole Bhale', Shakarji's song.

Sahaja Yogi: 'Bhole bhale, Shankar bhole bhale' [bhajan]

Shri Mataji [In Hindi]: Listen to the song of Shankarji. They sing very well. It's good for you.

'Shankar bhole bhale bhajan' is sung

Time: 18:07

Shri Mataji speaks in Hindi

You are Indians, you are Hindustani and are sitting in this blessed land. It is very easy for you people to get your Self- Realization.

Now place your left hand towards Me. Bend your head and see if you are feeling cool or hot breeze coming out of your head. Before that you understand that you have to forgive everyone. If you don't forgive then there will be hot air. And whether you forgive or not, you don't do anything unnecessarily you are troubling yourself. Bend you head and see. Forgive yourself, forgive yourself. Not that 'I am sinner, etc.' All these talks are of no use. See now.

Now place your right hand towards Me and raising your left hand, bending your head, see whether you are feeling cool breeze coming out of your head. If it is hot then you forgive yourself as well as others, just forgive that's it. See at this place which is called as 'talū' [fontanel bone area]. In your childhood it is very soft. You see if you are feeling cool, not cold but cool breeze flow. It is called as the 'Chaitanya Lahiri' [Divine Cool Breeze].

Then you place your left hand towards Me. I cannot force you right? You have to have the pure desire that you should be evolved, that's it. Now again bend your head and see from your right hand, left hand towards Me, check with your right hand; bend your head.

For some it will be felt high above for some much closer. Now place both your hands towards Me and be in thoughtlessness. Those who are sitting on the chair place your legs side by side – separately, and place both your hands towards Me. And do not think, absolutely no thoughts. You should not think low of yourself, its wrong. Now that you have come here, you have come for your upliftment.

Hindustanis, I told, see so quickly it never happens. Many blessings to all.

Time: 21:14

Shri Mataji speaks in English

Have you seen this? With Indians, I don't have to impress. I don't have to tell them anything, see their love will do.

Shri Mataji speaks in Hindi:

21:33

Seeing you they are surprised. Mother didn't have to work hard, instantly everyone got their Realization – most of them. Whenever I work outside, I feel terrible. You people are not like that. You people are great.

Now to all of you once more blessings. Now that you have received the blessings, you have to nurture it and grow into big trees. I will come once more. It's very difficult before that. But whenever I come I should see that you've grown into large tree here and standing here. And these large trees should've changed many more people along with them.

My blessing to you all.

You sing one more song after that I'll have to leave.

1995-1214, Public Program: Satya Ki Pahchan Chaitanya Se He

View [online](#).

14 December 1995

Public Program

Lucknow (India)

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

Public Program, Satya Ki Pahchan Chaitanya Se He, Lucknow, India, 14.12.1995

First of all we should understand one thing, that Truth is Truth. Truth is in its own place. We cannot change it, we cannot describe it. It is established in its own place. The only thing we have to do is to accept the original, created truth.

Almighty God has made all the equipments and arrangements within us. It is of utmost importance to know this truth. Today, we can see that mankind, in this world of illusion, in this Kalyuga, is getting deceived and continuing to be misled. He is not able to understand what has happened to the old value systems, and from where to where we have finally reached. And what is going to be our future.

When he begins to think, what is going to happen to our future, what is the arrangement for it, what situation and circumstances are going to be in there for our children. Then he begins to realize that the state, in which human beings find themselves today, is not the complete, entire state. Because, he does not know the absolute truth. He does not know the one and only truth. Every person tries to use his brain and intellect to understand the truth.

There are two schools of thoughts; one thought is we accept only that which is accepted through our intelligence and that which we think is right. But whatever perceived through our intellect is limited. Some think this is good, some think that is good and are quarrelling among themselves. They want to speak first before listening to others. In this way there is confusion going on all the time.

Now about the type of people, who follow something or the other blindly, thinking that there is no other way, so let us follow this. Then when he realizes that whatever followed blindly is of no good and that he had not been profited in spite of doing these many things. Is there anything called truth or no. He returns to find the truth. He is a seeker, he is a true seeker, who has understood that whatever decisions were taken through intellect by us, and whatever was perceived by us through intellect were wrong. As they were proved wrong, and were not beneficial at all. On the other hand, he also realizes that whatever he has done blindly for so many years were not beneficial either.

Now what's the truth? Now you should not follow the things I am going to tell you, blindly. . Because it will be similar to, as you blindly follow what others say. But once you perceive it, once you experience it and still you don't want to believe it. It means you have not been truthful to yourself.

This is the one benevolent for you. By this you can achieve the benevolence of your home, your family, your society, your country and entire world. This will begin from one person, one human being and then it will spread to the entire collective.

I am very happy to know that, we have a one representative from every village in UP and each one has taken the light of sahaja yoga to their respective villages. I am a daughter-in-law of this place. I came here after my marriage. It's unbelievable, that so many from UP will take to Sahaja. I was very surprised. How can so many take to it? As, many people here are of blind faith and arrogant. How will they take to sahaja which is a balance between these two? But I am very happy to see, how you have attained this state and taken to sahaja. I believe that it has been possible, because of your good deeds in your previous birth. It is possible only by virtues of your good deeds.

It has been mentioned in 'Nadi Granth', an old testimony written by Bhriгу Muni. That the saints who are searching the God in the caves, they will find God in Kali Yuga. When they find God in Kali Yuga they will be mere householders. This is being proved now. It has happened only because of the rewards of your good deeds of your previous life. It would not have been possible by me. I am surprised to see the way you all have come here together.

Now, I will tell you what the truth is. Truth is that all the titles given as, your body, your mind, intellect, virtues, superstition, and your ego etc. All these titles are useless and false.

This decoration is very beautiful, which has been done from your heart. Flowers used for this decoration have been brought from UP. Farming is done a lot here. UP is basically agriculture predominant state. This land, this earth which lets us do the cultivation, is our mother earth. She gives us everything naturally. When a seed germinates, it naturally flowers. Which

is this power which changes the seasons? This power which is spread all over the creation is called Ritumbarapragyna (Divine intellect). We also call it as Ruhу (spirit). We also call it as Paramchaitanya (All pervading power of God). This power is full of consciousness. She thinks, understands, creates and does all the work. She also controls our heart beat. Above all the most important quality is that, she is full of love and does everything with Love. According to me, there is no difference in Truth and Love. When you Love a person, you know every bit of that person. You know the entire truth. So, in this way, Love and Truth are one. When you attain truth, then your mind becomes peaceful. Peace establishes on the insight of truth.

Truth is not burning, there is no blaze, there is nothing causing agony. It is very peaceful. It is full of peace and joy giving. You have the capability to attain all these. You have the merits, you should attain it. You have reached this state, because of the virtues of your good deeds in the past births. It's your right to attain this yoga.

When, you attain this you. When you get this first time, you will feel the cool breeze on your finger tips. It's a very enjoyable cool breeze. Adi Shankaracharya has said it as Shalilam, Shalilam (cool, cool). Jesus Christ has mentioned it as the cool breeze of the Holy Ghost. Mohammad Saheb has mentioned it as Ruhу (spirit). Guru Nanak has mentioned it as Alak Niranjan (Invisible and unblemished). It has been described by many adjectives. It was very necessary for us to reach a certain height, to feel and to understand their sayings. If someone describe me about Lucknow, that Lucknow city is like this and like that. I will be able to know Lucknow, only and if someone takes me and shows me Lucknow. So similarly, how much ever you talk about this great energy; it will remain as talks itself. After sometime, men get bored listening to these talks, what are these talks about with no meaning at all. It becomes just an entertainment without any gain.

Almighty has made an arrangement for this special power and it is called as Kundalini. The amount of work done on this cannot be found elsewhere, other than India. There have been many authors, in other countries, who have written about it. But we cannot find the amount of work done on this elsewhere as in India. The people of our country are spiritual from the beginning itself. They were always curious to know what we are. What is our status? What is our profile? What is our personality? Indians have always put effort to know this. For ages, they have been searching for this. They have been in jungles and caves in quest of knowing, who am I? What am I? In result of this search, we see that people in multitudes are getting to it, and you all also can get it.

When, this kundalini energy is awakened for the first time. It happens very spontaneously. It rises in the central channel, the Sushumna and pierces the frontenelle. Mainly, there are three channels in our body. The awakening of the kundalini happens in the central channel. Everything in the world is pulled downwards towards the earth, only fire goes upwards. But this is a silent fire, full of peace. This is God's greatest miracle. When this energy rises upwards, the chakras open up automatically; you don't have to do anything. Spontaneously, when you sow a seed in the earth, do you pay money to mother earth? Do you pay your salutations to her? It is her dharma, innate quality to germinate whatever is sowed in her womb. Even the seed also has the innate quality of germinating. And so, germinates by its self.

Similarly, it is present within you and all of you. You cannot say that this Kundalini is not present in people of any caste, any religion, in any country or in the people of any country. We are working in 65 countries. It's surprising, in Russia, as you all are

present here, so are they in the small villages there. Those people, who have never heard the name of God nor were allowed to take the name of God or the name of any person who spoke about God, but because of the purity of their personality, they took to Sahaja easily, in thousands.

I am surprised when I look at you all. I used to see, what amuses them all. They all have left everything, which amused them, and taken to Sahaja. The things which amused them before were self destructive. It's the same condition now in America; they want to be joy every minute. Every minute, you are going towards self destruction. What joy will you get? You are progressing towards death, towards destruction. How will you be joyful, when you are progressing towards death, towards destruction? This does not enter their brains. We are very simple minded and poor also, but we have more wisdom than them. They are stupid people and cannot understand. They told me that till you don't take money for this from us, we cannot believe you. Who can talk to these stupid people, but now things are changing. We have nothing to learn from them. Our culture is much better and very high. Being in Sahaja you will be able to understand, that being in this culture, nothing else can happen to human, other than progressing towards God and progressing in Yoga.

It is not necessary, that you have to leave and go to forests or take to sanyas, renunciation or starvation. It's unnecessary to do such things in Sahaja as these are all external. Fasting, many people starve. Once, Narada Muni asked God; why people in India are starving? He said, people are used to starving, and they are always starving, so let them starve. All these ways of penance, fasting etc, it's over, time has gone. Now it's not necessary. It is like you are climbing the stairs and instead of entering and sitting in the house, you are stuck in the stairs, and not willing to climb up. Now, you have to understand, that the special time has come, the vasant ritu has come, the blossom time has come, and in this time thousands will attain their self realization. Not thousands but crore, people are going to get their self realization. Who have to get it, will get it. No one can stop it. When I am telling you about this, it does not mean that, I think that, it is a big announcement. It is complete truth. It is happening in so many countries, it is blossoming in a big way. There is also some importance of time behind this. This time has come in this dreadful present age of kali (ghor Kaliyuga), that mankind wants to know the truth.

What can happen in this light of truth: Firstly, In the light of truth, man leaves Asatya falsehood very easily. It's like; you are holding a snake in your hand. You are unable to see in the dark night and you are adamant too. When someone says, you are holding a snake, leave it. You do not believe. You say that it is not a snake, but a rope and I will not leave it and keep holding it. But the moment there is even a little light, you will immediately leave it. This capability is only within you. This is one type of blindness.

Many people from foreign have written to me, that they have left all the things which are poisonous, intoxicating. They have left all the things which were destructive. Many people want to leave them, destroy them but are unable to destroy them because they do not have the capability. Samarth means, you know the meaning of yourself. If you become the spirit then you will leave all these. Now you look at your children. I have received lots of complains, that they are getting spoilt. Bring them to sahaja once. One persons child was not studying, he came to me. I told them to give him realization, He stood first among all. It happens. It is visible. It is because very little part of our brain is used. But by the awakening of the kundalini, the light which enlightens our brain, we can do extraordinary things. By this our attention gets purified immensely. The attention which was moving here and there becomes very calm and concentrated. So we can do any work very efficiently. We can become expert in any work.

There is more of agriculture in this country. We have done many experiments in agriculture. These vibrations flowing from our hands can be used to vibrate the water. We can get ten times the yield by using this water. You get more from non hybrid seeds than hybrid seeds. If you use non hybrid seeds you don't need to use fertilizers. We had grown such a big sunflower. We had a sunflower of 1 to 2 ft diameter. It was difficult to pick it up. Single person could not pick it up. Many said that it was impossible to grow tulips. But, we have not seen such a thing which we cannot grow. We have grown all types of things in our farms. But not seen such a thing which we cannot be grown. This is happening in large quantities, of good qualities. Ours is an agricultural predominant country. This is very useful for our country. We have told many. We have spread the message in many places, and one collector had felicitated me too. But he was transferred the same day. Now all these things will change. The people who have taken to Sahaja yoga, there houses, there fields, their animals, there queries, the queries of their society will be answered.

Now we are standing on the ledge and I know that if you don't look back, you will fall in the trench. Now as we know it, we should look back and we have to accept it. You don't have to give anything for this. How much do you pay to these lands, which are giving you fruits and flowers? Similarly you do not have to pay for this; you don't have to spend anything, no showoff, no deception nothing. Only you have to know a bit of knowledge, of, which are our chakras, what is the fault in it, what are the lapses in it.

When you get to this, you will see cool breeze flowing from your palms. You will feel it on your finger tips on your sympathetic system. Here you will feel which chakras are caught. The fifth, sixth and seventh are of our right side and similarly on our left side.

Our right side is developed through our working process or makes it. It does the work which is done by our buddhi(intellect) and our body. The left side is our emotions, our desires; the power which governs our emotion is in our left side. In this way we have two shaktis energies. The energy in the center is for our ascent. If this energy ascends a little, a three and a half starts moving, then the brahmarandra fontanel will open and you will feel the peaceful enormous divine energy all around you descending in your being. Peace will be established within you.

We are always thinking, in the mind. Our thoughts, one after the other is moving up and down and we are jumping on these. Sometimes we think ahead and sometimes of the bygone. Sometimes we think of the future, sometimes of the past. The present, where we are we cannot pause here. Immediately our attention will move to the future or the past. When your kundalini rises, your attention will pause in the space which is between these two and you are in the present and you get to Nirvichar Samadhi (Thoughtless state).

Nirvichar means when you see something you do not show any reaction to it. It's like when you look at these lovely flowers you start thinking, where did they get them, where did they buy them from, how will they have done etc, nothing comes to your mind. You only enjoy them. This energy which comes within you, establishes the peace within you. A person who is peaceful wherever he stands, he emits peace from within. He makes the entire area peaceful. He becomes a special person. You all can become a special person and do such work. Your attention becomes such that where ever you put your attention, the attention starts working. When you put your attention, from where you are sitting, on the person, who is not well. He gets well. You have to reach that to state. You have to go to other state which is called as Nirvikalpa Samadhi(doubtless state). Where there is no doubt in the mind. Nivikalpa Samadhi. Many people here have reached Nirvikalpa Samadhi. Very eminent people have reached Nirvikalpa. I was shocked. They have crossed the first state and reached the second state. There are no doubts remaining on self as well as on others.

You should not have any doubts on Sahaja. You attain a complete mastery. You become your own Guru. You don't have to become Guru. You yourself become a Guru. After, you have attained, this Gurutva(qualities of guru). After, you have attained this greatness. You can treat yourself as you know about your chakras on our finger tips and you can treat others also and help others also. By awakening of the kundalini, your health becomes better. It is true that the awakening of this energy, cancer also has been treated.

Here a Doctor wants to meet me. I will talk to him. In this you don't have to spend any money. It's your energy which gets enlightened and it's your energy, with which you heal yourself and you can treat others also. Doctors sometimes get worried, what will happen to our practice. For that many rich people are still there, as many are not in Sahaja. In this way you will see that you yourself become Dhanwantari(God of medicine). You become a vaidya, Doctor. You get well without any medication. In this, you will feel a type of freshness. You know my age I am very old. There might be very few people of my age. Daily, I am travelling. I am travelling so much. My throat may get soar, by speaking so much. I have seen that I am very comfortably leading my life. Similarly, you all will lead your life comfortably. You will get rid of all these useless diseases. Your body has been cured; you have got your mental health. Many insane have been cured. You have achieved mental health, your emotions are healed. You can feel only the truth on your finger tips. You will know which of your chakras are caught, who's which chakra are caught, and who are what.

Secondly, forgive yourself, similarly you forgive everyone. Even though you forgive or don't. What do you do? It is only mental acrobat. Always, thinking about such a person who has troubled you. He is enjoying and you are troubling yourself. Why do you want to trouble yourself? You are unhappy thinking about how other person has troubled you. He might have troubled you. Finish it. You cannot correct it, by remembering it. But you are playing in wrong hands. So you should forgive one and all, together.

It is difficult for the Kundalini to rise, when this chakra gets caught (left Vishuddhi). When, this chakra gets caught (heart). This chakra, it is because of not forgiving others. So today, forgive everyone together. You don't have to say I forgive such a person. It is a headache to take the name of such person. When this chakra of yours is caught (Aghnya). It is tight like this (shows two fingers crossed) When you forgive, it opens like this. You will feel very light in the heart, when you say in your heart that you have forgiven everyone.

When, you have come for this very important moment to get your, self realization. How can you get it? Will you let go such a big thing for such a small mistake? So please forgive everyone by your heart and become joyful. You should always be joyful. A person who is joyful can only reach the Divine. Will we carry a sad face, when we are going to meet the divine? We have to be joyful there. In this Joy only we can attain it. We should have some preparation to welcome the bliss which we will be receiving by this. I want to tell you that, you all have this power. All have the ability to get your; self realization. And all have the birth right to attain it. One more thing is that it cannot be forced on anyone. People who do not want to get their self realization can leave, or can move away.

Many people have written that this and that happens when kundalini is awakened. I have never seen anything like this. But yes, if you are possessed then sometime I have seen some people dancing and jumping. It happens sometimes, very rarely.

In this lecture, I have told you everything, what I wanted to say, but it is not enough, still there is a lot more to say. For this, we have our teams. There will be a follow up. You should try to attend these. It is not that you have done it today and it is over. Today it is only sprouting, and then you have to become trees. Then you have to plant thousands of trees. Later you have to continue this further on from your own will. For this, you don't have to pay any money. You have to meditate for five minutes, every night before you go to sleep. Once a week, you have to attend collective for a little time. By this you will have complete satisfaction, and you will master it. You have to give little time for yourself and for your self-realization. You have to take care of your self- realization, you have to give importance to it, and you have to respect it. You have to understand its prestige, because your prestige is because of it. Your prestige will be known, by it. As you keep the light burning by pulling its wick, similarly you have to repeatedly raise the wick of this kundalini and keep it alright. When, you will lose yourself in the state of Nirvikalpa, and then you will be able to do this yourself. You will not wander away. You will not accuse others, by saying I am better than you. That thing should be over. Ego will be destroyed after this, I have complete hope.

You have come from different villages and far of places. I bless you all, especially for those who slept here last night. I don't know, whom I have to thank. For so much of love, so much of understanding I have received. It is easy to give self realization to Indians because of the virtues of your past life, you might have been great saints in your past life; so you have taken birth, in this holy land. There is no doubt about this. It is not at all difficult for you. Really, I have seen that it's easy to give self realization to Indians.

Now you have to do as I say. Those who are sitting on the chair remove your footwear and keep both your feet on the floor apart. It's okay, if you are sitting on the floor.

Now put your right hand towards me. I say left and right, because we have different names for this in our country. So I say right. You can remove your spectacles. Place your right hand towards me, and left hand on the fontanel. Fontanel means the tender bone on our head when we were a child. It is known as fontanel. Just above the fontanel. Keep your right hand, and bend your head. Now you see from within you, from your frontanel, bramharandra, the hole of Brahma. Do you feel the cool or hot breeze coming from within you? Feel it, bend your head and feel it. If you have not forgiven yourself, and not forgiven others till now,

then you will feel hot breeze. So please. Now, once again with your right hand above, and left hand towards me. Bend your head and see, if you can feel hot or cool breeze coming from your head. You have to move your hand slightly up, down in the sides. Some feel it very strongly outside. But do not touch your head, but above the head. In Marathi language we say it as adhanth. Now bend your head and keep your right hand towards me, feel if you are getting hot or cool breeze. It is not coming from outside. It is coming from within you. If you forgive yourself and others, then you will get cool breeze. It is not very cold. Adi Sankaracharya has said it as Soundarya Lahari (wave of beauty) or Spand (palpitation). Now lift both your hands, palm facing the sky, lift your head and ask, Mother, is this the Param Chaitanya. Ask thrice, is this the param chaitanya. If you are a Muslim; ask, is this the Ruh. If you are a Christian; ask, is this the cool breeze of the Holy Ghost. Ask three times. Is this the power of Love of the Divine. Bring your hands down and keep it in front of me and look at me without any thoughts. Look at me in complete Nirvihar. Some may get the flow from beneath the palm then you can lift it up like this from down to top of the palm. Lift both your hands who have felt cool or hot breeze on your finger tips, or palms or your frontenelle. Do it with sincerity. Entire Lucknow has got its self realization. My countless blessings. Anant Ashirwad. Once again lift your hands.

1995-1224, Evening Program, Arun Apte, Eve of Christmas Puja

View [online](#).

24 December 1995

Evening Program

Ganapatipule (India)

Talk Language: English | Transcript (English) - Reviewed

Concert before Christmas, Ganapatipule (India), 24 December 1995

[The evening before the Christmas Puja a concert is held by Arun Apte and other musicians. After Shri Mataji's arrival he starts singing but Shri Mataji stops him as Mr. Punjab – maybe some personality or authority – would like to offer Her a garland: "Mister Punjab...".

Then the concert begins.

During the concert Shri Mataji comments: "Wah".

At a certain point Shri Mataji interrupts the performance of the Marathi song "Gheyi Chand Makarand" which is being performed to explain its meaning]

[1.05.03] This song is describing a seeker like the beetle which is seeking the honey in the lotus.

Chanda means he's got this fascination, wants to seek it. And he is not bothered.

In his own seeking he is moving, swachanda, in his own seeking, in his own fondness.

And he dhund means he's just lost all other consciousness. Just seeking it.

Means you see, this is the beauty of Marathi, you can see the drama.

You stand in a drama, standing all the time.

This song is sung like many others.

We have a Marathi musical drama, always, which some of you are going to see on your way to it, Bombay.

Now this song is depicting a person who is a seeker. And he is not bothered about anything else. And then he says that he gets to the lotus and he goes to the lotus and just gets lost there.

And even when the leaves, or you can say the petals, the kamaladala, even if they are closed he is nicely lying down there just waiting to get the honey, the joy of the honey. And you see how is described, how he is absolutely lost into his seeking.

Then the beauty of this song is that it changes the raga. The first raga is, changes into another one, and gets into a very fast movement.

So it has a very, I should say, miraculous composition and I hope you'll all enjoy this.

Thank you.

(Applause. The concert resumes. After the song the musicians go to bow to Shri Mataji and She applauds and says: "Wah wah")

1995-1225, Christmas Puja: Conditionings and Ego

View [online](#).

25 December 1995

Conditionings And Ego

Christmas Puja

Ganapatipule (India)

Talk Language: English | Transcript (English) – VERIFIED

Christmas Puja, Ganapatipule (India), 25 December 1995.

Happy Christmas to all of you.

It is a great day when Christ came on this Earth and you know about how He was specially created to come down as a human being to work out the salvation of the people.

It is said that He came to India, in Kashmir, and He met there the King Shalivahana. It's all in Sanskrit, I've read that the conversation took place between Christ and King Shalivahana who was a great devotee of the Mother.

Then he asked him, "What is your name?" In Sanskrit it's all written. So He said, "I come from a country where people believe in filth and I think this is My own country."

So Shalivahana said, "You are such a great person who has come on this Earth, so you should go back to those countries to save them and to tell them about the pure principle of life."

In Sanskrit it was written "Nirmala Tattwam" (pure principle). And Christ went back and after three and a half years only, He was crucified. These were special days. I call them the days of tapasya. Same time Buddha and Mahavira were born at the same level of the Virata's forehead.

As you know that, according to Vedas, there are seven awarenesses we can go through or the subtle qualities we have within ourselves.

The first one was the bhuh. Bhuh is Ganesha was created.

Second is bhurvah, meaning 'antariksha', means all that is created around us.

The third one is swaha at Nabhi Chakra.

Swaha is the one where you consume everything. It's - in modern times, you see, people go on consuming everything. All kinds of books they will read, they'll go to all kinds of things and if you tell them, "Why do you do it?" [They say] "What's wrong?" "Why do you dress up like this?" "What's wrong?"

This just consumption of everything goes on.

But then, at that time, also there is another great thing within us, it's called as swadha, where we sustain the dharma within us – swadha. Dharma of everything.

See, those people who say there should be no blind faith and this and that. It's not blind, but it's an inner urge.

Why we love our parents? Because there's a dharma within us. Why do we live - believe in our country? Because there's a dharma within us. All these dharmas is there. Why a wife loves her husband? Because there is dharma. Why the husband loves the wife? Because there is dharma. When this dharma is within you. We don't call it religion because it can mean something else.

This one is sustaining, dharayati. Once it is sustained within ourselves, it becomes swadha.

That's our capacity, that's our quality. We can call it an innate understanding.

Some of them are even in the animals, like attachment to parents, attachment to their masters.

Then comes the higher awareness where your mana. Now, it's not mind, because very confusion, there's a big confusion with "mind," you see. English language is really quite confusing.

Mana means "by which we have emotions."

Now, recently I read that they are now talking about, not only of IQ, but EQ, means emotional coefficients. That means a person who has only intelligence is not alright. He must also have the balance of emotions. They are coming to it now, but first they only used to only praise people who have IQ. That's not the situation. So now, it is different, perhaps they are realising that through intelligence how people have created chaos, violence, all kinds of destruction on this Earth. So now they are talking about a higher capacity within us called as EQ, which capacity is emotional.

This emotional capacity comes to you as an inner urge, as an inner capability, which you cannot avoid.

A person may be anything in life, but if he has no love, if he hasn't got any emotional feelings, then he is not complete.

Now these emotional things also could be very limited, no doubt. They could be something that gets attached to somebody, or something can happen; as also the IQ, where we get attached to some idea.

Like Hitler had some idea and he believed that it was the truth and he has to do it.

So when you get attached to one idea like that, you can just do things, which are not at all helpful, supportive or nourishing to Reality.

All these things have happened: wars, destruction, also, as you see nowadays, the people are trying to secretly destroy others.

All these are coming as the anti-feeling, where the mana has developed a domination of the intelligence, where emotions are dominated by intelligence and rationality.

So there is another awareness within us, another capability within us, another urge within us, innately built is the jana. Jana means the people, the communication.

You cannot live alone. You see, a man who goes to jail, he is quite happy, he is quite comfortable, he doesn't have to do any work. Everything is done for him. If he has a good class, he lives very well, much better than he would live outside. But the only thing is he cannot meet other people. He cannot communicate.

And when this capacity of communication – which is within us, I mean, which is a part and parcel of human existence – is taken away, a person in the jail feels absolutely frustrated and unhappy. He doesn't mind labouring, doing all kinds of menial work as long as he is not in the jail, cut out of the communications with others.

So this communication is also an inner urge within us. (Indistinct word: "Good"?) In that also, people sometimes go too far and neglect other dharmas. They are more bothered about communication than about other dharmas, which are very important. So there is no balance in a person.

Then comes the sixth awareness within us, which is a very interesting thing. One was where we take to conditionings. Say, if I'm an Indian, then I'm very proud of Indians. I can never see anything wrong with them or I may see everything wrong with them.

It can be both ways.

How you have been conditioned is the point, and this conditioning comes to us through our sixth centre of Agnya.

And the another thing that we develop when somebody tries to condition us or to control us, we try to get out of it or sometimes we try to dominate. This dominating capacity is also within us, innately built.

Both things are innately built within us that we go on getting ourselves conditioned.

For example, I would say that in a very stupid, silly manner (Shri Mataji laughs) people get conditioned. Is impossible to get them out of it. It always comes out of self-centredness that a person has no value for understanding. Like, now, somebody comes to your house, he is a vegetarian. Alright, now he stays with you.

So: "I'm a vegetarian. You must get new utensils to cook the food because I can't have food in the utensils where the meat is cooked!" Alright.

Then "You must get your servant in a proper manner, so send him to some place where you can get the well water". The servant must be absolutely drenched – this is typical Indian old style – and should go and draw the water from the well and bring it for drinking and cooking, while the servant dies of pneumonia doesn't matter. All such stupid conditionings we have.

But it's not only that in the East you find all these conditionings. The West is even worse. For example, they have clubbing. Now there are clubs where people wear particular type of clothes. It's a club. Now if they wear something else, then everybody will laugh at them.

Or how to use the spoon and fork is very important in the West.

How they use spoon and fork – specially English have this nonsensical conditioning. If somebody uses the fork and spoon in a wrong way, then finished. He is nowhere. He is not sophisticated.

The ideas of sophistication and all that comes through conditionings of ages because maybe they were primitive to begin with. They had no clothes, proper clothes to wear. Might be they were covering themselves with some leaves or something, I mean, only hundreds of years back.

So now, they have jumped to the other side, very particular about their dress, very particular about fork and spoon. And they just can't bear something that is different. "I don't like that" is very common there. "I don't like. I don't like."

Now, they came to India, "We don't like!" "What you don't like?" "We don't like the way Indians dress up!" Alright, you dress up the way you like. Let Indians dress up the way they like.

Now why do you think that your dress in England will suit here in India, which is such a hot, hot, hot country?" But: "No! This is how we are." It's quite funny the way they have [conditionings – ed.]. And this conditioning goes on into such a deep manner that nobody sees the stupidity behind it.

For example, if the queen has invited you, you must wear a tailcoat. And now it's very expensive to have a tailcoat. You know, they have to go to a particular shop to borrow it. Sometimes they are loose and sometimes they are tight. I have seen people coming to these parties, Queen's parties, I could never recognise them because somebody looked like Charlie Chaplin or somebody looked like Laurel or somebody like Hardy (laughter). I couldn't make out who are these people.

Then I was told he is – "That's such-and-such ambassador". "Oh my God, I know him very well. What has happened to him?".

They cannot walk straight. Their gait changes because of the clothes, which are so tight sometimes and sometimes so loose. But – you have to wear. All these formal ideas come to us as a kind of a part and parcel of you because you accept all these conditionings.

So the other side it goes to that "We abandon all this. We don't want all this", the anti-culture. So I met one gentleman who was wearing a pant, which had lots of holes in it. Imagine in the cold of London to wear a pant like that! So I said, "Why do you want to wear a pant which has holes?" He said, "This is a holey pant." Holey?!" (Laughter)

"My goodness. It will give you varicose veins. It's horrible!" "What's wrong? We are anti-culture people, so we are taking now to holey pants."

I mean such stupid people are, not only who are uneducated, but very well-educated people, highly-placed people are so conditioned, and this conditioning has caused so much damage to human beings.

For example, to accept Freud had become just a complete religion in the West. Freud became Christ at that level, though he was a Jew, and he dominated the Western culture so much that I just couldn't understand the impact of this stupid man who would have been thrown in the sea if he had come to India.

But the conditioning part is everything is written is law. And they accepted this man so much that the culture of the West became absolutely self-destructive throughout.

No respect, no morality, nothing was lofty, all value system shattered, because they accepted this kind of nonsense because it was written.

Even today, I hear "in such-and-such book such is written; in that book such-and-such thing is written." This is terrible conditioning. For example, it's written in the Bible that Jews crucified Christ. Nonsense! Just use your brains!

How can Jews crucify Christ? They were in a multitude. In any country have you heard that a person can be crucified with the general opinion of the people?

It's the government, the Roman government did that. But to put the blame on the Jews was a very good idea of a very cunning man called as Mr. Paul and people accepted that because it suited them to hate the Jews.

Then the Jews started creating people like Freud.

So all such conditionings also have reactions, and these conditionings then build up and once they build up, their reactions also build up, and you have a country full of all kinds of chaos, fear, violence and destruction.

The conditioning is more, also, with the idea of possession. "This is my land. This possession is mine, that is this, that." Like this it goes up to a point where people who believed in the formless God also fight for the land. Why should they? They believe in the formless God, so why should they fight for the land?

But they'll go on fighting for the land, and this fighting for the land can go to any extent of very cruel things that whole country can work out.

Conditionings are of every kind, if you see are blinding your eyes.

For example, they believe in Koran.

Simple thing is, Koran was never written by Mohammed Sahib. He never knew how to read and write. It's a fact. For 40 years it was not written. There was a fellow called Muawiyah, or something like that, who killed Hazrat Ali, his sons. He was the second kalipha. The first one died very early.

Then he killed the third one also. Then he killed the fourth one, just to become himself the kalipha. And the liver of this fourth kalipha was eaten by the mother of this horrible fellow, who hated women. So he puts it down in the Koran, all the things against women, and people accept it because it's in the Koran!

Somebody has made fun of Koran and written what's wrong and it's all stupidities and all that. So I asked him: "What is the use of writing this book. What is the use?" He said: "I never thought of the use".

"Then why did you write? It must have some use. It's a useless book." - I said - "It's only useful that by reading this all the people who are Muslims will – (Shri Mataji corrects Herself) who are not Muslims will laugh at Islam, and those who are Muslims will say, 'Wa! Well, this is our book. Whatever it says, we believe in it. We are conditioned like that.' So, you don't solve the problem." So he said: "Then what should I do?".

I said, "You write another book saying that, 'It's all stupidity I've written of Koran because I know it was not written by Mohammed Sahib'. Don't write anything of Mohammed Sahib, against him. He is the One who is the incarnation of Dattatreya. It's a fact. So you write that he never wrote it, so all these people have done all these things".

This conditioning can be removed if you know what sort of life Christ led, very important.

First of all, He was born in a manger.

To be born in a manger means in a poor circumstance.

That means He showed there's no need to have money or there's no need to have a huge, big properties or anything to be impressive on people. Those were the days where people respected the tapasvis, the ones who were doing tapasya. That was the time to do tapasya.

So He came on this Earth and lived like a tapasvi. On the contrary, the Christians are the most self-indulgent people you could think of. You go to any Christian nation you'll be amazed how they are just slaves of money and their watches.

How they are living, it's very shocking to see they are 'following' Christ. "Yes, we follow Christ." Then follow means what? He is there and you are standing backwards moving. Is that the following?

If you see the Catholic Church or even Protestants you'll be shocked. How are they following Christ I can't understand.

Until now, I never understood. Because Catholic is nothing but money-oriented. The only thing they have picked up from Christ that He went to a wedding and created wine out of water and distributed.

Now this wine is just the juice of the grapes.

Is also called wine in the Hebrew language.

Thank God, I've read Bible in Hebrew translated directly. So it's called draksharas ('grape juice' in Sanskrit) because instantly you cannot create alcohol. It has to rot, rot, rot and the more it rots the more good it is, they say. They write it down, this is 25 years old, so is the price is much. But if it is three hundred year old, the price is exorbitant.

So it has to rot and smell like hell, then only it's a good alcohol – is a fact. How could Christ create that instant, that moment, alcohol?

But now, what I find is this, that if somebody dies, they will take champagne - to celebrate what? Good riddance of bad rubbish? (Laughter)

Or when somebody is born, they will do it, but on Christmas Day especially, after coming from church don't go to any Christian's house!

Even the Indian Christians have started following the Western people because Indian Christians believe that Christ was born in England! (Laughter)

All such ideas have come from where? Is because the English and the Portuguese and the French brought Christianity to us. Now, by any chance, are they Christians? What business they had to bring Christianity to this place? They took Christianity to all the places, specially Spanish.

Spanish, Portuguese went round the whole world to spread Christianity and today is the mess that you see in those people. They are nothing but drunkards.

Yesterday I was going back and the sea was full of happiness and joy and the water had reached a very high level. It happens with Me. But what I found, there were four, five Christians coming, singing carols and just completely drunk and I was thinking they'll be drowned in this water very soon.

This was the great boon of Christianity on human beings that you can drink as much as you like.

Now, this drinking has come, I should say, from where, God alone knows, but it has come also from the Christians. And the Muslims also drink, no doubt, but they hide and drink, they don't openly drink and don't call it's a religious duty that you should drink. Imagine, in the church when they give communication, they give you some sort of a dirty smelling wine. After that how can you have communication? Once you are drunk, you are finished! (Laughter) But all these things happen.

So, today we are talking about Christ. He is sitting in a position of Agnya Chakra controlling pineal and pituitary.

By that, He controls our conditionings.

If we follow Him, then we cannot be conditioned by anything, because He talked of Spirit only. Spirit cannot be conditioned, conditioned by anything. Whatever is good, that will be accepted, good, congenial to the Spirit. It's a different attitude of a person who is spiritual.

Like we had people here, I know they are not very comfortable. Some of them are put into these tents here and there, but they are enjoying because they are enjoying the spiritual atmosphere. They don't care where they sleep, where they live, what they have. This is all because you have entered into the kingdom of God.

But those who have not, so much worried [complain], "This is not good. I want this way, that way." All material happiness they seek, trouble everybody, criticise everybody, get angry with everybody. But actually they haven't got spiritual joy. And they can never be really in joy unless and until they become fully spiritual.

Christ has openly said that – you have to know yourself. Same in Koran.

Mohammed Sahib has said, "Unless and until you know yourself, you will not know God." There are lots of truths in Koran I find left over by this Muawiya and also in the Bible.

Also in the Jews, I find their Torah and all that has lots of Truth, but is covered by all this kind of thinking, rationality and adjustments they have done for their own use.

Actually, we have to understand that Christ never started any exclusive religion. Never! None of them. Specially Mohammed Sahib has talked about Abraham, He's talked about Moses, He's talked about Christ and His Mother much more than in the Bible. Respected Her! And he said there have been more than one lakh (100,000) walis, means realised souls before. But still Muslims are some sort of a "unique" people because they call themselves Muslims. Whether they drink, doesn't matter, whether they womanise doesn't matter, they kill people doesn't matter. They are running after few things, which are forbidden to them, but still they are Muslims. Same with the Christians. Difficult to find a man who is a real Christian, who follows Christ, before realisation. After realisation, of course, you are different, but for that you have to cross this Agnya.

Agnya also is there which has to control your ego. Christ, in His lifetime showed how ego works. His own crucifixion itself shows how Christ, such a great incarnation of purity, was crucified, shows what people are like, what they did to Him, how He was troubled and tortured by these stupid people and then how He was crucified by the government there.

In the beginning there were many sahaja yogis, I should say they were called as gnostics – "gn" in Sanskrit means knowledge – who had the knowledge about Self. Christ has said, "Thou shalt" – He said that "Know thy-self." "You have to knock at the door" – meaning you must have shuddha iccha, otherwise it won't work out. Nobody can force you.

He controls the ego. He is the one who gives you the balance. But, if you go to the West, you know they are nothing but some sort of a stupid, donkey-like ego! The way they talk, the way they behave towards each other, it's a big eye-opener. They are developed. How are they developed, God knows. "Oh, they are very advanced, sophisticated, this, that."

With this Agnya catching, Christ has said in His Lord's Prayer, "Forgive us our trespasses as we forgive them who trespass against us."

What a big thing to say. But one thing I have seen in the West, people don't know how to forgive. They are full of hatred. And they cannot ask forgiveness because they are full of terrible ego. Though they will feel guilty, but they will never ask for forgiveness. They'll never say that, "Oh God, forgive me for what I have done." This is so common now.

For example, the Nazis, they killed so many people and still you find this neo-Nazis coming up, even in Italy! They are not ashamed as to what they have done.

This happens because there is no, really, connection with Christ. Firstly, if you have connection with Christ, your ego has to be finished. Absolutely.

And this ego, which comes to you from various sources, is a myth. It's a myth. With this ego, people try to befool others and show off.

Like there's a story of Shahpesh ('The Punishment of Khilpil' by George Meredith). I don't know if you have read about him. He (Khilpil) came to a King (Shahpesh) and told him that "I'm a great architect and I'll build a big palace for you, and this and that." The way he posed, the king believed him. He said, "Alright. Go ahead. I'll send you so much money."

Now, with this whole attitude and the way he was describing himself, with all his gestures, full of such ego, that this king also got completely lost. He gave him lots of money. And in six months' time he came back, said, "I have built your palace. Come and have a look."

He went there, he saw it was just the same land. There was no palace, nothing. So king thought "Something gone wrong with him or what?". He was again looking and looking, and what does he find? He finds there was no palace, nothing. Immediately he realised that this ego has befooled him.

So, the king was very clever that way. He realised it. So he started saying, "See, this is the main road by which we'll go and there's the palace. Now the door opens." Nothing there. It's all just a story. "And now here is your throne and please be seated on that." He said, "First you sit." He made this Shahpesh (Khilpil) to sit on a throne which never existed.

Now imagine, it was very painful. He said, "You sit, I want to see you sitting there. I like it." For one hour he made him sit. For two hours he made him sit.

Ultimately, Shahpesh (Khilpil) fell at his feet and he said, "Sir, I'm sorry. There is no palace. There is no throne. Nothing of the kind."

But the king had lost all his money and so he imprisoned him. He was beaten up and did all kinds of things.

So this is the end of false ideas about oneself. This ego can take you to such a heights of stupidity. And the culture where it is pampered, is the worst culture.

I have seen advertisements where they say "you must smoke this particular cigarette because it expresses your ego."

But according to Indian culture to express your ego is absolutely something very stupid, people laugh at such a person, the one who tries to show his ego. In Marathi language if somebody is trying to show off, then they say he is climbing on a small little shrub of chana (chick peas).

It's the whole system is such, so nobody can develop any ego. If they develop, then they are corrected. Specially in Maharashtra, it's very difficult to develop any ego. As soon as you start talking big about yourself, immediately you are punctured.

But in the North, of course, is little bit allowed, I think, and people do talk big. "We are great politicians who talk very big. I'm going to do this. I'm going to do that. We are going to have this project, that project, this, that."

One thing, Christ never said such a thing. Never He talked [like that].

What - if you see His sermons, it's so deep and so enlightening, despite the effort of this gentleman, Mr. Paul, you see Christ talking to people, giving them different ways of explanation - what happens after realisation, how a seed is sprouted and how it can get spoiled - and very beautifully He explained to people. But I think had, didn't have much effect at that time.

His life was so charming and so beautiful. Like a shooting star He came on this Earth, but He left such a remarkable impression on people.

His crucifixion was a part of the game because He had to make the way in the Agnya Chakra. To cross the Agnya Chakra He was

crucified. But His message is not crucifixion. People wear the cross and I feel very hurt about it.

He crucified Himself, but that's not the message, that's not [what] you should celebrate, that He crucified. There are people who celebrate it! You have to celebrate His resurrection, the Resurrection because human beings are to be resurrected.

In Sahaja Yoga nobody is crucified and is resurrected because of one crucifixion of Christ. That was enough! That was sufficient. You can't carry the cross on your shoulders, you don't have to. He has carried for you. He has done everything for you. Is said also that He died for all the sinners – is a fact.

If He had not done that, it would have been difficult to open your Agnyas because two problems, I told you: is conditionings and ego. His crucifixion has helped the loosening of these two horrible capacities of human beings.

His life is to be understood in a very, very deep sense.

But if you are like a journalist, you can say, "Why did He crucify Himself? If He was God, why did He get crucified?". Now the question is 'why He got crucified?' is how to tell these journalists who don't know anything about chakras. Because it was the era or the time of tapasya, of sacrifice and so then all these three persons, Buddha, Mahavira and Christ, went into complete renunciation.

They led a life of a great tapasvis. They did it for us, not for themselves.

They did not need it. They didn't want it, but they had to do it to cleanse us, to give us a proper medha, as they call it, these Ekadasha Rudras, you see, to be cleared out.

And they have sacrificed their lives. They have sacrificed all the pleasures of life. For them, it was not a sacrifice. It is just a kind of a life they wanted to have.

For such people, there's no question of sacrifice, but is a question of doing something that would help to open the chakras of the people in the future. Without them we could not have worked out Sahaja Yoga. It was essential for these people to cleanse for us these three chakras, part of the one chakra of Christ.

All this they have worked out and that's why today Sahaja Yoga is so beautifully created, so beautifully spreading, is working out. We have to thank them, very much.

Of course, all other incarnations also have helped, you can see – Vishuddhi, then also Heart, and all these, just (?) right Heart, left Heart.

All these angels (Shri Mataji laughs), as they are called in the Bible, have helped us to cross over.

All these incarnations are responsible in our evolutionary process to create these ladders for us to move.

So, ultimately, you reach the state of tapa on the sixth centre and then in the state of Truth, satya.

Then the Truth comes to you through Sahaja Yoga in the brain, in the limbic area, when the Kundalini enters, She puts light there.

She creates enlightened personalities and then She joins this All-pervading Power of Divine Love. And with this Divine Love, you are completely changed and transformed.

So their contribution to the ascent of human beings has been great and that of Christ has been the greatest.

And when we say we have to follow Christ, we should try to see how much detachment we have.

They say His brothers and sisters, or somebody, came to see Him. They say He had brothers. So He said, "Who are My brothers? These are My brothers. These are My relations."

Gnyaneshwara has said the same thing, that "They will become your relations," "Soyadikar, te chi soyadikar te". "They will be your relations. They'll be your brothers and sisters" And not those who are not enlightened. They are not your relations because they don't understand you, they don't have entry into the Kingdom of God, so they are not your relations.

In His lifetime He led a life of a person who was very simple. He didn't bother about clothes or anything. All the conditionings of the worldly things were not Him. But He was not shameless type of a person who would accept any kind of a nudity and this and that.

Even about Mahavira there's a big misconception. He was once praying in a garden where there were lots of bushes, called as kunjās, and in the bush His cloth, which was only one cloth He was putting on, was caught up, so He cut half of it and was covering Himself.

Shri Krishna went to test Him and He said that, "I have nothing. I am just nude. So why don't you give me your cloth because, after all, you are a king." So He took out His cloth and gave it to Shri Krishna and got some leaves to cover Himself and He was in His own garden, and went into His own palace.

Now, if you see the Jains they make everything so horrible and insult Him all the time!

Most of the people who follow all these great incarnations really all the time insult them! They don't follow, they insult! And, by their behaviour, you see, we form such a bad opinion of all these people.

I met one gentleman in Chicago in a very cold – it was very cold. He was the head of the hare-rama-hare-krishna. He was wearing a dhoti, which was so thin and was shaking before Me. I said, "What's the matter?" He said, "I'm feeling very cold." I said, "Why are you wearing this dhoti?" He said, "My guru has told me if you wear a dhoti you will go to heaven." I said, "Really? (Laughter) In India 80% people wear nothing but dhotis. Are they all going to go to heaven? And many must have gone already. (Laughter) So where will you be?" He didn't like it. Then I said, "Why have you shaved your hair and put this -" We call it shendi or, in Hindi, coti, I don't know what you call, pig's tail here? Pig's tail.

So he says, "It is because my guru told me that I must shave my head and have this kind of a thing." So I think perhaps, maybe he will be tied to some rope and pulled in the heaven or something. (laughter, Shri Mataji laughs). I said, "Kabira has said" – Kabira was one of them who has tried to slash out all your conditionings - "He said: by shaving your head if you are going to go to heaven, so what about the lamb which is shaved twice a year? He'll be there earlier than you." (Laughter) It's a fact, it's so, such stupid things.

Then there are Jain sadhus who will remain absolutely nude and will pull their hair. You know, by law they are allowed to go nude on the street, you know, insulting everyone.

All such stupid things are happening in the name of religion – that, too, of Buddha, Mahavira and Christ. They are the ones who are trying to pull us away from rationality because you have to cross this (Agnya).

All your limitations are because of this thinking, conditioning. We have to go beyond!

Because by thinking what do we do? We move in a linear way and then there's no Truth in it, so the whole thing comes back, boomerangs, and you are finished.

We have to go beyond this mind, must understand this point is. Christ has done this so that we can go beyond our mind.

If you don't know how to go beyond mind, better sit down for your meditation, work it out.

With this mind, all kinds of things will come; temper will come, intrigue will come, jealousies will come. All the six enemies that we have will come to us through this mind – means thinking, rationality. Every kind – everything can be rationalised. "Why did you murder your wife?" "Because I hated her. She was this, she was that, she was that." But you cannot murder her! "Why did you murder your husband?" "Because of this, because of that." Because of this mind, we start doing things which are absolutely wrong, which are sinful, and then we try to rationalise it.

Go against Agnya, go against reality and then use your conditionings, use your, we can call, the ego to explain it, why you did it.

All the time when we are doing like that, we can never go beyond mind. We are so self-satisfied about ourselves. We think no end of ourselves. Now, how are we to get out of it? Introspection.

But it's very difficult because people are afraid of themselves, they don't want to introspect. Because, once they start introspecting, they will know how sinful they have been, how wrong things they have been doing and then they will hate themselves.

So they don't want to introspect. But it's very important that we should introspect.

That introspection is very helpful for you to overcome these two hurdles of your Agnya chakra.

I have told you many-a-times don't argue with anybody because the other fellow, he is asking for argument, is the one who has lots of ego and that ego is acting on you. So action-reaction starts, and we develop a habit of reacting to everything. Specially in the West, I have seen, they react to everything. Everything. For example now, this thing is spread out here.

Now they have nothing to do, "But they could have had better. Why is it so thin?"

Baba, you pay for it now. You do it!

They are walking across. They will say, "See, see this man, what sort of a person he is." If there's a beggar, then they'll start criticising. They'll criticise the government. They'll criticise everyone. What about yourself? Instead of that, why don't you start doing something about it? If you can't help it, if you are not going to do anything about it, why react?

And this is the worst habit we have developed, is to react, and we think we have every right to react. You have, but this right is self-destructive.

To react on everything is not proper.

You have no authority to react.

It is to that extent. You have to just witness, witness the whole thing.

Once you start witnessing, you'll be amazed that you will start seeing the play, play of the maya, as they call it, and you will see where you stand with it. Witnessing should be developed, all the time witness. "Am I witnessing?"

Many people say that I have very good memory - because I'm all the time witnessing. Everything is recorded within Me like a

picture. And then when I have to say something, I have to correct something, all that I have witnessed comes to help Me.

First of all, we should not react, react to anything. Some people are attached, say, to money. They'll react; they'll not give any money. They'll keep all the money with themselves. In Sahaja Yoga also it happens.

I've seen people who are very, very miserly about money. Another ones are who try to please others. Then they'll waste their money on lavish things for nothing at all. There's no need to waste.

Reaction can come through anything. Seeing something, you can react and you become so engrossed with it that you don't realise that you are wasting all your brain energy on nonsensical things.

This reaction comes when you have lost complete sense of judgement. You don't know what you are losing, what you are gaining by this kind of reaction.

And this reaction is going to destroy your inner being completely. Because all the time you are here and you are there and you are there and you are there. You are nowhere here.

If you are a very criticising type of a person, try to stop it completely. Criticise yourself.

Direct that energy towards yourself. "Who am I to criticise others? Who am I to react to anything?" Put a challenge to yourself and you will see that your ego will subside.

One day somebody came and told Me that, "Mother, I feel so angry. I feel like beating everyone." I said, "Alright. Do one thing. Take a chappal (sandal) and hit on your head. Finished (laughter). That's the only way you can (Shri Mataji laughs) get rid of this habit that you want to beat others." He didn't like it much, but I think, by that he's improved.

Now, conditioning also should be seen. "Am I conditioned person? If my conditioning's there, then is it a good conditioning or a bad condition?"

At least, you should have good conditioning. But even that, to an extreme if you go, you can create a problem for yourself and for others.

Most of these rituals and things started as a good conditioning, then it became like a trap and they could not get out of it. It's a part and parcel of it one has to accept.

Then what should we do? We should not react. Just see the drama and you will be surprised, without paying anything, without going to any theatre, every moment you can see the drama going on before you, which is so enjoyable - whether it is absurd, whether it is ridiculous, whether it is a sort of a - as you see in the films, you see, beating somebody and all that - you just see it and you do not react. Anything that you think is very perverse, ugly, immoral, don't see. Finished. Gone.

So don't tax your mind because in the mind, that we call it, so-called mind, is actually the Agnya chakra in the centre of your optic chiasma.

Just imagine, what a central place it has. And any disturbance to your Agnya, what it can do to your brain which is nothing but a lump of fat.

So, how this Agnya can affect you and how it works and creates perverted images: that is to be really seen. Conditionings also, you have seen people are mentally so upset and so degenerated.

But the pure nature of Christ is Innocence, you know that. He is Shri Ganesha. Shri Ganesha is a eternal child. Christ is also

complete innocence because He doesn't react, because He is not conditioned. Children are not conditioned so much as we are. If you talk to children, if you speak to them, you'll be amazed how innocent they are and how innocently they talk. Once my granddaughter asked Me, "What do you think of the poor children of the Tiger?" I said, "Why?" "You know, their father tells them that you eat human beings and what can they do? They have to eat human beings, after all." You see, so innocent. (laughing). So I told her that they are under a complete control of God. Whatever they are doing, they are not going to be held responsible. It's only for human beings that God has given this freedom. It's only human beings who can react in this manner. So, for animals, it is, they are pashus, means they are completely under the control of the God Almighty. So they are swabhavas, everything, a serpent will be a serpent and a tiger will be a tiger and they will, say a lion will be a lion.

But human beings can be a serpent, at the same time could be a scorpion, could be a lion, could be anything.

You know, suddenly, you find a small, little, bug-like man coming up like a lion roaring at you and you say, "From where does this come, this cannon?" It is so.

You don't know which way they will come and which way the camel will sit. You can't say.

So this reaction of human beings comes because he is not in connection with the Divine. When he is in the connection with the Divine, he sees the drama and he leaves everything to Divine. He can solve all his problem by just one bandhan (Hindi words aside). He can solve all the problems just by a bandhan (Shri Mataji snaps Her fingers).

But he should be in full connection with the Divine.

It works. It works. It does work. This is not the time when Christ came on this Earth.

This is the time when this Paramachaitanya has gone into action – activated, is working out everything.

Now they asked Me about these Shri Ganesha [statues] (Ganesh statues 'drank' milk on 21 September 1995 all over India), whether Shri Ganesha drank milk or not. I said, "Anything possible." These days this Paramachaitanya is doing such things, unbelievable things, which we cannot understand. Everything is a chamatkar (miracle), so it's possible.

Ganeshas, I have never heard of Ganesha liking milk so much, but maybe for the little rat He might be drinking. (Laughter)

You can't say. "But why did Shiva drink?" I said, "Let it be. Let Shiva wants to drink, let Him have milk." Actually, we have too much milk production so they must be wanting to consume some. (Laughter, Shri Mataji laughs)

But it's just a way [of] looking at things that, you see, when everything is done by this Paramchaitanya. They are doing such wonderful things. I mean, I never asked them to do anything.

But now, for example, in Brisbane when I was there, I was sleeping in the ashram and the rainbow appeared. Of course, I like paintings very much of Raphael specially, because he has drawn the Mother's face and the Child's face so exactly expressing the feeling of Mother and the child.

And imagine that picture appears in the sky. But I didn't tell them to show that Raphael.

When I was sleeping I was not even going to look at it.

But at this time the halo that was on the backside of Mary comes upon the head.

Means Raphael himself did it, or – I don't know.

How can I explain this? Paramchaitanya is doing all kinds of things; and it does all these just to convince you about Sahaja Yoga.

Because even now there are many who are supposed to be very rational, intelligent, educated who don't want to accept it.

After all, if there is a Divine Power, if there is something like that and is active, how can you challenge it? How can you say no to it?

Because the powers are unlimited, it has gone into every atom and every molecule. It doesn't do tricks like moving this from there to there (like some false gurus - ed), but what it does is to do something which is absolutely impossible. It is doing it.

So, for us to believe in this activated Paramchaitanya is the only solution, so you leave it in the Ocean of Bliss and let this great power handle all the situations – don't react yourself – which is so efficient, so quick, so fast, moves all over, understands everything and it loves you and respects you because you are sahaja yogis. This is what it is today.

We should know, at the time when we are celebrating Christmas, that what we are celebrating is really our own ascent, our own achievements, our own lofty heights which we have achieved and which we have to achieve.

We should have only aspirations as far as our spiritual side is concerned. All aspirations should be left to this Paramchaitanya, "You look after them." And the more you become, the more you develop this non-reacting attitude through your proper Agnya - not anger, not silence, but a very pleasant temperament.

That means people think that I have told you not to speak. No, no, you must speak. You must talk to people, you must laugh, you must enjoy, but all this should be full of joyous feelings.

That's what they say that Christmas is for, a very joyous atmosphere. So they can't do that way, so they drink. I mean, after all, you must give them benefit of doubt also, that why do they drink. They think by drinking they will become joyous.

Now our understanding about ourselves has to be very clear-cut. Specially people don't meditate. They just don't meditate. They don't want to grow. They are sahaja yogis, but they don't meditate. It's very surprising. I can make out who meditates, who does not. Because there is no depth. They want to have this, they want to have that, is alright, but what about meditation? If you don't meditate, your Agnya will be completely covered with thoughts and you will be lost.

So, you have to meditate. If you don't meditate, I also suffer. If you have no aspirations in Sahaja Yoga, it's better to leave, because you are like seeds which are sprouted and which will be wasted.

Some people are here because they want some sort of a platform, some publicity. Some are here who want money, to make money out of Sahaja Yoga. There are some who want to have a kind of a communication to go around the whole world without paying a single pai. All such people are of no use to themselves.

Now here you have the complete wealth. All that celestial wealth is before you and you are not going to accept it. You are not going to drown into it. What should we say? This is not very sensible to do.

As I said, you don't have to crucify yourself. You don't have to give up anything. You don't have to live like Christ had to live or be born in the manger. All that's done for you already. Now, come along.

But if you are coming in the darbar (royal court) of the Divine, then be worth it. You should be worth it and you'll be surprised, all your problems will be solved, your self-respect will be maintained. So many things have happened like that, but if you have no self-respect, you don't respect your realisation, you are not deeply involved as to your own ascent and the help to others, it will not work out.

I'm here to tell you all these things which Christ could not tell and to fulfil what He wanted to say. All those things I am saying to you - it has already worked, you all have got realisation. But develop respect for yourself, as Sahaja Yogis. Don't have funny ideas about yourself; just know you are a Sahaja Yogi and a Sahaja Yogini. That's what is needed for a person if he is today celebrating the birth of Christ. He came on this Earth, who was actually Christ full of innocence who was the One who came as the embodiment of Shri Ganesha. I have given the proof of it to you how the carbon atom looks like and by which I have proved that Christ is the Alpha and Omega, while He is made out of Omkara and Swastika.

All this we have experimented. We have found it. It's there. With all this, what is the greatest achievement is to respect your innocence. Respect your innocence.

This is what is to be asked for today. Be innocent. And God looks after all the innocent people.

Don't worry, you don't have to worry.

I have seen children falling for seven storeys, nothing happens to them.

They are perfectly alright. How? Who looks after?

Angels. You have seen photographs of angels around you. So try to be simple, innocent, not reactive and keep quiet and peaceful, because here we are talking about a global transformation where people will find their peace in their heart and will establish a new world of peace, joy and spirituality.

May God bless you all.

[Puja begins.]

Yogi: Twenty-one children (Hindi) from the age eight to ten (Hindi).

Guido: Shri Ganesha's mantra.

Indian Yogi: Shri Ganesha's mantra.

(Ganesha mantra is sung with the same tune as the first Mahamantra. Then Ganesha Atharva Sheersha follows. Then "He Prema Murta Jagi Ale" bhajan is sung)

Yogi: Seven ladies... (Hindi). In English: four Western ladies who have not done puja before. From the right side, come from the right side of the stage.

Babamama: Four Western ladies who have not done the puja before. Four married Western ladies who have not done the puja before.

Yogi: Now we shall say the hundred-and-eight names of Lord Jesus. I shall say the name and then we shall make the mantra, Om Twameva Sakshat.

Āgñyā Chakra Swāmin.

Om Twameva Sakshat Shri Āgñyā Chakra Swāmin Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Sūrya.

Om Twameva Sakshat Shri Sūrya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Kshamā Pradāyaka.

Om Twameva Sakshat Shri Kshamā Pradāyaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Kshamā Swarūpa.

Om Twameva Sakshat Shri Kshamā Swarūpa Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Shama-dama-vairāgya-titikshā-pradāyaka.

Om Twameva Sakshat Shri Shama-dama-vairāgya-titikshā-pradāyaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Pāvitya Pradāyaka.

Om Twameva Sakshat Shri Pāvitya Pradāyaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Omkāra.

Om Twameva Sakshat Shri Omkāra Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Chaitanya.

Om Twameva Sakshat Shri Chaitanya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ādi purusha.

Om Twameva Sakshat Shri Ādi Purusha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Sahasra-shīrsha.

Om Twameva Sakshat Shri Sahasra-shīrsha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Sahasr'āksha.

Om Twameva Sakshat Shri Sahasr'āksha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Vishnu.

Om Twameva Sakshat Shri Vishnu Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Vishnu-suta.

Om Twameva Sakshat Shri Vishnu-suta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Mahā-vishnu.

Om Twameva Sakshat Shri Mahā-Vishnu Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ananta-koti-brahmānda-dhāraka.

Om Twameva Sakshat Shri Ananta-koti-brahmānda-dhāraka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Hiranya-garbha.

Om Twameva Sakshat Shri Hiranya-Garbha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Pūrva ghoshita.

Om Twameva Sakshat Shri Pūrva-Ghoshita Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Brahmā-vishnu-rudra sevita.

Om Twameva Sakshat Shri Brahmā-vishnu-rudra sevita Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Gopāla.

Om Twameva Sakshat Shri Gopāla Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Gosevita.

Om Twameva Sakshat Shri Gosevita Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Shri Kishna suta.

Om Twameva Sakshat Shri Shri Kishna suta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Rādhā nandana.

Om Twameva Sakshat Shri Rādhā nandana Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Pāpa nāshaka.

Om Twameva Sakshat Shri Pāpa nāshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Pāpa vimochana.

Om Twameva Sakshat Shri Pāpa vimochana Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Prakāsha.

Om Twameva Sakshat Shri Prakāsha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ākāsha.

Om Twameva Sakshat Shri Ākāsha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Agni.

Om Twameva Sakshat Shri Agni Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Mahā-kārunya rūpa.

Om Twameva Sakshat Shri Mahā-kārunya rūpa Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Tapaswīn.

Om Twameva Sakshat Shri Tapaswīn Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ham-Ksham bīja.

Om Twameva Sakshat Shri Ham-Ksham bīja Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ātmā.

Om Twameva Sakshat Shri Ātmā Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Param'ātmā.

Om Twameva Sakshat Shri Param'ātmā Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Amuta.

Om Twameva Sakshat Shri Amuta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ātma-tattwa jāta.

Om Twameva Sakshat Shri Ātma-tattwa jāta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Shānta.

Om Twameva Sakshat Shri Shānta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Nirvichārta.

Om Twameva Sakshat Shri Nirvichārta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ādi-āgñyā-chakrastha.

Om Twameva Sakshat Shri Ādi-āgñyā-chakrastha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Kalki.

Om Twameva Sakshat Shri Kalki Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ekādasha-rudra sevita.

Om Twameva Sakshat Shri Ekādasha-rudra sevita Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Utkrānti-tattwa.

Om Twameva Sakshat Shri Utkrānti-tattwa Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Utkrānti ādhāra.

Om Twameva Sakshat Shri Utkrānti ādhāra Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Sarv'ochha.

Om Twameva Sakshat Shri Sarv'ochha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Mahan-mānasa.

Om Twameva Sakshat Shri Mahan-mānasa Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Mahat'ahakāra.

Om Twameva Sakshat Shri Mahat'ahakāra Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Turīya-sthiti pradāyaka.

Om Twameva Sakshat Shri Turīya-sthiti pradāyaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Turīya-vāsīn.

Om Twameva Sakshat Shri Turīya-vāsīn Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Dwāra.

Om Twameva Sakshat Shri Dwāra Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Kārtikeya.

Om Twameva Sakshat Shri Kārtikeya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Mahā-ganesha.

Om Twameva Sakshat Shri Mahā-ganesha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Abodhitā swarūpa.

Om Twameva Sakshat Shri Abodhitā swarūpa Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Abodhitā pradāyaka.

Om Twameva Sakshat Shri Abodhitā pradāyaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Shuddha.

Om Twameva Sakshat Shri Shuddha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Māgalya pradāyaka.

Om Twameva Sakshat Shri Māgalya pradāyaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Audārya.

Om Twameva Sakshat Shri Audārya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Mahālakshmī-netra-teja.

Om Twameva Sakshat Shri Mahālakshmī-netra-teja Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Pari-pūrṇa sahaja-yogī.

Om Twameva Sakshat Shri Pari-pūrṇa sahaja-yogī Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ādya-sahaja-yogī.

Om Twameva Sakshat Shri Ādya-sahaja-yogī Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Sreshtha sahaja-yogī.

Om Twameva Sakshat Shri Sreshtha sahaja-yogī Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ādi Shakti Shrī Mātājī Nirmalā Devī priyam-kartrā.

Om Twameva Sakshat Shri Ādi Shakti Mātājī Shrī Nirmalā Devī priyam-kartrā Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Shāshvata.

Om Twameva Sakshat Shri Shāshvata Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Sthānu.

Om Twameva Sakshat Shri Sthānu Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Sat-chid'ānanda Ghana.

Om Twameva Sakshat Shri Sat-chid'ānanda Ghana Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Svair'āchāra nāshaka.

Om Twameva Sakshat Shri Svair'āchāra nāshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Dharma-mārtanda nāshaka.

Om Twameva Sakshat Shri Dharma-mārtanda nāshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Nirichha.

Om Twameva Sakshat Shri Nirichha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Dhanadayaka.

Om Twameva Sakshat Shri Dhanadayaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Shuddha-shweta.

Om Twameva Sakshat Shri Shuddha-shweta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ādi-bālaka.

Om Twameva Sakshat Shri Ādi-bālaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ānadi-brahmachārīn.

Om Twameva Sakshat Shri Ānadi- brahmachārīn Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Purātana.

Om Twameva Sakshat Shri Purātana Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Alphā-cha-omegā.

Om Twameva Sakshat Shri Alphā-cha-omegā Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Samasta-sākshīn.

Om Twameva Sakshat Shri Samasta-sākshīn Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Īsha-putra.

Om Twameva Sakshat Shri Īsha-putra Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Moha-varjita.

Om Twameva Sakshat Shri Moha-varjita Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Mamatā-hantrin.

Om Twameva Sakshat Shri Mamatā-hantrin Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Viveka.

Om Twameva Sakshat Shri Viveka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Aghora nāshaka.

Om Twameva Sakshat Shri Aghora nāshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Dñyāna rūpa.

Om Twameva Sakshat Shri Dñyāna rūpa Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Su-buddhi dāyaka.

Om Twameva Sakshat Shri Su-buddhi dāyaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Sudñya.

Om Twameva Sakshat Shri Sudñya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Pūrna-namra.

Om Twameva Sakshat Shri Pūrna-namra Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Bhautikatā nāshaka.

Om Twameva Sakshat Shri Bhautikatā nāshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ahakāra nāshaka.

Om Twameva Sakshat Shri Ahakāra nāshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

(The yogi shortly interrupts saying: "Waiting for, waiting for...", then recitation resumes)

Shri Prati-ahakāra shoshaka.

Om Twameva Sakshat Shri Prati-ahakāra shoshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ashuddha-icchā nāshaka.

Om Twameva Sakshat Shri Ashuddha-icchā nāshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Hud-mandirastha.

Om Twameva Sakshat Shri Hud-mandirastha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Agurū nāshaka.

Om Twameva Sakshat Shri Agurū nāshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Asatya khandin.

Om Twameva Sakshat Shri Asatya khandin Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Vaosha-bheda nāshaka.

Om Twameva Sakshat Shri Vaosha-bheda nāshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Krodha nāshaka.

Om Twameva Sakshat Shri Krodha nāshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ādi Shakti Mātājī Shrī Nirmalā Devī priya-putra.

Om Twameva Sakshat Shri Ādi Shakti Mātājī Shrī Nirmalā Devī priya-putraya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Ādi Shakti archita.

Om Twameva Sakshat Shri Ādi Shakti archita Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Pratishthāna-kshetra-nivāsa kuta.

Om Twameva Sakshat Shri Pratishthāna-kshetra-nivāsa kuta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Cabella vāsīn.

Om Twameva Sakshat Shri Cabella vāsīn Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Sahastrāra-dwāra vāsīn.

Om Twameva Sakshat Shri Sahastrāra-dwāra vāsīn Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Nishkalaka.

Om Twameva Sakshat Shri Nishkalaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Nitya.

Om Twameva Sakshat Shri Nitya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Nirākāra.

Om Twameva Sakshat Shri Nirākāra Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Nirvikalpa.

Om Twameva Sakshat Shri Nirvikalpa Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Lok'ātīta.

Om Twameva Sakshat Shri Lok'ātīta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Mahā-yogīn.

Om Twameva Sakshat Shri Mahā-yogīn Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Nitya mukta.

Om Twameva Sakshat Shri Nitya mukta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Gun'ātīta.

Om Twameva Sakshat Shri Gun'ātīta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Avyakta mūrtin.

Om Twameva Sakshat Shri Avyakta mūrtin Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Yog'eshwara.

Om Twameva Sakshat Shri Yog'eshwara Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Yoga dhāma.

Om Twameva Sakshat Shri Yoga dhāma Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Yoga Swarupa.

Om Twameva Sakshat Shri Yoga Swarupa Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

Shri Jesus.

Om Twameva Sakshat Shri Jesus Sakshat Shri Adi Shakti Mataji Shri Nirmala Devyai Namoh Namaha.

[Bhajan: Vishwa Vandita]

Yogi: For the Aarti all national and international leaders, Indian leaders from places where Shri Mataji did public programs should also come.

[Aarti]

Yogis: Shri Mataji, we all the sahaja yogis of the world, desire Your good health and long life.

Shri Mataji, we all the sahaja yogis of the world, desire Your good health and long life.

Shri Mataji, we all the sahaja yogis of the world, desire Your good health and long life.

[Mahamantras]

Yogis: Bolo Shri Bhagavati Mataji Shri Nirmala Devi ki! Jai!

Yogi: All the photographers to please not... only one photograph.

[A Christmas cake is offered to Shri Mataji]

Yogi: And now we will offer the international present to Shri Mataji. Guido, Rajesh...

[Video ends here]

1995-1228, Talk to the Brides, The Responsibility of the Women

View [online](#).

28 December 1995

Wedding

Ganapatipule (India)

Talk Language: English | Transcript (English) - Reviewed

Talk to the Brides, The Responsibility of the Women, Ganapatipule (India), December, 28, 1995

You are all ready to get married and I bless you from My heart. Now, the duty of a wife I need not tell you, you know it very well. I've told you many-a-times that she is responsible to build the society of Sahaj. And as a result, she has [a] very great responsibility. She has to look after the whole family, the relations of [the] husband, and should go up to the great expectations of the family members also.

This can be done if you have really love for people. If you have love, you will have tolerance and you'll be able to bring more people in Sahaja Yoga who are related to you and to your husband by showing a very good household that you have created.

Towards the husband you have to be very dedicated and don't tell him about your past. Past is finished and start afresh. It's a very dangerous thing to say anything about your past to your husband.

So, you have your expectations, so he too has his own expectations about you. Expectations should not be there in Sahaja Yoga. But gradually, if you understand the value of your marriage and you respect it, then you will not go after superficial things. You'll not ask him to buy this, buy that for you on a material level. But also on the mental level you should not try to judge him, but as you are spiritual, he is also spiritual. So, you should see his vibrations. Don't tell him but try to correct it slowly and steadily.

It's easy to complain about married life, very easy, and it's [a] very common thing. If there are two ladies who are dissatisfied with their married life, can create a big number of people who will be complaining about marriages. So, one has to be very watchful and careful not to indulge into gossips and talking about somethings which has no meaning in Sahaja Yoga.

Going to the higher life, we have to see that, as we are spiritual people, we have to keep our spirituality growing and growing so that great souls who want to be born on this earth will take birth in your families.

But that doesn't mean, if you just get attached to your own child, then others' children are not to be loved. Love doesn't limit you, so you have to love others' children also.

The guests who come in your house, you must look after. It is your duty to look after the guests. They are Sahaja Yogis, you have no business to insult them or to trouble them.

Your successful married life is going to help so many people in this world. We have to show that Sahaja Yoga marriages are extremely successful, peaceful and full of joy.

If you want to find faults, you see, there [is] no end to it. But it's better to see your own faults and correct yourself. Of course, if there is any problem which is not soluble, which is absolutely difficult, then you can let Me know and I'll try to solve it if possible. Otherwise, you can depart. But it's a very last, extreme case.

It's the wife who makes the family, she makes the marriage very good. So, it is for you to decide. Now, even now, there is time, if you don't want to marry, you don't like your husbands or in anyway you think he is not all right, you can decide now. There is time still for you to decide.

We have to prove that our marriages, Indian marriages, are not Indian: they are universal marriages. And they are to be treated with that great sense of responsibility. Once you understand your responsibility, I'm sure you will know what is to be done.

Firstly, you should never argue with your husband, as far as possible. You should not shout at him; you should not be disrespectful for him before others. And relationship between you and your husband is a secret; it should not be discussed on the cross-roads, you see.

Let people see for themselves how happy you are. But there is no need to be artificially happy. There is no need to be artificially suffering. There is no suffering that is allowed in Sahaja Yoga, so if you think something is wrong... [cut in the video].

... is done, it is sinful. One should never do like that; you are married in Sahaja Yoga not to separate your husband from collectivity. There's more enjoyment, more sharing and no pressure if you all enjoy the collectivity.

I know you are all very wise and good girls and you will look after your family life and your social life and also look after your husband. But you should also look after other people and try to understand your problems: what problems you have, you had.

And then try to solve them so that those who come to your house or those who are in contact with you will be specially blessed by your Gruha Lakshmi quality.

In a collective way you must meditate. You must meditate at home and you must go to every meditation centre whenever it is necessary.

I've seen the women in Sahaja Yoga are rather poor for spirituality, it's very surprising. I am Myself a woman and I can't understand that they are so busy, you see, doing all other things but not meditation. So, you have to become gems in Sahaja Yoga. In spirituality you have to rise.

For that you must meditate at home and also go to all the collective programmes you have. This will help you a lot, help you, your children, they will become very good children, and their whole standard of life will be very much higher and spiritual. We have to create these great families.

That's why I was insisting that we should have marriages here. But by this, if we have all the other kind of useless marriages, it's better not to have.

So, I request you to take up the responsibility of a wife and look after the whole family, look after the whole family of Sahaja Yogis. And apart from that, you have to think what you can contribute to Sahaja Yoga. We have some very great women who have done a lot, who are married women, done a lot for Sahaja Yoga.

In the same way, you should take up upon yourself to do Sahaja Yoga work and Sahaja Yoga expansion.

I hope you understand how important you are in Sahaja Yoga. After all, this husband is more busy outside and maybe he might little bit neglect you. But that doesn't mean that he neglects; you must understand that he has to work hard and this and that.

Also, there's the demand on his time, demand on his money should be minimum, minimum that is possible.

But if [the] husband is absolutely careless about you, and doesn't bother about you, or he dominates you or troubles you, tortures you; in any way if you are unhappy you are open, absolutely open to write to Me about all that is happening, because I'll try to correct him and I'll try to see what is the problem inside.

The last thing one has to know [is] that a woman has to be extremely moral. She has to be extremely moral. If she becomes immoral, the husband will become immoral, the children will become immoral. So, you have to stick onto your morality, be proud of it and you can do it because God has given you a special quality. So, it is your duty to keep great morality in the family and to live like good citizens of your country, citizens of Sahaja Yoga family.

I bless you all with My heart again and please accept what I've said. If you don't want, even now, not to marry, you can decide that; [Shri Mataji laughs] if possible, I will try to remove this (out).

Thank you very much.

May God bless you.

1996-0101, Public Program

View [online](#).

1 January 1996

Public Program

Right part of Industrial Palace at Fairground, Prague (Czech Republic)

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

1996-0114, Makar Sankranti Puja

View [online](#).

14 January 1996

Makar Sankranti Puja

Pune (India)

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

Makar Sankranti Puja 14 Jan 1996, Pune, India (Hindi/English/Marathi)

Translation from Hindi:

Today, we have assembled here to perform the puja of the Sun God on the day of Sankranti. In our country, a lot of importance has been given to the puja of the Sun God and there is a custom to offer Arghya (water offering) to the Sun God and even in the foreign countries, Sun has been given a lot of importance. Their astrology and other scriptures is dependent on the Sun.

During Sankranti, on 14 day of January, the Sun shifts from his existing position and comes to North, and that is the reason why we celebrate Sankranti with a lot of belief. But, before this earth motion, from 22 December to 14 January, the weather is severely cold. Many people suffer during this cold weather. They catch cold and face other such health problems. Then this is called the period of infection ('sankraman'). It will become very cold, more than required. On account of this cold weather, number of problems arises. But, there is also benefit on account of this cold. That is, whatever worms and such similar things which move about and give problems in this season in this county, they recede to their resting place; most of them are destroyed also. Many people die on account of cold. Meaning, that in India cold is such that whatever parasites exist, they all get killed. It is also important that in India, cold should be such that much of all unwanted things get killed. But, the importance of Sankranti is believed, that in the cold during Sankranti, people [unclear]. Actually, whatever our customs are, which we believe as important, by making it a practising ritual, people have become fed up /vexed.

But, if viewed in the perspective of scriptures ('shastra') there is a lot of meaning in all this. In this period, we give sesame and jaggery to people. This is also a thing to be understood. Sesame is an oily material. And, exactly during this cold period, people, their skin and everything gets dried up and in order to bring back oily texture to the skin, we consume sesame. The oil content in sesame comes into our system. When people get dried up like this, there are many other things attached to it. For example, the genes in our system have three special things, out of which phosphorus is an important part. This phosphorus has such a quality that when it gets dried, it results in dryness in your muscles, nerves, cells and the phosphorus starts erupting due to the dryness. In other words, such a person becomes very hot tempered due to the explosive nature. Meaning person gets very angry, he loses his temper for small and trivial things and becomes rude and generally eccentric in nature and gets upset. That is the reason one should take some oily item, by which his internal dryness is cured.

And people also give 'jaggery' or sugar along with the sesame seeds. By this, the heat in your liver reduces. This is a scientific feature. Similarly, when a person has cold nature, he should eat something oily. Besides that one should eat something sweet. But, what do you mean by sweet? Meaning, what is pure, sugar or jaggery, on account of which, the heat within your system becomes less. Now, how scientific is this in nature. If the same thing could be done in foreign countries where there is so much of cold, if their food habits are improved, then their violent nature and aggressiveness will disappear. And when this is given to people in Maharashtra people say 'take sesame seeds and jaggery, and speak sweetly'. Because, those who are ascetics ('Tapasvis'), sitting in Tapasya, are quite the angry type and on account of this anger sometimes big problems may occur. People do fear such people, but they do not have any real faith in them. At that time, they are told to take sesame and jaggery ('Til Gud') and speak sweetly. It is a fact that if you take oily thing in large quantity, the liver gets affected. That is the reason that the remedy for this is eating jaggery along with sesame. With this, both things get balanced with each other.

Now, it is very important to understand what the qualities of the Sun are. In countries where the sun does not shine as much, people there consider Sun highly superior. They sit exposed to sun and take care of their radiance. And for hours together they run after the Sun. Now, the Germans have gone away to South Africa. I feel that very shortly, they will come and live in Ganapathi Pule. But the heat here is too much. They do not know how to adjust in such hot weather. Sahaja Yogis should understand that when we become too much right-sided, and when we become too much of an ascetic ('tapasvi'), we feel that we have done this work, that work, we have done like this, like that, then the balance gets broken. When the balance is broken, the person becomes very much heated up. When you start feeling that you are doing work for Sahaja yoga, it is better you give up your activity immediately. Because, even to feel that we are doing a lot of work, and nobody else is doing, is also very wrong. You are not doing anything. God Almighty is the doer and Param Chaitanya does all the work. Then for you to think that you have done this work, that work, and others have not done any work, is a very wrong perception. To think too much of yourself, will only enhance your pride and ego. 'I have done this work, that work'.

When you came to Sahaja Yoga, then who were you to become somebody to do any work? You have become part and parcel of Virata. When you, as one drop mix in the ocean and unite with it, then the ocean only will take care. With the same strength, the power of param chaitanya, all work gets accomplished. But, as long as you start thinking that 'I am doing this work, I am doing that work, till then Param Chaitanya says, 'ok do it'. Like it has been said in Marathi by Ramadas Swami in Marathi 'Alpadhrisht', meaning come on, you do it. But that is not the thing. The meaning is also not that you keep your hand one on top of the other, sit down and say that yes brother, all this is param chaitanya. This, I am talking of the feelings. Whatever the work may be, you have to do it. Whatever can be done, that you have to do it. Your attention should be only on that. You have to complete that work totally. But you should know that the strength of Param Chaitanya is flowing, yours is not flowing. By this, whatever ego you may have, will get suppressed. On account of this pride, there are so many difficulties in the world. There is no limit.

Now, here we say that our governance is not alright. Behind this governance, there is a big ego, that we are something, and that no law can catch hold of us, even if we do something wrong, if we kill somebody, whatever is inflicted on others, nobody can do any harm to us. Such type of thoughts that come is called ego. In a way, ego engulfs humans through many ways. Especially nowadays there is a lot of inertia, for which the people say is that everything runs towards materialism. From this also people run towards materialism and their ego enhances. Their ego grows so much that by continuous enhancement of ego, they become so blind they do not even know the quantum of wrong things that are being done. We are exploiting so much. Asking for such things, on which we have no rights. We keep doing such things on which we have no rights and on account of this, we adopt even corruption, and never even think that this is a wrong thing to do. From the way in which our politics is going on, the problems that are being faced, its difficulties, its troubles, even to rectify it the Sun is very essential.

What does Sun do? Sun brings everything into light. It is his duty to take away darkness and light up everything. This is the work of Sun. Sun is one of the five elements ('pancha mahabhootas'). And in that he, with his brightness, and along with his brightness, exposes who is how. To day (talk is not clear).. descended, let us do this work through param chaitanya of Sun. Let it expose everybody, show the reality of everyone. How these people are? How the others are? Every type of people will start getting exposed. If we do not bring the Sunlight into use of the param chaitanya, then understand that definitely darkness will engulf. And people will start flowing in this darkness. This is the speciality of Kali Yuga that in Kali Yuga, people have forgotten that the sun light comes from very far and can enter all corners. Such types of people are born as they have forgotten about the powers of Sun in this Kali Yuga. Some are like snakes, some are like scorpions, some are like wolf that are active, work in darkness, and secrecy. With the growth of such people, the whole country is harmed. Not only that, the whole world is harmed.

Now, if you are a Sahaja Yogi, you have obtained knowledge in Sahaja, and then you can see from that, in any country in the whole world, you can find no such person, whom you can say that, "He is all right". Everybody will be doing some foolish thing or the other. They will do foolish things to such an extent, that it is very surprising. How these people have become like this and what are they doing? Like somebody, a well known Prime Minister of New Zealand. But, he did not have bliss as required in Sahaja, did not have maturity. He was quite good, used to give good lectures. He did good work. But he did a foolish thing in that, he married his secretary. All such stupid things happen because there is darkness in Kali Yuga. In this darkness, a human being starts committing many wrong things and in this Kali Yuga, it should be understood that the Sun will uncover all these people by

virtue of his brightness. Everybody will be brought to the forefront. And those who are doing wrong work will be visible. That is the reason why the Sahaja Yogis should be transparent. They should keep themselves such that there should be no doubt from inner or outer side. It is very important, because the Sun will be largely after Sahaja Yogis.

Sahaja Yogis have no right to behave as and how they like. Sun will be after them because, with the help of Sun only, you have achieved it. You know that the place of Sun is at Agnya Chakra. Agnya Chakra knows everything. It sees how one is getting caught in his ego, or is getting caught in his prevailing bad culture. It is not necessary for him to keep watch on himself. He can see clearly as to how he is treading the wrong path, how he is getting bound. He does not have look upon himself. He can see clearly as to how he is treading on the wrong path, how he is getting mesmerised. And that Sun, that Sun of Agnya Chakra when you have opened completely, then in his light, you can see many things of the world clearly, which are harmful for you and those who support you.

This light, the same light, which has to be called the light of the Spirit ('Aatma') which has two parts one being the Moon, which is in the form of Shri Ganesha and the other part is Shri Jesus Christ ('Isa Masiha'). These are the two types of parts. And when you invoke the Sun God, when you invite Sun, all the qualities of Sun could appear, because you are a Sahaja yogi. But, if you do not aim the method ('pranali') of your life, the goal of your life, enlightened and beautiful and extraordinary like the Sun, then your coming to Sahaja yoga is a total waste. Those who have come to Sahaja yoga have received their light from the Sun, and that is how they should enlighten their lives. You are aware that after coming to Sahaja yoga, a light will be seen your eyes. Your eyes will glow. This light which has come into you is a symbol that your soul has been enlightened. In this light, you can see yourself, and can see others. You can see your own chakra and that of the others chakras too. But, if you are not fully involved in Sahaja, and if you have not fully reaped the benefit of the same, then both these acts become weak. Neither you are able to see your own faults, nor others', and when you see your own mistakes, then you will also see your ego and your superiority complex ('aham bhav') and you will see your anger also. As such, you are aware that all these things come from the right side and with the speed of the Sun.

Then, again you will see how the Sun looks to balance. Wherever the intensity of the Sun is more, there will be lot of trees. There the trees are green and full and below such trees, the heat of the Sun is not felt. This is the law of the Sun. Where there is no Sun, there will be no trees also. There will be ice there. Just see how the Sun maintains the balance. And, in this manner various things are considered, like, where the place is very hot, there the animals do not have hair on their skin. Where there is cold, there will be no hair. The nature keeps changing their destiny accordingly. Because, those who are in cold countries, it is essential that they get woollen clothes. There should be such animals, which give lot of wool. That is the reason you see that where there is cold weather, in the absence of sun, animals have lot of wool and people wear it also. Now, whoever has Sun's grace, that person becomes very bright. Like Shivaji maharaja, Rana Pratap in our country, and also in other countries such bright people are there. This happens by the grace of Sun. Because, if the Sun is in the Agnya Chakra, the people, first of all, are conscious and have awakening about themselves.

Shivaji maharaja, understand was fighting with Muslims in those days. He confronted the enemies during that period. In the same manner, though he was self-respecting, he was very soft and polite. Along with politeness, he used to have high regard for his mother. He was full of bhakti and had belief in Devi. And he believed in his Guru Sri Ramdas Swami and he used to believe at least other 21 such people, who were great saint and sadhus. All this showed his brightness, that when a person becomes bright, he does not kill anyone, does not lose his temper on anybody. A lot of balance comes in him and with this balance; he does such things, that when he talks with anybody, he will talk in such a manner, which will make people understand that yes, it was their mistake. I should have not done this, because I had told you about the importance of the Sun. This gives a lot of balance inside us. As it gives balance to Earth element, it gives balance to all. If there is no Sun, no movement of the Sun, neither will there be rain, nor change of seasons and no varieties of flowers, vegetables, no greenery, all of which bloom on account of the Sun, nothing will be seen. All the fertility of the Earth will become like dried and barren. These are the various means of kindness and mercy of the Sun on us.

And importantly, there is special kindness of the Sun God in our country. The kindness of Sun is so much on us that we people do not understand it. But, we have to understand one thing that there is also energy in this. We do not want to use this energy. I

was surprised that so much of work is going on this energy in Australia, where they do not receive much of Sun rays. In this country, there is so much of Sun, that if we properly start using this energy, the rest of our questions will be set right. With this energy of Sun, we cannot just imagine what all we can do. But, once we tried to tell our government that we would like to work on this Solar Energy. They talked about expense running to lakhs of rupees. Then we said, brother, this is not alright. It is better to try and do other things. But, if people pay some attention that with this solar energy, we can do something, then many of our questions for which we incur expenditure involved, and so much of struggle that has to be gone through, will all be easily resolved. Like the rays of the sun, whose energy, whose strength, if we can accumulate, then we can do many things.

Now, it is for the Sahaja Yogis to pay attention to this. Where no progress has taken place till now, that can be taken up by you. And Sun will specially help you. And because, you are a Sahaja Yogi, Param Chaitanya will help you. How would you like to use this? How should you use it? Now, the most important thing is that because of Sun, human being is able to be busy with work. When the Sun goes down, human being sleeps off peacefully. But when sunrises, he starts his work and works hard. But it is a surprising fact that in which ever country there is ample Sun, there people are mostly lethargic and human being becomes fatigued and tired. He becomes tired very fast. That is again the prominence of the right side.

But, I saw in foreign countries where the sun is very mild, there people are laborious and in spite of working hard, they do not sweat. They do not get tired. Cold is their strength to the extent that in the cold atmosphere also even if they work very hard, they do not have trouble. They do not get tired. Severe cold is their complete strength that there is no problem in working in this weather. But, we have to say this that the Sahaja yogis from abroad, are to a great extent rapt ('tanmay'), satvik and deep tapasvis. I had told that you people to get up at 4 am in the morning, and the Sun rays at 4 am are very peaceful and beautiful. In their ashram everybody gets up at 4 am. After having bath, they sit for meditation ('Dhyan').

But this is not so in India. For people in India, getting up at 4 am is sinful. How to get up at 4 am? In India, people do not have that quality, which I have seen in these people from abroad. Especially in our Maharashtra, it is really very bad. I don't know how suitable Maharashtrians are for Sahaja yoga, because their inner strength is quite low. Those who have Bhakti, can get up at 4 am, or even earlier, and can work out (put effort) at any time. Any time, they can involve for the sake of their progress. The surprising thing is in Maharashtra, so many sadhu and saints have been there. From childhood, we have been learning that one has to acquire one's salvation ('moksha'). We have to get our param chaitanya and we have to acquire everything in Sahaja yoga. From childhood you are aware of all this. A lot of work has been done on this. Here, there were nath panthi, who have done a lot of work. But, even after having all this, the people of Maharashtra, have become a sort of strange type. I cannot understand, they say that the governance here has not been proper. That is the reason for our being so useless. But, I also feel that Maharashtrians feel that 'we know everything, we are aware of everything.' What do the people here know? What do the other people know?

Now, Delhi people do not know about Dattatreya. What will they do? You know Dattatreya. You know his story. You know everything. But, you cannot become Dattatreya. Because you know a lot, you are sitting on that hill where there is no knowledge. After sitting on the hill of knowledge you are saying that the knowledge is impure ('avidya'). Sahaja yogis do not require this. Now see the Sahaja yogis of foreign countries, they have never gained this knowledge ('vidya'). They did not know anything. I am surprised that North Indians did not know about Kundalini. They thought that horoscope ('Kundali') and Kundalini are one and the same. In Maharashtra, the matter is that people do not have what is called mass ('pind') within them at all. In Sahaja, there is Mass ('pind'). I am aghast that in North India, people who had never known Kundalini, have come easily into Sahaja yoga and have gone deep into it. They have so much of devotion. Should we be talking about this? Maharashtrians do not have such thinking. Why such wrong notions have come now in them and tomorrow I have called Sahaja Yogis and Yoginis, and I am going to talk especially with Yuva Shakti.

So, I feel very much surprised that in this Maharashtra, Shri Rama also walked bare foot. He removed his shoes in this holy ground, where there is the empire of Ashta Vinayaka, wherein Shri Maha Vinayaka is sitting in our Ganapathi Pule. Where, the fully revered Swayambhu swarup of three Devis and the fourth swarup of Aadi Shakti are present in the same Maharashtra. In the same Maharashtra, I was also born. With all this, what is the matter with Maharashtrian people? On account of numerous rituals ('Karma Kand'), they have developed a lot of ego, egoism, which is called courtesy ('Shishta-Pana') in Marathi, has come

in. On account of this, the depth which is required is not there. There is a lot of superficiality and a lot of resistance is on the top. It is a very sad thing. Sometimes we feel that so many saints have done so much of work here, and in this land there is lot of vibrations, on that land where I was born, we are not able to understand, as to what further progress will be there in future. Just like grass grows and then gets dried up, in the same manner, if a Sahaja yogi ascends and then nothing further is there. Just like grass grows and then dries up in the same manner, if Sahaja yogi ascends and then stops, we do not know when there will be awareness on this earth.

Specially, girls over here have made me so frustrated after getting them married. Better than these are the girls from the North. They never frustrate me. They do not trouble. Girls from Maharashtra have troubled me a lot. I feel surprised from where such girls have come. In Maharashtra, when we were small, we did not know anything about make-up. We had never seen it. Whichever clothes parents bought for us, we used to wear them; lived in a most in a simple way. And these days I see even girls who are in Sahaja yoga, use make up, from morning to evening, this is their occupation. The effect of cinema, which has come here in Sahaja yogis has not come that much in North India. It is surprising. I am very much surprised myself. How this has happened, that if girls from here have the effect of cinema, it should have been on them also. No, not in Sahaja yoga. We always used to wear simple khaki clothes. When we were young and being so much dressed up, being like any actress, roaming about. Such things would never come in the mind before. Girls never dressed up like this. Even in Punjab it is like this. As long as girls are not married, they are simple. After marriage, all this dressing up happens. If the entire attention goes on this alone, then as it happens with Gujarati ladies, same will happen to you also. Gujarati ladies are always talking about clothes, this matching that etc. They are caught in this only. They are caught in this. Their growth is not possible. Because, all wasteful things. What is the necessity?

When you come to peace by yourself and if you can come by yourself to the enlightenment of your soul, then that brightness will come into you all by itself. By itself, that beauty will come into you.

If you have to indulge in some artificial method for this, then you are not a Sahaja yogi. Naturally, which means naturalness is in a Sahaja yogi. It shines. Once, I was coming from London. One lady came near me and sat. She touched my feet. I asked what the matter was. She started telling me, my marriage took place in Punjab in the family of Nanak Saheb. But, I did not see the shine in them as I saw in your disciples. In all their faces there is so much of brightness. Everybody's face was shining. I was surprised how so much of brightness came in people from a foreign country? How has so much of shine has come in their faces? Then they said that their guru is like this only. All these people are sitting for you only. They all can meet you. But, if you surrender yourself to external things, and you run after them, then your inner essence will not blossom. It will not come out; feels as if somebody has suppressed it. It has been hidden. I always tell whenever I come to Maharashtra. I feel very sad. Because I had very high hopes in the people of Maharashtra. I used to think that in Maharashtra, there is lot of righteousness; a lot of goodness, and especially for Sahaja yoga. And when I see Maharashtrians, I feel very much surprised. Nothing special to tell, but as I saw certain things, I was very much surprised. As if they had no self respect and wanted everything free. Who do not have any purpose, where has this greed come from?

Do you know, Shivaji maharaja had taken a lot of jewels and articles to Sant Tukaram. So, when Sant Tukaram came to know that he had given all things to his wife, he said 'Return all this, you are my wife. You are not a queen of any king, you are not a goddess. What is the necessity of all this? You are my wife and you should be like one. And if you stay like that then there is no necessity of all these things'. In the same manner, you are a Sahaja yogi. What is the necessity for Sahaja yogis to be like actresses? What is the necessity for them to be dressed like that?

And also these girls have disturbed me by laughing at everything. To laugh so much is like a disease in them, I do not understand to laugh at everybody. They do not respect anybody. Even if they are not educated they behave in a similar manner and laugh at everyone. Everyone is disturbed. Everybody say that the Maharashtrian girls (talk is not clear).. What to tell now? How embarrassing it is! During Sankranti, I would like to sit with you and tell you about this that you recognise your dignity. Recognise your strength and what are you? When you understand all these things, then you will understand as to what you will get by doing all this? Even after going to foreign countries, these girls have showed their colours. Such things make you wonder and surprised. How do they get these things? There is no seriousness. They do not think about anything with any seriousness. Today,

it was not my intention to say these things. But, a lot of things have happened in a manner that I have to tell this today. Because it is a matter of Sun, all things come before Sun. From this Pune city, five ladies have come back. Their husbands have discarded them. They are very good people. There is nothing wrong with them. Five people have been discarded. What is the reason for this? The reason is to make a joke. Yesterday only I saw here, girls laughing. Where you have to laugh, do laugh. But every time chuckling, what is the necessity? It means you have no decency. You do not have decency, meaning you were not standing in the light of the Sun; you were standing in the darkness. You were seeing all wrong things about yourself.

Today, special request has been made to me, Mother please talk about these girls because, if such talks keep on going, the name of Maharashtra will get drowned. It is very strange things if this sort happens. Take care of yourselves. Caring in such a way that we are Sahaja yogis and through Sahaja yoga how people have risen. Where they have been cleared from? How many people have been cleared? How it has all been done? But, now also we are sitting in the same circle. Some are caught in ego, some are caught in their customs, and some are stuck up in external things. This thing has to be known by everybody. The progress of our country will take place only when we bring into us the brightness of this Sun. In Maharashtra, there has been women one better than the other. Mother like Jeejabai, great ruler like Ahalya Bai Holkar, Jhansi Rani, and in case of Muslims, Chandbibi have all been from here. There is so much of exuberance, in our country the quality of ladies who have done such great work. Now, in the same country, do not know how some cases have come up. And there is no seriousness in them. And there is no vision. Whoever sees will not be able to tell that yes a Maharashtrian girl has come. Previously, it used to be that a Maharashtrian girl is required. Now, it is that a Maharashtrian girl is not wanted.

In the same manner, in today's world we have to be productive in work. It does not mean, working solely. Sun spreads light all over. Now, some are there who can do only one type of work. They do not know how to do any other type of work. There are many people here, especially North Indian people, who do not know the name of any flower. They do not know the name of tree. They do not know anything. You go and ask him what type of flower is there? They do not know any flower, do not know the name of the tree, or do not know which vegetable is there. They did not know anything about Art. What is this Art? What has been told about this Art? What is the strength of this Art? How many years ago, this Art has come? In Maharashtra there is no Art. The question does not arise. Whatever Art is there, is all plastic art. At least go to North India, there is so much of Art. There people do not know what is the Rajput form, what is Shyam form ('Shyam shaili'), any other speciality. In Music, Maharashtra is quite good. Now that music will also have its end, as and how cinema music will come in. Now if music has to be rejuvenated, the Music has to be encouraged in Maharashtra and to rejuvenate we are fully trying in that a music academy be made. Taking for granted, you do not know music, cannot sing songs also, but at least the minimum you can do is to keep interest in music. In that also I saw girls were laughing.

This is the indication of their foolishness. Those who are foolish do like this. They do not understand that those who are foolish they feel as to how to show their presence? So, you laugh. This is the sign of great foolishness. If you cannot understand, you sit peacefully. Hear, see. Slowly you will develop taste by yourself because our Music is filled with culture. Our Art, what is it? What it is not? In order to know this also you should know what our culture is? Now, in our Maharashtra only, such famous things are there Ajantha, Ellora. How many people are there who have gone and seen Ajantha Ellora? What is it? It has been made in the last thousands of years, worth seeing. Where there was no Sun light inside, how did they make such a beautiful artistic thing? As long as you do not see all this, you will not be able to develop love for your country.

England is such a small country. But every person knows which place is where. I was very much surprised, once I bought a flask, and it was strange, 'this is made in that place'. I said 'Good. Where to where', that person said 'it is done in north in that place'. This is the speciality of that place. In us, we do not have the knowledge of this at all. At the most, we can understand where the sarees come from? Otherwise nothing more we can understand. What all things are there? Where all things are available? Do not know anything. In which country which Art is prevalent in which place? In this matter, we do not know anything. If we do not know about our own country, then from where will we get respect for our country?

I saw in people of Germany. It is a small country. But, they know such minute details about their country that if you have to go to a particular place, then by which train you will travel. Otherwise, which port will it be, they know everything. They know the nook and corner of their country. When you do not know your mother, how will you love her? So, it is required that we should tell our

children about our country. How is our country? In this country who have been the great people? And that too, here, they have just indulged just in politics. Others do not know that here numerous great people have served. How much they have sacrificed for our country? How much they have sacrificed for our country? And after how much of sacrifice that was made by our people, on account of which, our country got established. We do not have any attention on that. Therefore, we should think as to how bright our history is. How difficult it is, but you have accepted just what is new today. You have started running after them. How scientific it is.

I have told you today also that this Makar Sankranti is the only day which comes exactly on 14 January because this is the only thing which is dependent on Sun. And for the rest we depend on the Moon in our Astrology. 14 of January is the only day when we depend on the Sun. Thus, we do not know anything about our culture, our History, our Shastras. We just do not know anything. And we call ourselves Sahaja yogis. The study and the awareness of all this is very necessary. It is important to study and understand all these. It is important to study good books. In order to read all this, there is Quran, so many examples are there and so many other things. It is very essential to read all these. This does not mean I am teaching you regarding Hindu religion or Muslim religion. But, we have to have awareness of all this. And we should know which country we are sitting in.

This is the greatest country. Out of all the countries in this world, this is the greatest, but the condition of this country has become such that people say 'any country is great, but not this'. There is a reason for this in that we have forgotten our culture. Now we have to see as to what the Sun has taught us? What are the things that are taught by the Sun? What type of belief we have in Sun? Early in the morning, people offer namaskar to Sun. By offering namaskar to Sun, our health will be good. Offering namaskar to Sun means to give respect to it. The first thing is to give respect to others. It is to this extent that we offer salutation to Mother Earth as soon as we get up. 'Oh Mother Earth, please pardon us, we are touching you with our feet'. Those who do not have the nature to give respect to others, they will always be disrespected. Why should anybody give them any respect? When you yourself are not respecting any one, who will respect you? This only will lead to battle, quarrel. We should give respect to parents. Children are taught to keep the respect of teacher. Keep the respect of your religion. Keep the respect of your country. Keep the respect of creation. Now, the severe Sun light, which is a special blessing, we got so caught up that we cut all the trees. We did not think at all why the Sun would have spread out trees for us? This whole circle is a cycle, and to complete that only the Sun has given the specially blessed earth, and that, we will totally cut and do away with it.

So, the duty of Sahaja yogi is, to plant as many trees as possible. And the most important duty, which I have said thousand times, that your prime duty is to plant as many trees and plants of all varieties in the gardens. You may be surprised to know that in a country like England, if they do not have a garden, they will take a small piece of land and all people will work on that land. Every Saturday and Sunday they go and work on the land. They find it very enjoying. I have seen in Russia also. There people go to places where good trees are there, they will water the trees and take care of it and not only that, even in their own land, may be as small in size as about 10feet by 12 feet, they will try to revive and rejuvenate the land. They take care of the land, water the land and will try to make it good. I was so astonished. We people do not have time for watering Tulasi plant also.

Now, I had been to Doctor Saheb's house. They had planted a tree. It was getting dried up. I said twice, water it, water it, and water it. Next month I thought I will only water it. Then your hand will be vibrated. With this energy, if you water the plants in this manner, this Earth will become evergreen ('Sashya Shyamala'). In the same land, such trees will come out, such fragrant flowers will bloom, and you will make it so beautiful, today, you will feel that all the barrenness will be cleared.

In 1935, we had come to Pune for the first time. All the big mountains could be seen, all beautiful and good, it was very nice. Now you see, it is totally barren, not even a single tree. Do not know how these people made it blank. It is because they have to burn the wood. Why burn so much of wood? As they have the fad for eating and for the sake of cooking food, wood is required for fire. Alright, you cut the wood, but plant another tree in its place. So, automatically, you have paid back the Mother Earth its dues. Then you thought ok come on, let us do something more. How many trees have been planted by Shivaji in our country? Here in Maharashtra, there are so many trees, all of which have been planted by him with his own hands. Even in Pune, he has planted many plants. You can also plant many trees in the same manner. You can also make this Earth evergreen. This is your responsibility especially, when you are in Sahaja yoga.

Then, this is all I have to tell about Sahaja yogis, whether they are in Maharashtra or in North India, in the first place, all Indians should know that they are born in a magnificent country. So much of grandeur is there in this country. You do not know what all has been filled in this soil. You have to understand this first. If you understand this, you will have a lot of love for your country. Because this country which is complete with freedom. How people fought for independence? How they sacrificed? You do not know anything at all. Just came and sat for free. As is said in Marathi, 'Aayatya Bilawar Nagoba' which means 'To reap the benefits of other's hard work'. So, have taken everything and sat comfortably. As if you have been a great patriot. Behind this, there has been so much of strength of struggle, so many people have sacrificed so many things, so many gave up their lives, they died. Everything was done. After all that, you are now becoming westerner. The culture in Sahaja yoga has no connection with westerner. Wearing dirty (indecent) clothes, wearing clothes used by them, to become like them. All right, if you go abroad, all right, wear clothes like them because there, it is necessary. About, even in our country we see what dirty clothes we wear and roam about, that it stinks. What is in our culture has been there since times immemorial, duly inherited. The reason is that these things are useful for our country. What went on from the time of our ancestors, that is getting improved (talk is not clear)... After that, it was necessary to change them. What has been received by us from heritage is very superior.

Now you would have seen, whoever comes from abroad, they all wear clothes like us, live like us Sahaja Yogis. They say that Mother, there is lot of comfort in these clothes. And they started searching for this abroad also. They feel sometimes people see in a way look like 'Hare Ram Cult'. But, they like it very much. Please get us Kurta Pyjama. We will wear Kurta Pyjama because of the comfort and the simplicity which is there, and is not there in any other clothes. Now, if you are going for a job, or any other work, alright, then you can wear that type of clothes. But, for daily wear, the clothes of the type of our country is very simple, straight, and most comfortable. On account of this, we have to see what we can obtain from this country, and what we can give to the world. This is very important. But I see we have no love for country. The person, who has love for his country, would never think ill of his country. Never! Yes, people in the country have become bad, but the country is bad, this cannot be believed. Whoever is bad is on account of lack of love for the country. If they had love for the country, they would not have looted the country, like this. Their greed would not have been for the notes loaded in the walls. Their get up is something else. And even now in our country there is faith for the inner strength, whoever is in the country.

Actually, no other country or its people have not made so much sacrifice. They were hanged. What all things they have done. Now, you people have come, you will get all things from Sahaja - everything. Your health is alright. Everything is alright at home. Children are alright. Marriages are being performed free of cost. Everything is alright. There are blessings from all sides. This is a very important thing. But this does not mean that even now some letters have come saying that, my brother's wife's father's mother's so and so is not getting employment, please kindly do something about it. Is he a Sahaja yogi? No Mother, but he is a close relative, something or the other.

Such things are believed, I am surprised that why even now they have greed and temptation for everything? Now at least sit in composure. Because, those who were your ancestors, they fought, quarrelled and made our country independent. They fought with British. How much of sacrifice they made? And after all this you have got this country and after this you should also be aware that you got Sahaja yoga, and through Sahaja yoga all things have become alright. Your diseases got cured. Your troubles have become alright. Everything has become good. This you have to agree. After this also, you do not have attention at all. I have seen many times that in Sahaja yoga, people do not have attention. They are speaking, but attention is here and there. Somebody has come, attention shifted there, shifted here. At least keep the attention in Sahaja. It is only through attention, you will benefit from Sahaja. And by cleaning this attention, if you become radiant like Sun, then wherever your attention goes, it will become successful. I am keeping this entire responsibility on all Sahaja yogis. But, if your country does not become alright, it is the responsibility of Indian Sahaja yogis. How wise they should be? If our country does not become alright, then this is the responsibility of Sahaja yogis. That is the reason why we should unite together. How wise and understanding we should be. And how much of love should be there within us, for all. We should have faith and humility.

If we become glorious like Sun, the country can once again become green and beautiful. Faith and respect of our country, to keep love towards country, is in itself, a big and beautiful worship. There is nothing bigger than this. When the vibration is flowing everywhere, when the great country is ours, we should become equally active, just like the Sun is towards its responsibility. The

Sun never thinks that 'I am doing some work'. Here, so many creative things have made world-wide, and how many seasons have been changed. Ritumbara Pragnya comes only from this. In the same way, may all of you be radiant.

Today I do not want tell against anybody that you are having only negativity. But I would like to tell you that you can rise higher, if you can understand these negativities. And you rise above these and keep faith in yourself. You be careful about yourself, and understand your worthiness.

End of talk in Hindi

Transcript of Talk in English [starts at 55:13]

I am sorry; I had to speak in this language because normally I always speak in English language and you have heard me so many times in English language. This could be translated; this was more meant for Indian's than for you.

I am very pleased with all the Sahaja Yogis from abroad and I have seen that, they have utilized Sahaja Yoga very well. I don't think I have anything to correct them and to tell them anything about it, because they are really so dedicated and so beautiful. Sahaja Yogis here have to learn a lot from you. I am telling them, "You must learn from them, how they have humbled down themselves. How they have taken to this Sahaja culture and how they are all the time ascending higher and higher".

It's really remarkable that Sahaja Yoga has been in this country from thousands of years. And also now, today, it has taken a very mass approach with thousands of people in this country who have got Realisation. Maybe in your country, may not be so many people. But I must say, I am really amazed the way you have taken to Sahaja yoga and you have come to such a conclusion, that is the only solution for life.

It's different, when I am in Cabella, I feel very different in because there are no problems because people are so simple. They have accepted all the solutions. It's very remarkable, very, very remarkable. And the way you have accepted our music and you sing and also the Sahaja culture is very difficult for you to accept, but you have accepted it and you like it. I have no words really to tell you the truth, but these Sahaja Yogis, they have seen you and they are amazed.

The other day I met a great musician. And she told me that when these boys started singing "Jogawa", they are surprised, were stunned: how could they sing? "We don't know 'Jogawa' so well as they are singing". And they were really amazed how they know more about it.

So, I have to say that something is great about you that despite the fact that you were not born in this country, it's after 'punyas' of thousands of years born in this great country. But whatever it is, what I see that you people respect all that is Sahaja in such a beautiful way and you have given up all that is artificial, materialistic, so beautifully, that it is really to be seen to understand. So beautiful it is!

I hope all the Indians here will take a lesson from you and they'll understand how dedicated you are, in this country. Somebody told me, "Mother, when we go direct to India, it's the Sun, which makes us do all these things. The Sun is so beautiful! Though we all have the sun here, but we don't understand the importance of Sun as you do. And the way you work it, the whole Sahaja system is really wonderful!

I am very much thinking about doing lots of programs and projects for this country, also abroad. It's all because of your help I being able to achieve something. I'm really thankful to you from my heart. I never expected that I have such a response from all the Western countries and also Eastern countries, who have helped in every way Sahaja yoga.

We all, Sahaja Yogis from India, are thankful to you for bringing all kinds of presents for us and have been so much blessed. And so beautifully we all came together! It is such a eye-opener for all of them.
May God bless you all.

Thank you very much!

[End of talk in English 59:35]

Translation from Marathi

They are humble. For them, if I tell something, they will not argue and do as I have told. They have never answered me back, but not here. Here immediately the response will be 'Not like this, but like that'. They will always use their brains for everything. These people (foreigners) will not utter a single word. Whatever Shri Mataji says they will accept calmly. I don't understand what good deeds they have done. You have also done equally good deeds and hence have taken birth in this country (India). But you have left the basket of good deeds behind. You need to search where it is. You have to open that basket. When you see yourself in that basket, you will know your truth and realise that you are born in such a great country and how bright is your history and big. I sometimes feel that have these people been born in a foreign country or what? Their quality is like them ('mavlyan sarkhe'). And have the people with no work ('upatsumbha') have come here? In Brazil, leave aside America, but in Brazil where people have never met someone like us, there also Sahaja yoga is spreading fast and they are so deep.

In Uttar Pradesh (in India) there are 30 Indian Administrative Service (IAS) officers who are Sahaja yogis and here not even one IAS officer [unclear]. They all have tails. First they need to drop their tails, then they will become normal people. There is too much courtesy. Maharashtrian people have too much courtesy. This excessive courtesy needs to go, not humility. In that also, women are more decent than men. If this happens once and if they get their realisation, if people get to know themselves, they automatically become humble and this courtesy ('shishtapana') needs to go. It is very important. If you see the history of Maharashtrian people, this is really Maharashtra. This is very pure, of very high order. But what has happened I am not able to understand. I don't know how such people have come here and from where? After coming to Sahaja yoga one should get polished as diamond. Their brightness should become like that of the Sun. Otherwise what is the benefit of performing Sankranti puja? Otherwise we take the name of Sun and if one behaves like stone, there will be no progress. We are doing pooja after pooja. That is why I am taking no more poojas in Maharashtra. But if there is no improvement then what is the use? In the pooja also people come for free, are miserly - it is very clear.

When I talk, that time people think that Shri Mataji is talking about others and not about them. That Shri Mataji is talking about me does not cross their mind. Then how can we change? How will anyone realise that it is their mistake only? In Delhi there are only three Maharashtrian Sahaja Yogis, but they are having such a good state. Everyone says, Shri Mataji, please call some of the Maharashtrians here. I say no. Let them be there in Maharashtra. Those who are having good state are already come there. Not anymore. We don't need diligent ('Karmath') Maharashtrians. They are too diligent. Why did Mahatma Gandhi leave Gujarat and go abroad? Because he said only Maharashtrians are too diligent, not Gujaratis. Because they are so diligent, they have only taken to ritualism. There is nothing else left. But leave them aside. Now you have come to Sahaja yoga, then after coming to Sahaja yoga exclusive, need to establish it, such exclusiveness should be developed. Then only you will become humble. If you do not become humble, you will not be able to spread Sahaja yoga. It will not spread.

To spread Sahaja Yoga, humility is one of the most important part. If it is not there, then anytime, how much ever you put effort, Sahaja yoga will not establish. You should inaugurate with your mother and father. You have to show courtesy. I am telling you, the trouble five-six Maharashtrian girls have give to me, oh my god. I have never seen such malevolent ('avadsa') girls. I had not even heard about them. Such characters are not there in any theatrical acts as well. I don't understand which area ('khsetra') has come. They can slap their husbands as well. What to say! Had never heard of such things before what our Maharashtrian girls have done and shown wanton ('prachanda'). Then we have to have a special boundary ('valon') for our girls. They have to become Grihalakshmi tomorrow. They have to make the society. Tomorrow they will have kids and they will also become like this and behave like fools. Then such girls form their group. They will learn all dirty things, then better not to remain in Sahaja Yoga. You should take care of your mother and father. Everywhere Maharashtrians have completely cut their noses (ashamed) because of these girls. Those who are good people and are your leaders ('pudhari') are also tired.

Another problem is not to give money. In Naragol there was a turnout of 6,000 people, but only 3,000 people paid their contributions. We don't need such beggars in Sahaja yoga. Sahaja yoga is not for beggars. Such people should go to orphanage. There we need people of caste. Sahaja yoga is not for useless people. You should keep this in your mind. We should understand our importance. Today, everyone's eyes are on Maharashtra. Here people have come for peace foundation. All people whom they have taken in their committee [unclear] individually. All kinds of business are here, but why have they are not known? As in this land of religion, land of yoga, such work is not suitable.

I am very hopeful that you all will get your realisation and will bless this land of Maharashtra. These foreigners have written a poem that Maharashtra should be realized. I told who will give realisation to stones? It will not happen from outside. The thought should come from within. I repeat again, Maharashtra needs it very much. Very much needed because the attention of the complete world is here. Everyone has set their eyes here. Then Maharashtra should have collective humility and one culture.

I bless everyone. And I request only one thing, that please bring accolades to the country of your birth. Even if Sahaja yogis do this much, I will not tell them anything. Take care of the country. From you only these people will come who will give a new dimension to Maharashtra.

I bless each one of you.

End of talk in Marathi

[1]

1996-0117, Effects of Kali Yuga and how to overcome it

View [online](#).

17 January 1996

Effects Of Kali Yuga And How To Overcome It

Public Program

Pune (India)

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

1996-01-17 Public Program: Effects of Kali Yuga and how to overcome it, Pune, India (Hindi)

[Translation from Hindi to English]

I bow to all the seekers of the truth. The way I told you before, that truth is the truth. It can not be changed. You can not describe it also. You can not know it even by saying it. you can not know the truth even by reading books. Yes, there may be an indication that what is truth. First of all, we should know this that before relying upon something you should first experience it...Without knowing it or experiencing it, if you just rely on it by just closing your eyes, then it is also waste and if you keep saying something wrong then it is also incorrect. You are looking at the situation of today, that there is tremendous KALYUGA, And in this very KALYuga, every human being is in turmoil, is in problem or discomfort...Whether it is physical, mental, or intellectual ...God did not give birth to you for all these problems in this world because. Because amid all this poverty, ignorance, and wickedness, we are being trapped. Some people are good, Religious and truthful and these one are more in trouble and are more persecuted...All of these tortures together show that there is tremendous KALYUGA. You can see the corruption everywhere and those who raise their voices against them are being troubled. The society suffering from corruption is going downgrade ...Now if someone says that we all are running after money, and due to this, this malfunction is there...This type of thinking is also wrong. Despite this, there are many other reasons, due to which we are so painful, sad, and in trouble ...We should try to understand this that why we have to look these sufferings ...It's a time of destiny. Destiny has made this time for you ...It is made for you because in this Deranged condition, in this confused state you should think that whether there is some path to get rid of this condition or not. When you start thinking about it and starts to find out that which path is this then you can observe that you are a seeker. Seekers are those who search the truth...This diligence of the seeker is very important today. If he has a pure desire that I will definitely find the truth then Tenderly he searches for it and gets misplaced. Nowadays you know that many people are earning money in the name of religion, money, God and many other things. And those who have money are getting robbed and those who don't have the money are also becoming fools. The fault should be given to this KALYUGA. Because when humans get nervous then he can go one way or the other. But what is the right way one should see? Now whatever I am going to talk with you you should not believe superstitiously, that is also a wrong thing ...You need to experience it and if you prove this experience and even then if you don't believe it then you too fell prey to meaninglessness...At least we should keep honesty with ourselves. And those people who confuse others will always try to put these innocent people on the wrong path...And by confusing, these people think they are the representative of all and they have prepared their stage. We should avoid such people. Because these people have done no one's good, except opposing one other. It's not going to benefit. The benefit will be when there is a realisation of it. You should receive it and you should know it in your fingers...you should know it in your central nervous system ...Only then will it be realized, by this Buddha was formed ...and due to this Vedas has been formed...Only by forced tongue and stupid things, this is not going to happen. In this Maharashtra there were saints and monks, till there is Ravindranath Tagore (poet) who have sung the praises of this city-In this Maharashtra's land there is some speciality Now someone will say that why do you believe in Maharashtra that there is Ashtavinayak, there is the place of three Devis, I can say 4 Devis place. This is true or false how should we distinguish. First of all, you found about yourself, first o all you understand yourselves that what are you?

Unless you did not take your self-realisation you can not find that whether these are God or Goddess or what ...Who is Shri Ganesha etc..

There is no benefit of beliving something blindfolded.

Now many people come to me and say that we have done so many rituals, We have done this, we have done that but we did not get the benefit of it. When there is no yoga started or when there is no connection then what are you doing. By this way, if you